



I'm Retired. Now What?



SONGS OF LOVE —Gwenn Cloepfil, a big fan of the Timber Ridge Boys, sings along at every “happy hour” performance. “I love them,” she said. Ted Pease photo.

Beer, Chips and a Happy Hour

By Ted Pease

For the Timber Ridge Boys, all retirees in their 60s, playing for the folks at Timber Ridge has got to have some special resonance.

The musicians are well paid for their weekly

gigs during “happy hour” at the two assisted-living facilities in Eureka and McKinleyville, said band founder and bass player Gary Grounds — “a beer and a bag of chips.”

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Re-Tired: The Psychology of Retirement

By Gina Belton, PhD

“I am re-tiring my life — get it?,” he explained. “Like a bicycle with worn-out tires, I am just changing the tread — re-tiring.”

Sitting across the café table from a physician colleague, I sipped my coffee and listened intently as he described his vision for a life of meaning and purpose after practicing medicine for over 30 years.

As a psychologist practicing thanatology (the study of death and dying) and existential medicine, I am intrigued by the ways we weave our human experiences into a meaningful and purposeful life. I am particularly curious about experiences that mark a place in time, like retirement.

The notion of retirement is an important psychological bellwether in one’s lifetime. Like much of our aging experience, this mile marker is permeated by mythology, informed by culture, and carries psycho-spiritual weight.

The question of retirement can be answered only by asking ourselves many other questions. The most obvious relates to financial feasibility, but a healthy exploration into retirement does not necessarily begin there.

Instead, first consider four aspects of work: 1) work satisfaction, 2) work-related stress, 3) work as

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Tedtalks: The Late Bloomer

By Ted Pease

It used to be that people retired when they were worn out, and they often didn't last very much longer. But we're living longer now, and it's not unusual for people's retirement years to last as long as their working careers. These days, "retirement" evokes images of happy, silver-haired people in golf carts at The Villages. Neither image is real, and that's a good thing.

Some people urged me to write my own retirement story for this issue of Senior News. But, as a friend recently said, a little indignantly, "You're not retired!"

That's true in the sense that I'm at least as busy now as I ever was as a fulltime journalist or, for 30+ years, as a university professor and administrator. Now that I'm "retired" — at 63 — life doesn't resemble my preconceptions.

That's a good thing, too.

Not everyone is comfortable in their retirement skins. It's not easy suddenly having to redefine yourself. After a life-defining career, how do you wake up one morning with nothing you have to do? That freedom can be a challenge: "*What do I do now?*"

Some people find themselves lost, erased, invisible, undefined when they finally get here. For them, the golden years are a time of dwindling and identity crisis: "*Who am I now?*"

It's a difficult transition, perhaps the most significant life-change we go through. Arcata psychologist Gina Belton discusses this

in her page 1 story: most of us don't give retirement enough attention or preparation until we're in it.

That's a mistake, as 19th century educator and evangelist D.L. Moody said, "Preparation for old age should begin no later than one's teens. A life which is empty of purpose until 65 will not suddenly become filled on retirement."

I've written here previously that, now in my old age, I am finally doing the job I wanted when I graduated from college in 1978. That makes me either a late bloomer or a slow learner. Or maybe I'm just lucky.

The job of the journalist, as I used to tell my students, is to tell stories, which is a pretty sweet job. A press pass also comes with a license to ask strangers questions that are none of my damn business.

Telling stories and asking impertinent questions — that's what I do in my "retirement" as editor of Senior News. Of course, that pretty much describes what I did throughout the rest of my life, so my "retirement" is just an extension of my working career, with more personal autonomy.

Friends snicker when I tell them that I'm editor of Senior News, but I tell them not to laugh: It pays for the boat.

But, honestly, that's only partly true. I love this job. It just took me 40 years to land it. In my "retirement."

Ted Pease is always running out of time.

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Now What? Retired Eye Doc Has So Much to Do

By George Ingraham

Some leave their retirement party directly for the airport to start that world tour. Others wake up that first Monday and think, “Whee! I don’t have to get up and do anything.” And then realize, “I don’t have anything to do!”

Most of us fall somewhere between. I spent most of my working life (I was an eye doctor) in a room 11x13 feet with a blacked-out window, sitting on a stool looking through various magnifying instruments. Talk about limited horizons.

For a while there, I, too, had my “Now what?” moments, but not for long. This wonderful area, and a splendid lady with her nine grandchildren, took care of that.

In Humboldt, the opportunities for an engaged and happy retirement are everywhere you look. The Humboldt Senior Resource Center offers an unbelievable list of interesting activities and volunteer opportunities.

Then there’s the All Seasons Orchestra for those who want to dust off that old trumpet from high school days. Humboldt State classes are open to older community members subject to seats available, and the Eureka Police Department uses volunteers to be the eyes and ears of badged officers.

And what an outstanding county library we have — 10 branches throughout the county, plus a bookmobile.

Add to that several miles of mostly empty beach-

es, rivers with fish worth the challenge of catching them, forests in which you could hide Delaware, and you’ve just scratched the surface.

Where to start loading your plate in this cafeteria of activities with a steam table a mile long? When I retired, I chose to learn to play the viola.

So I used my garage workshop to make a really ugly viola, then a violin, then another viola. The New York Philharmonic isn’t pounding on my door to buy these instruments, but I can play them.

After several tries and years of practice with local violin maker Bill Pinches, I started playing my homebrewed instrument at HSU with the intermediate orchestra, and now play with the All Seasons Orchestra.

That’s not all. Working with the Blood Bank, the Area 1 Agency on Aging, and the Humboldt Health Foundation has also given me many new friendships, and uncovered one or two social talents I had no idea were there. Yoga classes and making mobiles with driftwood in my shop keep me busy, too.

So now, instead of “Now what?” I say, “What’s next?”

George Ingraham, 83, of Eureka is a lifelong woodworker, a former U.S. Army flight surgeon and retired ophthalmologist, and a future . . . well, who knows?



BLONDIE — Eye doctor/woodworker/musician George Ingraham cradles “Blondie,” the viola he crafted in his home workshop. Behind, instrument patterns hang on the wall. Ted Pease photo.

EXPLORING THE PSYCHOLOGY OF RETIREMENT. . . From Page 1

a social network, and 4) psychological preparedness for retirement.

Four simple questions to gauge one’s readiness for retirement can be helpful when delving into these aspects of work: 1) Will you be happier retired or working? 2) Will you be psychologically and physically healthier retired or working? 3) Are you psychologically prepared to retire? 4) Will you live longer if you retire?

These questions reveal that retirement is not just a personal goal, but also a lifestyle, a process and a mindset.

For my doctor friend, “re-treading” the tires of his life is an apt analogy, since once the financial

goals of retirement are met, the habits of a lifetime come into question: How will I live now?

While many retirees are successful in generating healthy lifestyles, research also shows that many are not, with alcohol consumption and sedentary lifestyles often becoming problems. “For instance,” wrote management Professor Utpal Dholakia, “one study of French retirees found that they doubled their TV-watching time after they stopped working.”

Retirement is both a new life status, and a new state of mind. “One 2015 study of 2000+ retirees found over 80 percent of retirees indicated being happy, enjoying life and having a strong sense of

purpose,” Dholakia wrote. “The accompanying retirement mindset allows people to learn new things and to enjoy themselves.”

As I sat with my physician colleague, it was apparent that he had done his homework, and, while he did not examine his psychological readiness to change the tread on his life, it was clear that his personal inquiry had prepared him to re-tire and redefine his life.

Dr. Gina Belton of Arcata is a thanatologist (a psychologist specializing in death and dying) with Redwood Palliative Psychology.

At 91, Darrell Price Preps for Another Ski Season

By Ted Pease

Retired? Darrell Price doesn't know the word.

At 91, Price isn't thinking about retirement — he's eager for ski season to start. This will be Price's 39th year on the slopes. The former Eureka contractor started skiing in 1979, and he hasn't missed a season since.

"I could have been a professional skier," Price said, but he was a bit of a late-bloomer when he took up the sport with his son at age 53, and he had a family to support.

But from that first experience, he never lost his love of the slopes.

"It's a challenge," Price said. That's what he likes about it. "I still go fast. I like the speed."

Price is the star of various YouTube videos that show him being interviewed on the chairlift, and then zip-

ping down the slopes at Mt. Bachelor, his "home mountain" 22 miles outside of Bend, Oregon, where he owns a home and spends half the year.

In one online video, Price schusses smoothly down the slope as the interviewer follows with the video camera, whooping, "Look at him go! 90 years old and he's like a little kid out here!" (Search for "Darrell Price ski" on Google to find the videos.)

Last year, he skied more than 100 days on Mt. Bachelor, and he plans to better that record this season.

Price is a very active member of the 90+ Ski Club, an elite designation of the 70+ Ski Club, headquartered in Rhode Island. As 70+ Club president Richard Lambert explains, active members kept getting older.

"We have about 125 members in

their 90s (and 1 over 100)," Lambert said. "When I first became involved in the organization, I figured that most of them were social members. But as I got to meet them, I realized many are very much active skiers."

"Darrell is a great inspiration to skiers of all ages," Lambert said. "He demonstrates that skiing can be a lifetime sport."

At Mt. Bachelor, Price skis with a group in their 60s and 70s. "We keep an eye on each other," he said.

But he has trouble holding onto regular ski buddies. "I used to ski with a really good friend, but he got Alzheimer's," Price said, shaking his head. "I skied with him I suppose 15 years, but something just took his mind away."

The 2018 ski season begins in No-

vember, and Price follows a daunting exercise regimen to stay in shape.

"Exercise," he said. "That's what makes the difference." Every morning starts with warm-up exercises and stretches, then 200 pushups during stops along a 2.5-mile loop around his Redwood Acres neighborhood.

It keeps him fit enough to stay with the sport he loves.

"I come down the hill pretty fast," he said. "You can get hurt pretty bad. You've got to learn how to turn, how to stop."

But after almost 40 years skiing, stopping isn't something Darrell Price is ready to do yet.

—

Ted Pease is a retired cross-country skier with bad knees.



'AN INSPIRATION' — That's what the president of the 70+ Ski Club calls Darrell Price, a serious downhill skier who will turn 92 in November as he starts another ski season at Oregon's Mt. Bachelor. Here he holds a photo of himself and his ski buddies celebrating his 100-day season last year. Above, Darrell is interviewed on the chair lift before starting a run featured in a YouTube video. Ted Pease photos.

ASK THE DOCTOR

Driving and Aging

By Jennifer Heidmann, M.D.



Recommending that an aging family member stop driving is the third rail that many physicians and family members tend to want to avoid. It is an uncomfortable subject in a car-centric society. But all of us — drivers, healthcare providers and the community at large — have a responsibility for safe use of motor vehicles.

Age alone does not determine if someone drives safely, of course,

but aging can be associated with issues that can affect driving ability. Data show that drivers over age 75 have

more traffic violations and collisions than younger drivers. Older drivers (and teenagers) are more likely to be involved in fatal car crashes.

How can we predict who needs help driving safely or who should stop driving altogether?

Some possible indicators of risk for bad events happening while driving include falls in the last year, decreased vision, cognitive problems (slowed thinking or dementia), a history of car accidents, and use of medicines that can cause sedation or affect thinking and reaction time. Decreased hearing and arthritis that limits use of hands and range of motion of the neck can also affect driving ability.

Certain health problems, such as seizures, legally require time away from driving. Other disorders that

make people lose or nearly lose consciousness can also be a basis for a physician reporting concern to the Department of Motor Vehicles. These might include strokes or transient ischemic attacks, passing out, heart rhythm problems, chest pain associated with heart disease, and low blood sugars. Doctors are also required to report dementia to the DMV.

A physician cannot take away someone's driver's license, but reporting a condition of concern can lead to further testing by the DMV.

"Data show that drivers over age 75 have more traffic violations and collisions than younger drivers."

Many people adjust their driving habits on their own as they recognize difficulties (avoiding night driving with vision problems, driving less often and to less distant destinations).

How can you check in on your own driving skills? There are online tests and courses available at the AARP website (aarp.org/auto/driver-safety/). Ask yourself: How is my vision and hearing? Do I have enough strength and flexibility to manage a motor vehicle? Am I overwhelmed or nervous when driving? Are my loved ones worried about my driving?

Optimizing conditions is one way to reduce risk while driving. Avoid driving in bad weather, after dark, and in unfamiliar places. Make sure

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Manga Mediterranean

The "Mediterranean diet" is nothing new. What is new, however, is new research that finds this kind of diet is especially good for seniors.

"Seniors whose food intake most closely matched a Mediterranean diet lived the longest," reports the British Journal of Nutrition.

The conclusions are based on an eight-year study of 5,200 people 65 and older by researchers in Italy, the epicenter of the Mediterranean diet. Epidemiologist Marialaura Bonaccio, the study's lead author, says this diet could help older people "maximize their prospects for survival."

So what is it? Since the 1960s, researchers have found that Greeks and southern Italians had lower heart risks than northern Europeans. They narrowed it down to diets including:

- high consumption of leafy vegetables, fruit, nuts, whole-grains and

olive oil;

- moderate intake of fish, meat, dairy and red wine;
- low amounts of sugar and eggs.

Bonaccio's team studied the eating habits of older residents of central Italy's Molise region. Subjects who closely followed traditional Mediterranean diets had less risk of death from coronary disease and strokes.

This is a good time of year to adopt a sun-drenched Mediterranean diet — it's Local Food Month, and Humboldt markets are full of green, leafy veggies, tomatoes, fruits and nuts. The researchers also found that a glass of wine was a "protective factor" for longevity.

Plus, of course, a Mediterranean diet has been shown to be among the world's yummiest. So, *manga!*

—Ted Pease

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HEAVENS TO BETSY—BY BETSY GOODSPEED



‘Let Me Try Again’

Thinking about retirement reminds me of

Frank Sinatra singing “Let Me Try Again” in 1973. His tone was husky, but his energy was tenacious. Frank’s comeback was a solid success, but the fact is he couldn’t retire.

Quitting can be the roughest thing we do. Kids grow up believing that life is all about making a living. Talents can become hobbies unless one’s education includes creativity.

I was taught that our gifts need to be developed and given back; goodness is serving God, and those who are evil will serve time.

Do we dare ask if time could serve us? Will we have the energy and the nerve to explore the possibilities?

My brother got an unexpected bonus when he retired from being a TV lighting man because he never took a sick day off. He designed and built an innovative travel trailer, and, at 96, was a problem-solver for the Coast Guard.

When George Burns told the orchestra on his show that they would have to swear they were never Communists, they walked out in a body, calling the Red Inquisition unconstitutional. My father was the bandleader. After he left that life, he became a remarkable photographer and his original music accompanied his slide shows at national parks.

I was once invited to do a TV

commercial for a popular dish soap. I found that it made grease magically disappear in a sink filled with hot water. The other sink had ice water.

“Is this what I want to do with my life?” I asked myself, wondering if live theater would restore my sanity. Community theater with amateurs and dedicated pros renewed my faith in the arts.

Deciding that life was all about productivity led me to write music and fiction until my energy ran down, but retiring to an assisted living facility turned out to be a dead end. I was reminded of a favorite line from a comedy: “A nervous breakdown is when your brains don’t like you no more.”

Now, at 92, it seems that I may finally be retiring — for real. But I’m still writing fiction and music, so I have to wonder if retirement could be a relative condition having to do with what matters most.

Making my living was magical, productivity was fulfilling, and buying a house to live a new life in my 90s has been an adventure. Once again, it takes the right question to get an obvious answer.

As Frank Sinatra sang, “I know I said that I was leaving, but I just couldn’t say goodbye.”

Betsy Goodspeed’s latest retirement, at 92, involves writing and blogging from her new home in Eureka. She is an author and former stage and TV singer and musician.



“Joe would be a great addition to Eureka’s city council. He has always been concerned with the interests of the senior residents of Eureka.”

—Esther Allen, Retired RN,
American Cancer Society volunteer



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On approach to the dredge



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Eureka’s stormdrains affect the bay



Bucket List! Seniors Wanted for PBS Show

By Jan Ostrom

A few decades back, when I was 39 going on 40 for the third or fourth time, my mother sent me a beautiful birthday card with a bit of sentiment and a wish for happiness in my future.

On the back, she wrote in large letters with a Sharpie, "Now is the time to start your Bucket List."

I thought I was way too young for such an exercise, but truthfully, my mom was never wrong about anything, and I learned early to listen to her.

This year, I am the same age my mom was when she wrote that. Because of her,

I have checked off quite a few Bucket List items over the years, including polishing the Tin Man in the Humboldt Light Opera's production of "The Wizard of Oz" this past summer.

How about you? Is your Bucket overflowing with adventures? If you have something on that Bucket List that involves ambitions right here in Humboldt County, and if you are over 60, we've got a proposition for you.

"What's on Your Bucket List?" is a new 2019 show on PBS North Coast hosted by Tracey Barnes Priestley.

Tracey and I are looking for folks over 60 who have something Humboldt they want to check off their Bucket List, and share with an audience.

Do you crave a day at a spa? Learning to blacksmith? Going backstage at a local theater production or TV station? Taking cooking lessons from a local chef, or learning to play a musical instrument?

If you have such a wish, and are interested in seeing it come true on PBS, please email pbsncbucketlist@gmail.com to apply, or leave your name and

address at (707) 845-8348. (Please speak slowly and clearly.) Or write to Bucket List, PBS North Coast, P.O. Box 13, Eureka CA, 95501.

Find out more about the Bucket List show from Tracey herself at noon on Oct. 1 at the OLLI (Osher Lifelong Learning Institute) Brown Bag Lunch Series, Hospice of Humboldt, 3327 Timber Falls Court, Eureka.

It's never too late for an adventure.

Jan Ostrom, 73, of Eureka is associate producer of the PBS Bucket List program, and a retired film and TV professor.

In the Bucket

A random sampling of some cool Bucket List ideas. What's on your List? Send your top three to Senior News and we might include them in the next issue.

- Walk with Antarctic penguins.
- Ride an elephant (or a camel).
- Go to the Kentucky Derby.
- Scuba-dive in Australia.
- Dinner with George Clooney.
- Meet the Pope.
- Grandkids' college graduation.
- Learn to fly.
- Get a tattoo.
- Learn samba dancing.
- Go to Paris.
- Ride hot air balloon.
- Kiss a whale.
- Make a good pie crust.
- Sing with Paul McCartney.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Dream Retirement

If a job in retirement looked like my dream job, it might look like the three days I spent in 2004 in a County Kerry village on Ireland's southwest coast.

I stayed with two co-pastors and their four children, plus an architect and his wife. At every meal and teatime, we crowded around their farmhouse table, stuffing our faces with homegrown food.

From the kindergartener to the eldest (me), everyone chatted about the plainly beautiful church building that the pastor himself had just constructed with the architect. The first Protestant church built in the Republic of Ireland in 100 years, it was given an Irish name: *An Teach Solais*, "House of Light" or "Light-house."

They'd asked me to come to consult on interior design, filling the big gray building shell with ideas for color, lighting, surfaces and furnishings. That's like asking an otter to play.

At almost — almost — every turn, my design ideas were met with universal enthusiasm. (Reader, this rarely happens in my real life.)

Day One: As we toured the church worksite, they asked me to brainstorm on design. I suggested: How about large Italian paving tiles for the sanctuary floor, making the high, windowed space look like a courtyard? For the kitchen, tomato-red walls and Irish pine cupboards? For the youth rooms, Van Gogh-style murals painted by kids? The startling uniform response: "Of course!"

Day Two: Scouring the market village, we found most supplies locally: paint, tile and lighting, including half-moon sconces of porcelain-white clay that glowed against the white sanctuary walls.

Day Three: When I learned an old church in the village was closing down, I asked if its antique pews were available. The answer: "Yes, for free." I saw this as the Irish miracle we needed to furnish the sanctuary under budget. But to the pastor's family, old dark pews were less desirable than new IKEA furnishings. Swallowing hard, I compiled a shopping list for church furnishings, including 100 birch stacking chairs that needed assembly and might break soon. Sleek modern design won the day.

That afternoon, I met the 75 parishioners waiting for their new church building, including an old man, Dylan, with a custard-thick Kerry accent. Dylan drew me aside, telling me many beautiful things, most of which I couldn't comprehend, about the church and my life and how it all coalesced here.

But as we parted with real tears, Dylan called out clearly, "Ah, I almost forgot the most important thing, Margaret: God's unutterably in love with you!"

Yes, if I could do more design consultation like that in retirement, I would die happy. —

Margaret Kellermann was born in Virginia, but before that she surely lived in Ireland. See her new blog at bluelakestudio.net.

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Songs That Heal Communities with Hope and Joy

By Dave Rosso

When I was a little boy, I ran home from school one day and joyfully announced to my mother, "I'm an alto!"

I had just joined the school choir. My mother told me altos are girls.

Years later, I became a bass. One day I was introduced to the great tenor Luciano Pavarotti. I told him I was a bass, but was really a tenor-wanna-be. He shook my hand, smiled and said, "Be happy being a bass."

I have sung in church choirs, with the College of Marin choir that sang Felix Mendelssohn's "Elijah," and with the Cam Ranh Air Base Choraleers while stationed with the Air Force in Vietnam. Here in Humboldt County, I have been singing for 10 years with the Arcata Interfaith Gospel Choir.

The choir was formed 26 years ago following the riots over the police beating of Rodney King. Today, as the nation struggles with violence and anger in the streets, there is as much need for harmony as there was in 1992.

The Arcata Interfaith Gospel Choir grew out of multicultural events in Arcata in May 1992 that were organized by Humboldt State University and CenterArts staff. Activists and volunteers including Connie Stewart, who later was elected to the Arcata City Council and became mayor, created the first Prayer Breakfast on the North Coast.

At the first Prayer Breakfast in the former Arcata Community Center, impassioned speakers including HSU



Performing in the Arkley Center in 2016. AIGC photo.

professors Nathan Smith and Caleb Rosado, and inspired singing by Karen Dumont, the Black Student Union Men's Ensemble and the Oakland Interfaith Gospel Choir moved many attendees to tears. A group of attendees decided to form an interfaith gospel choir in Arcata to help heal the wounds and focus on hope, joy and community.

The choir's mission is to inspire faith, hope, love, unity and joy through black gospel music. The group exemplifies principles of equality, unity and cooperation through its multi-faith and multiracial choir membership.

Now 60 voices strong, the com-

munity choir serves the North Coast by performing at community events, fundraising benefits, memorials, churches and for inmates at the Humboldt County jail.

The choir also holds three fundraising concerts per year — the Harvest Concert in early November, the Holiday Concert in mid-December, and the Spring Concert or Prayer Breakfast in early May. For information, visit arcatainterfaithgospelchoir.org.

Dave Rosso, 74, of Eureka still dreams of becoming a tenor. A former United Press International newsman, he is a member of the Senior News Community Advisory

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AGING IS AN ART — BY JOHN HECKEL

Missing John — Forever

This last Aug. 16, at 8:26 in the morning, I found out my good friend John Hudson had died the previous day.

I felt an instantaneous numbness. Then came an “all-the-things-that-will-never-happen-again” kind of feeling. All the last times, and the thing I dread most: looking back and knowing it was the last time . . . ever . . . that I shared an experience with John. Moments and opportunities with John missed.

Then came overwhelming regret, followed by sorrow.

Sorrow I wasn't there when he died, and because I hadn't been able to experience a final in-the-moment goodbye. I should have been there to help.

Intellectually, I know there are way too many people in our lives to be present with all of them when they die. Not so in the old days, however. Emotionally, I long for the type of village life in which the entire community knows when someone is dying. I long to be part of a community in which everyone plays a role in the dying of each of its members.

When I got the phone call about John, I was caught up in the stress and traffic of getting someone from Oakland to the San Francisco International Airport. Is it a typically pathetic response to the death of someone you love to suggest that his death put all that in perspective?

The “I-should-have-been-there” feelings return, followed by images of his house and garden on Myrtle Avenue. I see myself driving by, knowing I will never again experience his beautiful smile or infectious laughter.

I was one of the fortunate ones. John's sister, Sandra, knew to call me, being the one to take responsibility for informing his close

friends. My thoughts turn to the scores of John's friends

who Sandra did not call, people she didn't know to call.

I took it upon myself to inform some of those people I knew, people who would want to know.

The need for connection, the desire for genuine community, that feeling of loss is triggered by, but transcends, John's death. It highlights a spiritual longing for connection to a community in which each life is celebrated, and each death is experienced and mourned.

When the time comes, I want you to *know* my death, and I want to experience yours.

Are there people whose death you want to know? Have you told them?

John Heckel, Ph.D., of Eureka is chair of the Senior News Community Advisory Council, and a former HSU theater and film professor with a doctorate in psychology.

“Then came overwhelming regret, followed by sorrow.”



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HSRC News 707 443-9747 • www.humsenior.org

Two New Managers Join HSRC

The Humboldt Senior Resource Center is pleased to introduce two new additions to Redwood Coast PACE and Adult Day Health Services.

“We are excited to have Kay Hudelson and Steve Rogers join our management team at HSRC,” said agency Executive Director Joyce Hayes.

Hudelson brings more than 30 years’ experience working with seniors to the position of Redwood Coast PACE Center manager. Most recently, she was director of an adult day health program, coordinating teams to provide person-centered care at Dignity Health Connected Living in Redding.

Moving from Redding to “the coast” has been a longtime goal, said Hudelson, who was among the first to travel Highway 299 when it reopened after this summer’s Carr wildfire, which devastated the Redding area.

Hudelson said another of her long-time goals has been to work with a

PACE program. “The idea of working with a team to provide wrap-around care for seniors is awesome,” she said.

Steve Rogers joined HSRC in February as a van driver, and has now become transportation manager, overseeing the Center’s vans and drivers who transport 100 or more PACE and ADH participants from their homes to programs daily, as well as to medical services and other appointments.

A former College of the Redwoods bus driver, volunteer firefighter and Fortuna Police sergeant, Rogers was transportation manager for City Ambulance and City Cab of Eureka, and a van driver for the Bear River Casino before joining HSRC.

For Rogers, connecting with program participants is the best part of the job. “I’m happy to be here,” he said. “I love working with the participants, hearing their stories, getting to know them better.”



Kay Hudelson



Steve Rogers

Special Celebration Lunches in October

In addition to our regular lunch menu, our three dining centers in Arcata, Eureka and Fortuna will offer three special celebration lunches in October.

• **Apple Harvest, Oct. 5** — The HSRC chefs celebrate the annual autumn apple harvest on Friday, Oct. 5, with an apple-inspired menu: apple-glazed pork loin, scalloped potatoes, apple coleslaw, fruit and nut bread, and apple streusel for dessert.

• **“Nearly Local” lunch, Oct. 17** — Thanks to a grant from the North Coast Co-Op Community fund, our

dining rooms will serve a menu using almost all local ingredients: locally caught rock fish baked Portuguese style, a quinoa pilaf, roasted squash and apple crisp.

• **Scary Good, Oct. 31** — Join us on the spookiest day of the year for a frightening fine Halloween feast. It’s scary how good this will be: pot roasted beast, potato fingers, goblin green beans, candy corn parfaits, bread fingers and a special Halloween dessert.

Lunch is always served beginning at 11:30 a.m. at the Eureka and Arcata

dining centers, and noon at the Fortuna dining center.

Low-fat or nonfat milk is served with every meal. The full month’s menus — subject to change without notice — appear on page 14. Diners are asked for a \$3.50 suggested donation, but no senior 60 or older will be denied a meal if unable to donate; \$6 for those under 60.

For more information on HSRC meals and activities, call nutrition and activities program manager Tasha Romo at 443-9747, x1228.

NEW HSRC Activities

Some highlights for October at Humboldt Senior Resource Center’s Eureka Dining Center:

• **Karate with Sensei Jerry Bunch** is back. With more than 45 years of karate experience, Sensei Bunch considers it an honor to share his knowledge with others. This ancient movement discipline can expand your flexibility and help increase your energy. Come enjoy yourself with Sensei Bunch Monday from 10 to 11 a.m.

• **Tai Chi for Arthritis and Balance** — Instructor Kathy Seror will once again offer an eight-week tai chi class designed to reduce fall risk. Through the program, older adults will learn skills to increase their strength and balance. Tuesdays beginning October 9 from 3:30 to 4:30 p.m..

• **Laughing Your Heart Open** — The practice of laughter yoga helps create a sense of physical and mental well-being workout, plus it’s fun. Just for laughs, join Jan Rowan, Lynn Robbins and others to laugh your heart open Thursday from 3:30 to 4:30 p.m.

See the full listing of HSRC activities on page 12. For more information on these and other Center offerings, call the HSRC activities office at 443-9747, x1240.

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* For times see the Activities at Senior Centers calendar for Eureka, Arcata & McKinleyville.

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October 2018

Senior News

Page 13

OCTOBER SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

An HSRC Dining Center

1910 California Street • humsenior.org
Lunch: Tuesday-Friday at 11:30 a.m.

For more information call Tasha at 443-9747 x1228, tromo@humsenior.org

Every Weekday		9-1 Library 9-3 Senior Service Office 12-3 Billiards
Mondays		9:30-10:30 Karate with Jerry Bunch 10-12:30 Mah Jongg 1:15-2 S.A.I.L. w/Muriel 2:10-3:10 FABS/S.A.I.L w/Beth & Lois 2:30-4 Memoir Writing Class
Tuesdays		10-11 Harry's Bingo (not Oct. 2) 11:30-12:15 Lunch – Menu page 14 12:30-1:30 Bunco (not Oct. 2) 12:15-2:15 Pinochle 2:10-3:10 FABS/S.A.I.L with Beth & Lois 3:30-4:30 Tai Chi for Arthritis & Balance (not Oct. 2)
NEW!		Oct. 2 10:30-11:30 Dine & Dance w/Ray, Dave & Lois Oct. 16 11:30-2 California Phone Presentation Oct. 23 11:30-1:00 CalFresh information & sign up with Food for People Oct. 23 6-9 Stamp Club
Wednesdays		11:30-12:15 Lunch – Menu page 14 1:15-2 S.A.I.L. w/Muriel 1:30-3:30 Intermediate Line Dancing 2:10-3:10 FABS/S.A.I.L. w/Beth & Lois Oct. 3 & 17 1-2 Caregiver Support Group Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B, 1901 California St., Eureka
Thursdays		10-11 Grocery Bingo: Bring 1 grocery item 10-11:30 Intermediate French 11:30-12:15 Lunch – Menu page 14 1:15-2 S.A.I.L. w/ Muriel 2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois 3:30-4:30 Laughter Yoga- Laughing our Hearts Open Genealogy group
Fridays		9-10 Falun Dafa 10-11 Beginning Tai Chi Movements 11-12 Beginning Yoga 11:30-12:15 Lunch – Menu page 14 1-4 Bridge Games Oct. 5 11:30-12:15 Apple Harvest Celebration Oct. 5 & 19 1:30-2:30 Conscious Living Book Club Oct. 12 10:30-11:30 John Nelson & Friends Oct. 26 11:30-12:15 Accordionaires perform & Birthday Celebration
Saturdays		Oct. 6 Noon Sassy Seniors, Samoa Cook House Oct. 20 Noon Nooners, Kristina's, Eureka

Fortuna Dining Center

An HSRC Dining Center at Mountain View Village

2130 Smith Lane • Call Launa at 725-6245
Lunch: Tuesday-Friday at 12:00 p.m. - Menu page 14

Tuesdays		12 Lunch
Wednesdays		Oct. 3 10:30 Music with Bill,Corena & John 12 Lunch Oct. 31 12 Halloween lunch
Thursdays		12 Lunch

Thursdays (cont.)		Oct. 11 & 25 12-2 Caregiver Support Group Oct. 18 12-1:30 United Methodist Church Fireplace Room 922 N Street, Fortuna
Fridays		12 Lunch Oct. 26 12 Birthday Lunch

For info call 443-9747

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road

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Mondays		8:30-9:30 Tai Chi 9-12 Computers* (*call for availability) 10:30 Walking Group at Hiller Park 1-4 Party Bridge 1-4 Cribbage NEW! October 29 11-12 Low Vision Workshop
Tuesdays		9-11 TOPS 9:30-10:30 S.A.I.L. Class 10:40-11:40 Stretching 12:30-3:30 BINGO 1:30-2:30 Exercise
Wednesdays		8:30-9:30 Tai Chi 9-12 Computers (call for availability) 10-12 Needlework 10:30 Walking Group at Hiller Park 1-4 Pinochle Oct. 3 10-11 Genealogy Oct. 3 & 17 3-5 Caregiver Support Group Timber Ridge Assisted Living, Private Dining Room, 1400 Nursery Way, McKinleyville For info call 443-9747 Executive Board Meeting Heart Healthy Club
Thursdays		9:30-10:30 S.A.I.L. Class 10:30-12 Pinochle Lessons 10:40-11:40 Stretching 12:30-3:30 BINGO Oct. 4 11-11:30 Baked Potatoes & Chili, \$3 Oct. 11 11-11:30 Bean Soup & Quesadilla \$3 Oct. 18 11-11:30 Chicken, Pasta, Veggie Soup & 1/2 Sand. \$3 Pea Soup & 1/2 Sand. \$3
Fridays		8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 1-4 Pinochle Oct. 26 10-11 Full Board Meeting (Open Meeting)

“I’d rather be fishing.”
—Anon.

Arcata Community Center

An HSRC Dining Center

321 Dr. Martin Luther King Jr. Parkway
Lunch: Tuesday-Friday at 11:30 a.m.
Call Vanessa at 825-2027

Mondays		Oct. 8 & 22 11-12 Silver Quills Writing Group
Every Tuesday		9-11 Katie's Krafters 10-11 Senior Pool Hour-HealthSport \$5 fee (prior registration required) Bread distribution 11:30-12:15 Lunch – Menu page 14 12:30-2 Bead Jewelry Class 10-11 Blood pressure check Oct. 2 10-11 Caregiver Support Group Oct. 2 & 16 Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747 Walking Group w/Chris Oct. 9 & 23 10 Arcata Marsh Slow Walk Oct. 29 2
Every Wednesday		10-11 Chi Gong-RSVP 443-8347 11 Bread distribution 11:15-12:15 Tai Chi with Kathy-Advanced 11:30-12:15 Lunch – Menu page 14 12:30-1:30 Tai Chi with Kathy-Beginning Oct. 3 & 17 10:30-11:30 Brice Ogen & Guitar Oct. 10 10:30-11:30 Chuck Clarke & the Old Gold Band
Every Thursday		9-10 Tai Chi w/Tim (\$3 donation) 9-11 Katie's Krafters 10-11 Senior Swim Hour-HealthSport \$5 fee(prior registration required) 11:30-12:15 Lunch – Menu page 14 12:15-1:15 Learn Tech with Brett Oct. 4 10:30-11:30 PJ's Musical Group Oct. 11 11-12:15 Cal Fresh Sign-up assistance Oct. 18 10:15-11:15 Swing 'n' Sway Trio Oct. 18 10:30-11 Commodities Distribution
Every Friday		10-11:30 Ping Pong with Pete (not 10/19)10:30-11:30 Piano with John Humphrey 11:30-12:15 Lunch – Menu page 14 Oct. 5 10:30-12:15 Apple Harvest Celebration Oct. 19 10:30-11:15 Music with the Half Notes Oct. 26 10:30-12:15 Birthday Celebration

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Senior Tech Tips For Smartphones

By Brett Watson

It's a common misconception that seniors are resistant or unable to adapt to new technologies. I know many seniors who use the latest smartphones and other electronic devices with great proficiency.

The feature of smartphones that seniors most enjoy is the ability to stay up-to-date and communicate with distant loved ones.

A few key smartphone features seniors may find useful are:

1. The ability to enlarge everything on your screen to make it easier to read.

2. For people with cold hands, or who have used their hands throughout their lives for their hobbies and professions, the capability of increasing the screen's touch sensitivity. For example, if your fingers have developed calluses from a lifetime of work or a favorite hobby, the screen of your device will have difficulty sensing the tips of your fingers. That can be adjusted.

3. Improving the sound quality of your phone if you use hearing aids.

Any new device can feel overwhelming at first. All it takes is patience and practice.

Take your time and don't let a device stress you out. Smartphones have greatly enhanced the lives of many, so don't be afraid to dive in. And always feel free to visit me at noon every Thursday at the Arcata Community Center for free tech help.

Brett Watson of Arcata is a long-time HSRC volunteer, vice-mayor of Arcata, and owner of HumBot707 Tech Solutions.

Susan

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October 2018



Humboldt Senior
Resource Center

Nutrition & Activities Program

Dining Center Menu

FIRST WEEK

Oct. 1 Dining Centers Closed
Oct. 2 Summer Berry Salad
Oct. 3 Chicken Curry
Oct. 4 Green Chili Egg Bake
Oct. 5 Apple Glazed Pork Loin
- *Apple Harvest Special*

SECOND WEEK

Oct. 8 Dining Centers closed
Oct. 9 Baked Ham
Oct. 10 Beef Burgundy
Oct. 11 Lemon & Dill Fish
Oct. 12 BBQ Pork Rib

THIRD WEEK

Oct. 15 Dining Centers closed
Oct. 16 Butternut Ravioli
Oct. 17 Portuguese Style Rock Fish
Oct. 18 Taco Salad
Oct. 19 BBQ Hamburger

FOURTH WEEK

Oct. 22 Dining Centers closed
Oct. 23 Broccoli Cheese Soup
Oct. 24 Chicken Caesar Salad
Oct. 25 Chicken Cordon Bleu
Oct. 26 Sloppy Joe - *Birthday Cake*

FIFTH WEEK

Oct. 29 Dining Centers closed
Oct. 30 Spaghetti & Meat Balls
Oct. 31 Pot Roast - *Happy Halloween*

People 60+ are invited

\$3.50 suggested donation

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BEER, CHIPS AND A HAPPY HOUR . . . From Page 1

But they get a lot more out of it than that.

“They love the material,” said Grounds, 69, of Eureka, who started playing solo guitar and singing at the Eureka Timber Ridge in 2004 when his mother-in-law moved there.

Now, 14 years later, Grounds’ mother-in-law has passed on, but the solo act has grown into a five-member “American roots” ensemble, a weekly fixture at the care facilities.

Grounds leads the group on acoustic bass, with Bruce Johnson and Steve Irwin on guitar, Michael Proctor on the dobro, and Glen Nagy plays mandolin.

“I get much more out of playing at TR every week than a few drinks and a bag of chips,” Nagy said. “It’s amazing to see how much the music means to the residents.”

At one recent happy hour performance in Eureka, Timber Ridge resident Gwenn Cloepfil sat in a wheelchair, sipping a glass of wine and softly harmonizing with the band. “Oh, I love them,” she said, her head nodding in time to the music. “I never miss them.”

Her daughter, Tamara Clohessy, says her mom knows a lot of the Boys’ repertoire. If she doesn’t know a song, she sings along anyway. “She lives for these guys,” Clohessy said.

In fairness, not all the Timber Ridge residents agree. “They call this music?” one woman asked during a recent performance.

“She took out her hearing aid,” her friend explained.

“We play American classics — Elvis, Johnny Cash, Bob Wills,” Grounds said, “and the old people

love to hear the old children’s songs.” The Timber Ridge audience claps, toe-taps and sings along. “They totally love it, and that makes us feel really good.”

The musicians all play in other local bands, including Grounds and Proctor in the Kentucky Warblers, Johnson in the Compost Mountain Boys, and Nagy and Irwin in the Yokels. But the Timber Ridge Boys tune up only for the seniors.

The band sometimes plays for an Alzheimer’s group, Nagy said. “It only takes a few minutes before the whole room wakes up, with people singing, dancing and, if nothing else, just smiling,” Nagy said. “That group is generally not communicating verbally, but it’s obvious how much the music means to them.”

Band leader Grounds retired in

2012 after teaching elementary school in McKinleyville for 19 years, to focus on doing what he loves.

“I’m just lovin’ life, doing what I want to do,” he said. “I don’t know how I ever worked.”

“This is what I’m supposed to do,” he said as he tuned up for another 4 p.m. happy hour with his fans at Timber Ridge. “I joke that I’m making points in the plus column for the end of the line.”

Nagy has the same take on it. “We’re putting tokens in the karma bank,” he agreed.

“It may not be all that long from now until we’re sitting on the other side, appreciating some ‘young’ musicians playing for us.”

Ted Pease is editor of *Senior News*.

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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

She's Turning 100

I've been looking for a centenarian to feature in this column, and here she is: Audrey Campbell Sandberg, turning 100 next month, lives in Eureka. She is a 30-year member and past president of Sequoia Garden Club, and avid card player and bird watcher.

Q: Did you think you would live this long!

Audrey: I'm not surprised as my grandmother lived to be 124. She was Native American and lived on the San Pasqual Reservation near San Diego.

Q: What are some of the changes you have seen?

Audrey: When I was a little girl, my dad's job was driving the stagecoach from Weaverville to Hayfork and back. Needless to say, there have been many inventions since then, like cars, phones, television, computers, and so many more.

Q: How do you spend your time?

Audrey: My husband died 17 years ago and so I've been by myself since then. I still live in the same house that we bought in the 1960s, with good neighbors who help me if I need it. But I do my own meal-fixing, shopping, laundry, watering plants and feeding birds. I also play cards twice a week at the Women's Club, go to the hair salon, and out to eat with family and friends.

Q: What physical changes have you experienced?

Audrey: Up until my mid-80s, I walked everywhere. Then, in my early 90s, I had shoulder surgery

and a hip replacement. At 98, I gave up driving due to deteriorating eyesight. Now, I'm wearing hearing aids, can't taste much, have digestive issues, and use a cane as I become more unsteady.

But none of that keeps me from getting out and being with people and doing things. I can get around because of friends and family, and help from the Redwood Coast Village. As a member, I can get low-cost rides to my appointments. They also offer cleaning and gardening services. It's a great organization for seniors.

Q: Any advice on living to 100 and beyond?

Audrey: Well, even though a lot has changed over the past 100 years, both emotionally and physically (i.e. losing both my husband and our youngest daughter), you have to be stubborn and just carry on.

You have to learn to adapt to change. You need to do as much for yourself as you can and not sit around feeling sorry for yourself. Also, do things to keep your mind and body active.

And always celebrate every occasion such as holidays, marriages, birthdays, and the good things that happen along the way.

Joan Rainwater-Gish, 75, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes.

Contact: jrainwater-gish@suddenlink.net



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October

Community Calendar

HUUF Art Sale

The Humboldt Unitarian Universalist Fellowship (HUUF) will offer a sale of the original paintings of Humboldt artist Helen Vatcher, "Painting the North Coast Landscape for Over 50 Years." Saturday, Oct. 6, 3 to 6 p.m., at 24 Fellowship Way, Bayside. Proceeds will be Vatcher's legacy gift to HUUF. Information at 707-407-0047 or ediejessup@gmail.com.

Against the Wind Fest

Humboldt anti-nuclear activists will host a week-long Against the Wind Festival of performances, panel discussions, films and lectures to promote peace and support the voyages of the "peace boat," the Golden Rule. Festival events, most at the Arcata Playhouse, are from Sunday, Oct. 14-Sunday, Oct. 21. For information, schedule and tickets, visit againstthewindfestival.org.

Senior Action Coalition

The Senior Action Coalition (SAC), a nonpartisan grassroots organization focused on local issues of interest to seniors, offers free presentations on the November midterm elections, and on Social Security and Medicare issues. Get involved at monthly SAC meetings on the third Thursday of the month, Jefferson Community Center, 1000 B Street, Eureka, from 11:30 a.m. to 1 p.m. Information at senioractioncoalition@gmail.com

Candidate Forums

Nine community groups have joined forces to host forums for Eureka's three mayoral candidates and all nine City Council candidates in Nov. 6 election. The forum for Wards 1 and 3 will be on Sunday, Sept. 30, 6-8 p.m., and for mayor and Ward 5 on Monday, Oct. 1, both at the Labor Temple, 840 E St., Eureka, from 6 to 8 p.m. For more information, Call 707-758-8548 or email jfrahm@ufcw5.org.

North Coast Stand Down

The annual North Coast Stand Down to connect military veterans with local services takes place Friday-Sunday, Oct. 5-7, at the Humboldt County Fairgrounds in Ferndale. Information about a wide range of services for veterans and their families will be available. Info at 707-826-6272 or northcoaststanddown.org.

Stand for the Redwoods

Celebrate the Save the Redwoods League's 100th anniversary during Centennial Celebration Week, Oct. 7-14, beginning with the free Stand for the Redwoods Festival in Orick, Sunday, Oct. 7, from 11 a.m. to 5 p.m. Information at savetheredwoods.org.

Editor's Brown Bag

Senior News editor Ted Pease will be OLLI Brown Bag Lunch speaker at noon on Oct. 8, at the Hospice of Humboldt conference room, 3327 Timber Fall Court, Eureka. Pease, editor of Senior News since 2016, will talk about the state of news, and how sausage is made in community journalism. The OLLI series is free. Info at extended.humboldt.edu/olli.

Arcata House Auction

Arcata House will conduct a fundraising silent auction during Arts! Arcata on Friday, Oct. 12, from 6-9 p.m. at 854 9th St. in Arcata. Come spruce up your personal art collection with ceramics, jewelry, paintings, collectables and other original works, and help a good cause. Because "Home is where the ART is."



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The Humboldt Botanical Garden is important to Larry and Kitch Eitzen. They have supported the Garden with generous financial gifts including a recent planned gift to enhance the Oliver Eitzen Lookout Point.

Leaving a legacy is a wonderful way to give back to your community.

To learn how you can touch the lives of others by including your favorite charity in your will or estate plan, contact an attorney, financial advisor or LEAVE A LEGACY Humboldt at (707) 267-9922.



Leavealegacyhumboldt.org

Why I Walk to End Alzheimer's

By Joanne Conzelmann

When I began working with frail elders and disabled adults as a student in 1982, I found the people I met fascinating and resilient. They were all dealing with some loss, and needing to find equilibrium in facing changes.

I worked with the Humboldt Senior Resource Center (HSRC) for 26 years, the last six directing the Adult Day Health & Alzheimer's Services programs. I was alarmed to see that people being diagnosed with Alzheimer's were getting younger, and this number seemed to be steadily growing.

There is local support — HSRC's Alzheimer's Resource Center, the Redwood Caregiver Resource Center, the Area 1 Agency on Aging, Adult Day Health Care of Mad River — and national support from the Alzheimer's Association.

I walk to end Alzheimer's because I want to see a cure in my lifetime. With enough support and research, I believe this is possible.

Please join me and others in the Humboldt Walk to End Alzheimer's on Saturday, Oct. 13, starting at 10 a.m. at the Adorni Center in Eureka. To get involved, visit act.alz.org/Humboldt2018, text ALZWALK to 51555, or call 296-9060.

Joanne Conzelmann, MSW, of Arcata is a volunteer with the Humboldt Walk to End Alzheimer's.

“The first step to a thriving unretirement is to begin by asking yourself what it is you want to be doing.”

—Chris Farrell, author, *Unretirement* (2014)

ASK THE DOCTOR . . . From Page 5

the car is set up well for you physically. An occupational therapist can be helpful in assessing this.

Some newer cars are equipped with safety features that can help older drivers, including self-parking and parking-assist systems, forward-collision warning and automatic notification of emergency services in a crash.

Of course, no one should try to do other things while driving — like using a cell phone or eating and drinking. You should be aware if your health has worsened, affecting your ability to respond quickly. Ask your doctor which medications may make you less able to drive safely.

Once a decision is made to stop or limit driving, there are community resources available to help with transportation. Redwood Coast

Village (rcvillage.clubexpress.com) offers support to people 50 and over, including transportation to appointments and events. Humboldt Transit Authority (hta.org/) offers service around the county, and Dial-a-Ride (hta.org/dial-a-ride/) is available for those unable to use public transportation.

If you are worried about your own driving or the driving of someone you love, ask for help. Be safe out there.

Dr. Jennifer Heidmann is medical director and primary care provider at Redwood Coast PACE (707-443-9747). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org.

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<p>Ferndale Senior Bus For people 50+ & the disabled. Wheelchair Lift 786-4141</p>	<p>Fortuna Senior Bus For people 50+ & the disabled Wheelchair Lift 725-7625 www.friendlyfortuna.com</p>
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Crossword on page 22

A	B	L	E		M	A	M	A		L	A	G	E	R
D	R	A	G		O	V	A	L		U	H	U	R	A
D	U	N	G	A	R	E	S	E		P	E	A	R	Y
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F	I	B		R	O	G	A	I	N	E		N	B	C
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P	O	S	S	E		E	R	I	C		T	O	T	E
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"Retirement means that you'll just go ahead and live on your laurels and surf all day in Oceanside. It ain't going to happen."

—Junior Seau (1969-2012), NLF linebacker.

Celebrate Fall, and 100 Years of Saving Redwood Forests

By Jerry Rohde

It's October 2018, so let's celebrate two events at once — fall color all along the South Fork Eel River, and the 100th anniversary of the Save the Redwoods League.

We'll start by taking Highway 101 south to the Weott exit, about three miles after you cross the South Fork. Take the off ramp, turn right, and drive downhill through upper Weott.

In about a mile you'll get to lower Weott, a community that no longer exists. Turn left on the Avenue of the Giants. Look immediately to your left, and you'll see why. A signpost rises 26 feet into the air with a red and white crosspiece atop it. This marks the level of the 1964 flood, which washed out all of lower Weott and other locations along Humboldt's rivers.

Now look straight ahead. You'll see the Avenue enter a wall of old-growth redwoods. The ancient trees are there thanks to the Save the Redwoods League, which got its start after three conservationists — John C. Merriam, Madison Grant and Fairfield Osborn — drove up the then-new Redwood Highway in the summer of 1917.

They saw workers cutting down and splitting up giant trees, in the process creating the clearing where the town of Weott was built. The three men returned to the Bay Area and, stricken by the destruction they'd seen, mobilized a small group of like-minded individuals and, the next year, formed the Save-the-Redwoods League. (The League no longer hyphenates its name.)

Soon the League was raising money, buying

tracts of redwood timberland along the South Fork, and transferring land titles to the state. In 1922, the League dedicated its first memorial grove upriver from Myers Flat, and what became Humboldt Redwoods State Park had its start.

In fairness, writes current League President Sam Hodder, "It was the women of Humboldt County who sparked the earliest awareness and action for preserving old-growth coast redwoods."

In 1908, the Humboldt County Federation of Women's Clubs organized a petition drive in 1908 to create a national redwood park, Hodder says. The petition was signed by more than 2,000 Humboldt schoolchildren and sent to President Theodore Roosevelt, who responded that he was "exceedingly anxious" to assist.

Over the last century, the League has protected more than 200,000 acres of redwood forests and helped establish some 66 redwood parks.

Now go south on the Avenue of the Giants for a couple of miles and stop at the park's Burlington Visitor Center. Here you'll find lots of interesting information about the redwoods and the park, along with the Kellogg Travel Log — a single length of



LADIES OF THE REDWOODS — Humboldt County women, often the wives of businessmen and timber barons, were among the first to push for redwood conservation. Here, from left, are Lucretia Monroe, wife of Eureka attorney A.J. Monroe; Kate Harpst, whose husband, John, was co-owner of the Harpst & Spring shingle mill; Mary Atkinson, whose husband, Tom, owned Metropolitan Redwood Lumber Co.; and Ellen Georgeson, whose husband, Frank, was president of Humboldt County Bank and a former Eureka mayor. The driver was Frank Silence. Photo courtesy of Humboldt State University Library.

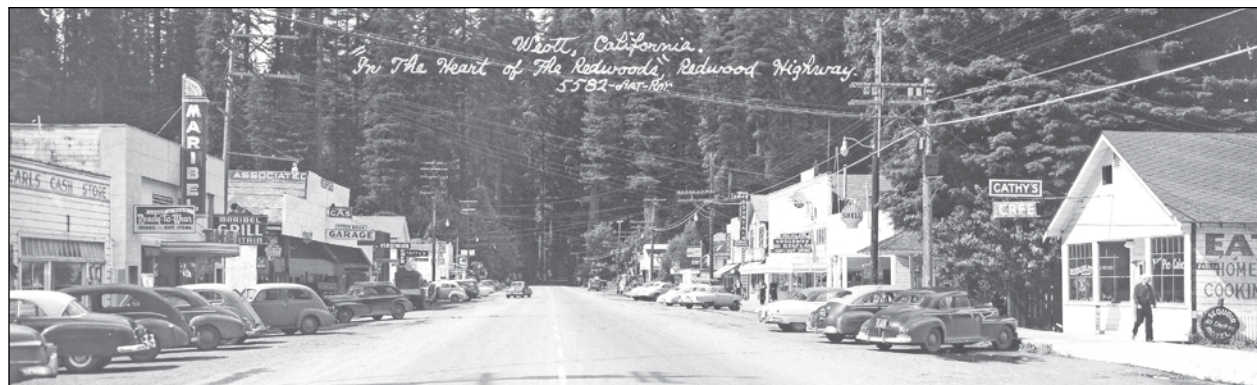
old-growth redwood transformed into a very heavy, 1920s era motor home.

Then head back on the Avenue north until you reach the Founders Grove, on the right about five miles from the visitor center. Turn right to reach the grove's parking lot, and then hike the short grove trail, which passes the 346-foot tall Founders Tree, which honors the three founders of the League.

When you're finished, take the Avenue north several miles to where it ends at Highway 101. All along the way, enjoy the autumn vistas on the South Fork, and many glimpses of redwoods and colorful fall maples.

Oct. 7-14 is the Save the Redwoods League's Centennial Celebration Week, with events planned from Orick to San Francisco. Check SavetheRedwoods.org for details.

Jerry Rohde of Eureka is a historian, lecturer, and author of many histories of Humboldt County.



DOWNTOWN WEOTT, "In the heart of the redwoods," was bisected by the Redwood Highway, a bustling town before the South Fork Eel floods of 1955 and 1964. Photo courtesy of Jerry Rohde.

Letters to the Editor

Vote for Measure K

Not ‘Irredeemable’

To the Editor:

I would like to encourage readers of the Senior News to support the passage of Measure K, the Humboldt County Sanctuary Ordinance.

So many of us have been fighting, marching, voting and speaking out for civil rights and social justice our whole lives. We have seen and experienced race, sex and national origin discrimination in employment, education, housing, finance and nearly every other arena.

Until recently, it looked as if we might hold on to the belief that social conditions tend to improve over time. Now we know that if we do not persist in fighting, marching, voting and speaking out, we are at risk of losing the gains we have achieved bit by bit over our years of struggle. Above all, we must vote.

Measure K will appear on the November ballot. It provides some added measure of due process and equal protection of the laws for all of us, including our friends and neighbors in the immigrant community. I urge you to vote Yes on Measure K.

Courtney Blake, McKinleyville
North County People Power

To the Editor:

Your articles in the June 2018 edition really touched me. Similar to Jasper [“One-Eyed Jasper Gets a Home”], I, too, am monocular (one-eyed). Beyond that, I just had to retire myself from a dog-training program here [at the California State Prison-Los Angeles County] due to issues with my spine.

The program rescues dogs from high-kill shelters and rehabilitates them. The dogs are retrained to a Canine Good Citizen certification with the AKC, and are evaluated for potential service dog training for sufferers of PTSD.

Before my retirement, I had assisted with 36 dogs, some of which were supposedly “irredeemable.” Sometimes it takes a dog to bring out the humanity in people.

Samuel G. Eldredge, Lancaster, CA

Letters Policy: Senior News welcomes letters to the editor. To be considered for publication, letters should be received by the 12th of the month, must not exceed 300 words, and may be edited for space. Submissions must include the writer’s full name, mailing address, phone number and e-mail address. Senior News reserves the right to reject any letter. The same requirements apply to those interested in submitting longer commentary columns (up to 400 words). E-mail tpease@humsenior.org or mail to Senior News, 1910 California St., Eureka, CA 95501.

Sr. News

CROSSWORD

“Shoptalk”

By Ari Halpern, Edited by David Steinberg

Across

1. Up for the task

5. Common first word

9. Light-colored beer

14. ___ queen (gender-defying star)

15. White House office shape

16. Sulu’s shipmate

17. Jeans makers’ specialized language?

19. Arctic explorer Robert

20. Team that Terry Bradshaw and Lynn Swann played for

21. Vulgar

22. Bear’s home

23. Fit automaker

24. Lie a little

27. Lock securer?

30. “Saturday Night Live” network

33. X-rated movie viewer

35. Letters at the start of a memo

36. “Don’t go!”

37. Their juice is used in rickeys

38. Ewe’s mate

39. Baby kangaroos

40. Easy tennis shots

41. Stare at creepily

42. Plus

43. Cardinals’ city, on scoreboards

44. Infomercial line

46. Ambulance destinations, briefly

47. Make very merry

49. ___ crew (NASCAR squad)

51. Dueling swords

53. Snookums and Lovey, maybe

58. Patronized, as a restaurant

59. Breeders’ specialized language?

60. Rapper’s entourage

61. Stonestreet of “Modern Family”

62. Carry

63. 1994 action film starring Sandra Bullock

64. Retouching targets

65. Did some laps, say

Down

1. Inserts

2. Like dry champagne

3. Carpool ___

4. Played a messy prank on

5. EGOT winner Rita

6. State formally

7. Sunday morning activity

8. Drink often on tap

9. Peron portrayer Patti

10. In the lead

11. Lenders’ specialized language?

12. Makes mistakes

13. Comedian Martha

18. Dings from your phone

21. Hartford’s state (Abbr.)

23. They do the Mafia’s dirty work

24. Niagara ___

25. Dolt

26. Apiarists’ specialized language?

28. Use mouthwash

29. In the least

31. Big name in aspirin

32. Dermatologists’ concerns

34. ___ Schwab tires

36. Sea plea

39. Gossiping

41. Muffin grains

44. Hauled (off)

45. Science of light

48. Tenant’s contract

50. Fruity desserts

51. Drains, as strength

52. At the peak of

53. Gilpin of “Frasier”

54. Work on a Wikipedia article

55. Cat cry

56. “Como ___?”

57. Appear

59. Dispensed candy

Answers on page 20

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Coming in Senior News

- **November:** *Our Political Life.* During Election Month 2018, we look at our attitudes toward politics, community engagement and “the consent of the governed.” Do you remember the first time you voted?
- **December:** *You’re My Hero.* Who do you consider the heroes in your life? Your grandmother? Abraham Lincoln? The guy who makes you coffee? And who are unsung heroes in our community?

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