



Senior News makes  
new partnerships,  
page 2

# Milestones & New Beginnings



**PADDLING INTO THE NEW YEAR** — Make a plan to try something new in 2020 — maybe a kayak picnic for two on Stone Lagoon. Marna Powell photo.

## A Letter to My Granddaughter

*By Annie Kassof*

Hello, little granddaughter, I'm so glad you're here!

You were five days overdue, and in my neck of the woods, the power was out on the day you were born. My phone wasn't getting a signal either. It was late October and Humboldt County was experiencing its

second power outage of the month, what some were referring to as "the new normal."

But on that darkening Sunday, cut off in Carlotta, I figured that surely you must have decided it was time to greet the world. I imagined your parents in a Bay

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## Tripping Along the Old Road

*By Patti Stammer*

Milestones: a word from the 16<sup>th</sup> century marking progress along the road.

Tonight, as I attempted to remove the cork from a bottle of wine, a milestone I must now claim as my own jumped up and said, "Hello, old woman."

The cork would not move even with a fancy corkscrew. My hands are weak, a new and hateful consequence of growing old. It took 20 minutes to pry that nasty cork from the bottle. I'd like to say that the wine tasted sweeter for the effort, but the fact is I poured a big glass, and drank it like a desert traveler.

Wine-drenched musings of milestones that have marked my path followed: My first trip alone on the train. Dad giving me the car keys without having to beg for them. Leaving home for college was a big deal, as were my first job and new paycheck. And I can still see Walter Cronkite removing his big black glasses as he announced that President Kennedy was dead.

Signing my name as Mrs. Somebody was a surreal milestone during a time when surreal was the norm. When I said, "I do," and later signed, "I don't," each was a relief on multiple levels. But then, signing, "I

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**SINCE 1981**

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# TEDtalks: Resolution 2020

By Ted Pease

When I was a kid, I remember a conversation with my mother about New Year's resolutions.

"What's that?"

"When we start a new year — like 1965," she said, "people think about the last year and decide to do some things differently next year."

It's easy for a 10-year-old to make New Year's resolution — I probably decided to eat more cookies in 1966, or catch more snakes.

A lot of people think New Year's resolutions are stupid or useless, so they refuse to make any. But they're useless only if you forget them as soon as you make them.

In fact, making resolutions is probably a good practice. It requires self-reflection, contemplation of what we did with our lives over the past year, recognition that we could have done better, and a hope for change. As individuals and as a society, that kind of honest assessment is a healthy thing.

Here at Senior News, we can't correct global warming or stop the insanity in Washington or save the spotted owl, but we have been thinking about how we can serve our community better in 2020, reach more people and provide more value in our little newspaper.

Connecting better to our readers is the first step. We can't just decide what's important to you in a vacuum here at the Senior News International News Center. That's not serving you better. So please make this resolution for 2020 — to pay closer attention to your local

news, and let us know how we can help make your day better.

One guy who will remain nameless told me that he hopes we run a bigger newspaper in 2020. Encouraged, I asked him what new stories he'd like to see. "I don't care," he said. "I just need more fire starters." I get the same kind of support from fisher friends.

Although our name is "Senior" News, we really aim more broadly. One of our unofficial mottos is, "*For Humboldters 50 and older — and everyone who knows one or wants to be one someday.*"

So one way we're going to serve more Humboldters in 2020 is to start being delivered with the Sunday Times-Standard starting with the February issue on Jan. 25.

Since 2015, we've inserted Senior News into the Times-Standard on the last Tuesday of the month. Changing to Sundays means we'll be in more homes in 2020.

We'll also start partnering with the Mad River Union in February. And Senior News will still be free on newsstands all over Humboldt, of course.

Our resolution for 2020? Tell more stories about living life from day to day — something pretty much everyone does, regardless of how old you are.

Here's to a safe, healthy, sane 2020. Stay in touch.

—

**Ted Pease** is editor of *Senior News*.

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# A Year After the Paradise Firestorm, Lives Transformed

By Rachael Wenban

As I sit in our sweet little rental in McKinleyville, it's hard to believe a year has passed since our home and 95% of the town of Paradise (official population 26,682) burned to the ground. Eighty-five people were killed, and thousands of others were displaced and traumatized. Not to mention the devastated flora and fauna.

We reluctantly watched the recent "Frontline" documentary on the Camp Fire ["Fire in Paradise," PBS, Oct. 29, 2019], and had some uncomfortable moments. David squirmed in his chair, and I had to remind myself to breathe a couple of times.

Our gruelingly slow evacuation required hours of practice in courage, focus, cooperation, and, well, NOT freaking out.

I remember a feeling of floating between two worlds. Now I see it as a pre-enactment of death. I doubt I was the only one in that firestorm thinking, "Mother of Mercy, is this the end of Rico?" (OK, I may have been the only one who found it comforting to quote Edward G. Robinson in "Little Caesar" while contemplating our imminent demise.)

The fire transformed my relationship with materialism, burning me out of my comfort zone as a happy hermit, surrounded by nature, art, music, books, movies. The fire stripped me of my environment, my things, my trappings, my identity.

David is resilient. His momentum has never faltered. I joked with him that if he wrote this article, it would be one sentence: "Fire ... what fire?" I am grateful for his unflappability.

Yes, we survived, but life is different now. Laid bare, I must be conscious of the foundation on which I am rebuilding my life, our lives. At times I still dwell in the realm of hungry ghosts, full of desire and wanting, to be cocooned away again from the hardness of the world.

But I now know viscerally how quickly life can change, and the foolishness of putting too much energy into your possessions. Now's the time to turn inward for creativity, comfort, answers, strength, and to appreciate the mystery and joy of sheer existence.

We already live in a traumatized society that puts traumatized people in power. It's my responsibility to heal myself, rather than spread my pain out into



**LIFE GOES ON — Rachael Wenban and David Lemmo, now of McKinleyville but formerly of Paradise (with pal Cheetah from Lemmo's work on "Tarzan"), know how quickly life can change, and what's important as life continues. The couple found the ocarina below in the ashes of their former home, just about all that was left after the fire. Rachael Wenban photos.**

the world around me. And I have the power to do it (admittedly, at times it seems a Herculean task).

This is what I learned from The Fire: Accept that life is hard, and know that you are up to the task.

A year after the firestorm, we have picked up where we left off with our artistic and literary endeavors. I am working on a book of poetry and photography. David is working on two books and is interested in putting together a local writer's group.

**Rachael Wenban and David Lemmo of McKinleyville thought they were going to die when wildfire destroyed their home and their town on Nov. 8, 2018. See "After the Firestorm, 'I Still Live,'" Senior News, February 2019.**

## By the Numbers

- Paradise is in Butte County, 14 miles east of Chico.
- Fire reported on Camp Fire Road, Pulga, 6:30 a.m., Nov. 8, 2018. By 7:00, "darkness had taken over."
- Cause: 100-year-old PG&E transmission line.
- Towns that burned: Pulga, Concow, Magalia, Paradise.
- 86 people died, most 60+; 17 injured.
- 153,335 acres burned.
- 18,800 structures, including 14,000+ homes, destroyed.
- 30,000 people left homeless.
- 5,000 firefighters.
- Fast-moving: "a football field per second." Paradise was destroyed in 4 hours.
- Rebuilding: 400 building permits, 9 homes rebuilt (October 2019).
- Survivors now live in nearly 600 towns from Maine to Alaska, Florida to Hawaii. About 2,000 people live in Paradise now.



# Parkinson's Program 'Gave Us Our Lives Back'

By Ted Pease

The grey-haired man with the cane didn't look like a superhero when he rose to say a few words to the small group gathered in the former cafeteria of the old St. Joseph General Hospital, but that's what Harry Hardin is.

The occasion was the dedication of the new Harry & Janie Hardin Center for Neuro Rehab and Wellness, which houses St. Joseph Health's comprehensive Parkinson's rehabilitation program. Participants — and their spouses — say the new center has been a lifesaver. Literally.

Rose Bond of Arcata, whose husband, Ken, has Parkinson's, had nothing but gratitude for the Hardins and the St. Joseph staff. The Bonds have run a Eureka support group for Parkinson's patients and their families for a decade.

"We just want to thank you," she said. "We've got our husbands back."

Parkinson's is a degenerative neurological disease that affects muscular coordination and can severely limits patients' mobility, physical movement, balance and coordination between the brain and muscles. More than 1 million Americans have the disease, which is incurable.

Hardin, like many Parkinson's sufferers, was frustrated at having to travel weekly to the Bay Area for treatment. It was tiring and expensive.

Hardin and his St. Joseph physical therapist, Jen Dannenbring, resolved to bring the treatment options to Humboldt. That was in summer 2018. Now about 100 Parkinson's patients

work with Dannenbring and other therapists in the new Hardin Center every week.

"Harry is an inspiration," said Paul McGinty, chief philanthropy officer for the Redwood Memorial Hospital Foundation. "He didn't just write a check, his generosity is an inspiration. He's a celebrity."

Hardin, of Hydesville, former owner of Eel River Disposal, doesn't see it that way. "I'm inspired by these people who are being helped by this program," he said. "This is my family now. I'm so proud of them."

The new Parkinson's treatment

program incorporates four therapy regimens designed to reduce muscle

stiffness, increase oxygen flow to the brain and muscles, and improve coordination.

"Before I started this program," one woman told the group, "I was so depressed — I really thought about suicide. Now my family says, 'You're so happy.'"

Hardin nodded. "I was so depressed, I wanted to commit suicide, too," he said. "It was terrible — no way out."

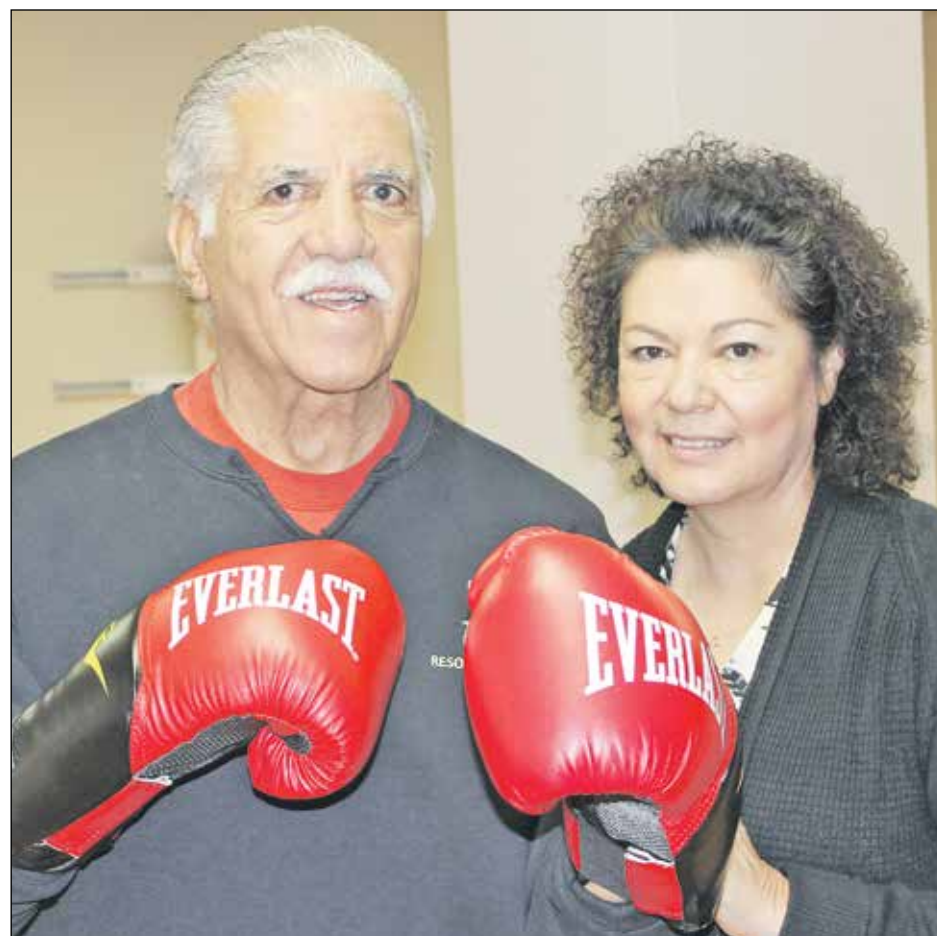
One of the therapies is Rock Steady Boxing, noncontact boxing and sparring that is rigorous exercise, and helps participants "fight back against Parkinson's," physically and mentally.

That aspect of the treatment especially appeals to Hardin, who was a pretty good amateur boxer in his day.

O'Rourke Swinney, 67, of Bayside,

*"... I went from being a golf widow to being a boxing widow."*

Linda Swinney



**FIGHTING BACK — Harry and Janie Hardin's generosity helps others with Parkinson's take control of their lives.** Susan Vogt Butch photo.

has enthusiastically embraced the boxing training. Many people with Parkinson's "just curl up in a fetal position," said Swinney, who has struggled with the progressively worsening disease for years. "That's the worst thing you can do."

Since starting the program less than a year ago, Swinney comes to box five days a week. The former businessman feels like he's getting his life back.

His wife, Linda, agrees. "He can mow the lawn for the first time in five years," she said.

But there is a downside, she added. "It's made such a difference," she said. "but I went from being a golf widow to being a boxing widow."

For information about the Hardin Center programs, call the St. Joseph Health outpatient clinic at 707-441-4454. For information on the Parkinson's support group, call Rose and Ken Bond at 707-826-7764.

(See "Fighting Back Against Parkinson's" in the September 2019 issue of Senior News available online at [www.humsenior.org](http://www.humsenior.org).)



## ASK THE DOCTOR

## Safe Driving

By Jennifer Heidmann, M.D.



Cars dominate. We need them to get from here to there. They allow us a certain independence and freedom. Because of automobiles, we can choose to live far from stores or work or health care. Cars are an integral part of modern life in America, perhaps most particularly in the state of California.

I am a person who also walks, runs and bikes in our community, my perspective on the dominance of cars is one of reluctant tolerance. Twice, I have actually had drivers point their cars at me and accelerate — either as a joke or maybe an act of terrorism. Pretty scary!

I wear reflective clothing and lights, and still have been nearly mowed down by drivers when in a crosswalk or making a legal turn on my bicycle.

I watch people speed through residential areas, including past the Humboldt Senior Resource Center in Eureka, where elders might be crossing the road. It baffles me, though I do understand the fatigue involved with constantly being rushed to get things done, to get to work, to get home after a long day.

When should people consider not driving? Legally and ethically, no one should drink and drive, period. What about other substances commonly used in our area, like marijuana or methamphetamines? What about prescribed medications that sedate people, like antihistamines, or pain medications like narcotics? Who is responsible for deciding how much sedation or mind alteration is still safe when operating a

huge machine at high speeds?

Age can be another concern. Things to worry about include vision problems, decreased hearing, decreased cognition and slower response times (physical and mental ability to notice a danger and respond quickly to it).

Seizures require an interval of driving cessation. In California, different levels of “medical probation” for driving are based on disorders that cause lapse of consciousness, with no driving for at least three months, and follow-up monitoring depending on the medical and driving situation.

Other things besides seizures can affect consciousness, and physicians are required to report any condition that may contribute to unsafe driving.

It is never pleasant as a physician to ask people to stop driving. But physicians are tasked with promoting public health. Ultimately, we are all responsible for the wellbeing of our community, and I would hope that people would participate in self-assessment of their ability to drive on any given day. Historically, Humboldt County has a motor vehicle accident fatality rate about twice the national average and triple that of California statewide (see [humboldt.gov.org](http://humboldt.gov.org)).

Having one’s ability to drive questioned can be upsetting, given the dominance of car culture and difficulty accessing services without a car. Ideally, we would work as a community to find solutions to

Continued on Page 19

## Staying Healthy in 2020

It’s not news that America is getting older every day. Older Americans are the fastest growing group in the nation, with the 65+ population expected to double from 45 million in 2019 to 90 million by 2050.

More than 20% of the population will be 65 and older by 2030, and more than 60% of those people will be living with chronic health conditions.

Recognizing this trend, the federal Centers for Disease Control (CDC) has added “Older Adults” as a separate section in its annual “Healthy People 2020” reporting on health policy developments “to improve the health, function and quality of life of older adults.”

One powerful tip on the [healthy-people.gov](http://healthy-people.gov) website: “Physical activity can help prevent disease and injury.

However, fewer than 60% of older adults engage in physical activity and strength training.” So get off the couch!

More than one-quarter of older people live in rural areas, where aging in place is a significant consideration. In rural counties like Humboldt, access to senior health care is a challenge.

For information on these issues, visit [RuralHealthInfo.org](http://RuralHealthInfo.org), or the Humboldt Department of Health and Human Services (707-268-3447 or on the [humboldt.gov.org](http://humboldt.gov.org) website).

One health complaint in Humboldt County and everywhere is simply getting in to see your primary care provider. Access to health care is slowly improving, but being assertive about your own health is still an important prescription in 2020.

—Ted Pease

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## HEAVENS TO BETSY

BY BETSY GOODSPEED

### Many New Beginnings

I feel like I've lived a dozen lives, and I've lost count of how often I moved.

In an earlier life, I blamed Red Skelton for setting us adrift after promising my husband, Rupert, that he'd have a job as long as Red had one. Red gave Rupert a fire captain's hat with a Skelton logo after Rupe saved his house from the Bel Air fire in 1961.

Rupe brought pumps from Disneyland to pump water from Red's pool onto his roof. Red and his family watched on the TV news at a hotel when the fire jumped over his house; 484 other Bel Air homes weren't so lucky.

Looking back now, I can see the big picture.

Rupe was a cameraman at CBS when he learned that Skelton wanted to build a remote TV unit. He and a co-worker submitted a design, and Red wrote a check for a million dollars to build it.

After winning an Emmy for a show at Disneyland, Red purchased the historic Charlie Chaplin studio, and Rupe became manager of Skelton Studios. Gene Kelly was repeating his classic "Singin' in the Rain" routine when the studio roof started to collapse because of the additional lights needed to shoot color TV.

Then Skelton was offered \$11 million to return to CBS, but Rupe and his partner were not included.

So when Rupe got an offer from

RCA to design TV studios in the Rocky Mountain states, we exited Los Angeles and went to Kansas City. Moving on to Denver led to my hosting a daily "Good Morning" show and writing "The Magical House" for educational TV.

We experienced a different life in New Jersey, and then moved to Bloomington, Indiana, which we agreed was like being transported to Oz. There, I hosted "Heavens to Betsy."

*"...aging is teaching me things I couldn't have learned any other way."*

When live TV performance was replaced by videotape, I retired to participate in community theater with amateurs, to enjoy a new life.

Most recently, deciding I wasn't old enough to live at an assisted living center resulted in buying a home in Eureka, where aging is teaching me things I couldn't have learned any other way.

Now my youngest daughter is my caregiver, and my son gave me a new computer for my 93<sup>rd</sup> birthday. I'm learning how Microsoft Word has evolved, and how to operate a Pod coffee machine.

Whatever comes next, my bags are packed. I can still write a blog and a column for the Senior News, and I can say thanks for my lives and blessings.

**Betsy Goodspeed, 93, of Eureka,**  
*a musician and prolific author,*  
*reinvents herself every day.*

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*Sincerely, Scott Evans*  
Humboldt Bay Mobile Estates

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## Lucky Piglets Meet the Grateful Dead

*By Sheila Donnelly*

My husband, Tom, and I were excited when my brother surprised us with tickets to a Grateful Dead concert for our sixth wedding anniversary in 1981.

We were living in rural Minnesota, and the concert was at the Civic Center in St. Paul, 80 miles away.

My mother said she would watch our children, ages 6, 5 and 2. “You and Tom go have a nice time,” she said.

I had another request, but hesitated. Our mother sow had died of milk fever, and I had to bottle-feed her five 3-week-old piglets every four hours.

Mom turned up her nose. “I will babysit my grandchildren, but I refuse to babysit pigs.”

There was no time to get someone else to care for the piglets, so I made a soft bed liner out of an old baby blanket in a cardboard box, and packed fresh milk in a cooler.

The Grateful Dead were great, of course, but halfway through the concert, it was time to feed the pigs. A security guard stopped us on the way out to the parking lot.

“If you leave, you can’t return,” he warned.

“I have baby pigs in my car,” I said, explaining that they had to

be fed every four hours. “My mom is babysitting my children, but she wouldn’t babysit my pigs.”

The security guard rolled his eyes and spoke into his walkie talkie: “You guys have to come here and meet this woman,” he said.

Three big security guards approached from different directions.

I explained about my pigs and that my mom had agreed to babysit my children, but not my piglets.

The guards laughed. “Lady, you go feed your pigs and you will have no problem getting back in,” one said. “We are not going to forget you.”

“Do your pigs have names?” another guard asked.

“Bacon Bits, Tenderloin, Pork Chop, Saucy Spare Rib and Head Cheese,” I recited.

The men shook with laughter.

Tom and I bottle-fed the piglets under a street light in downtown St. Paul on that hot July night. We didn’t miss much of the concert, and returned just in time to hear the Dead do their great song, “Truckin’.”

The pigs flourished and gave birth to another 15 piglets the next summer.

**Sheila Donnelly, 63, of Manila is a writer and yoga instructor, but no more piglets.**



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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

### Two Neighbors, One Wall

“Something there is that doesn't love a wall,” wrote poet Robert Frost, “that sends the frozen-ground-swell under it ... that wants it down.”

My sixth-grade teacher brought this poem, “Mending Wall,” to our studious attention. “What is the poet trying to say?” the teacher asked, as if Frost hadn't said it right there already. Or, as if we 12-year-olds would presume to know Frost's business better than himself.

On the surface, it's pretty clear. Frost writes about a rock wall between his apple farm and his neighbor's tree farm. Ice seeps into cracks each winter to topple the boulders.

Each spring the two men dutifully repair the wall between their properties. When Frost wonders why the wall is necessary, since his apple trees won't “get across and eat the cones under his pines,” his neighbor explains, “Good fences make good neighbors.”

Essentially, I imagine Frost was “trying to say” that a wall between two amicable neighbors is unnatural. Left to its own wintry devices, a stone wall disintegrates. What keeps the wall from toppling completely? Nothing more than a habitual re-stacking of rocks.

As college students in Massachusetts, only 30 miles from Frost's

old farm, we experienced a two-day blizzard that stopped New England in its tracks for a week.

The next morning, we emerged from our dorms like sun-blinded moles. Drifts buried one-story buildings. A cardboard sign atop one building pointed to the cafeteria, down through a snow tunnel. No way snowplows could clear the roads. We were free.

That sunny afternoon I trudged off-campus to see the world. My boots crunched on the snow's top layer, several feet above a country road. An old man the spitting image of Frost was stacking boulders in a shovel-cleared line between his house and his neighbor's. “Oh, that's like ‘Mending Wall,’” I called cheerfully. He squinted at me with one of those New England farmer looks. We had a faceoff, nobody saying anything.

“Robert Frost?” I added, helpfully. “‘Mending Wall,’ the poem?”

“Yup,” he said. “But this is ‘Makin’ Wall.’”

Suddenly I sensed he was a retired English professor or poet himself, teasing me. The verbal wall between us collapsed.

Maybe in Frost's poem, the poet riffed on his own name, hinting that Frost would rather send boulders toppling than build barriers.

If a wall were built anyway, he might remove it stone by stone, knock on his neighbor's door, and ask to come inside.

—

**Margaret Kellermann** is working on sequel to her book, “Annie California,” in which Annie and her best friend persistently build, then tear down, barriers to communication. Contact her at [bluelakestudio.net](http://bluelakestudio.net).



# Our Towns: Friends of Scenic Drive Try to Save Road

By Peter Cohan

Now that winter is here, soaking rains once again threaten Scenic Drive in Trinidad. This unique stretch of county road, enjoyed by locals and tourists year-round, is at risk due to inadequate maintenance.

Driving along Scenic Drive in the dry months means potholes, dust clouds and confusion at one-lane constrictions. Tall grasses and weeds obstruct views at traffic choke-points, increasing the risk of collisions, and it's worse after dark.

During the rainy season, dirt sections turn into mud, the bluff slides onto the roadway, and sizeable pools grow from unchanneled runoff.

Last summer, Humboldt County workers resurfaced stretches of previously paved road with dirt, sand and

gravel, putting these sections at higher risk and increasing the likelihood of winter washouts. The county says there is insufficient funding, and that those interested in Scenic Drive need to come to voice their concerns.

Friends of Scenic Drive was founded to address short-, medium- and long-term goals for maintaining the road. The group is working to raise funding to make the road safe for pedestrians, bicyclists and motorists. A petition to support this effort has collected nearly 700 signatures.

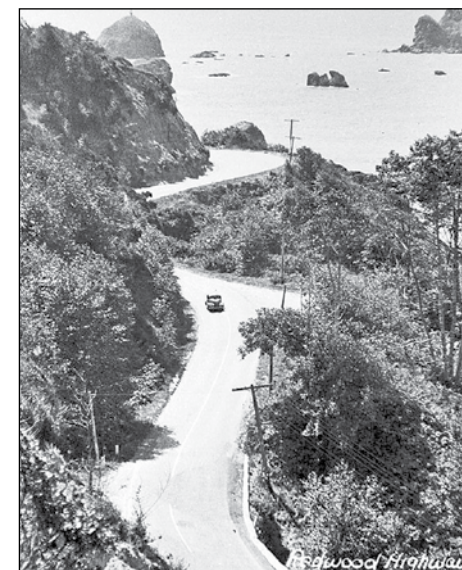
Scenic Drive may be short, but this former stretch of the old Redwood Highway is big on scenery, recreation, beaches, viewpoints and wildlife. Moonstone, Luffenholtz, Houda and Baker beaches are all accessed

solely from Scenic Drive, drawing beachgoers, dog lovers, surfers, picnickers, rock-climbers, slack-liners, kayakers and fishermen.

Some 365,000 cars travel Scenic Drive each year, nearly two-thirds from outside of Humboldt. The estimated annual economic impact of those out-of-towners is \$67 million, supporting over 800 local jobs.

For more information, go to [FriendsOfScenicDrive.org](http://FriendsOfScenicDrive.org), and help preserve and maintain this beautiful piece of Humboldt Coast access.

**Peter Cohan** of Trinidad is a board member of Friends of Scenic Drive. Contact: [info@friendsofscenicdrive.org](mailto:info@friendsofscenicdrive.org).



**THE OLD REDWOOD HIGHWAY** was in much better shape in the 1930s than it is today. Courtesy HSU Library Special Collections.

## UPCOMING PROMOTIONS AND EVENTS

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JANUARY 1 – MARCH 29, 2020

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## AGING IS AN ART — BY JOHN HECKEL

# Can We Talk?

I had one of those meaningful “I-am-closer-to-death” conversations with my 42-year-old stepdaughter in Sacramento last week.

No, not the “Here’s my advance care directive” talk, and not the “Here’s what I want at my memorial service” conversation — both valuable, of course. This was the “I’m 73, I’m not going to live forever, and I want a relationship with your daughter, my granddaughter. How is that going to happen? I want her to know who I am” conversation.

Something about being in your 70s and knowing — really knowing — your life will no longer extend for multiple decades brings clarity and focus to much-needed conversations.

Over dinner, Suzannah and I shared words, the occasional laughter, and, yes, some meaningful tears. Two generations trying to figure out how, separated by some 280 miles, to connect grandparent and grandchild.

It went well.

How did she envision my relationship with her daughter progressing? I needed to know and be able to work toward making that happen.

Feelings of exhilaration didn’t wait until after our talk had concluded. I experienced them during our discussion when I realized how important this was, not just for me, but also for her.

I knew I had made the right decision. I could tell that she was grateful I had initiated the discussion,

and that I framed that discussion in a “I-am-not-going-to-live-forever” fashion.

Most of our parents did not have these conversations with us when we were Suzannah’s age. My father, for one, did not believe death and dying was a topic one discussed with his children in any form.

Why were so many significant discussions avoided? Did it make anything easier, for either generation, that none of our most meaningful conversations with our parents acknowledged that they were not going to live forever? We never had the “You-will-not-live-forever” conversation.

As I get older, death and dying stops being an abstract notion that is debated over late night coffee. It has become real, and it frames many of the conversations I know I need to have. I want a relationship with my granddaughter, and knowing I have a limited amount of time to make that happen intensifies my effort, and thus the needed conversations.

I imagine, sometimes, that many of the conversations family members have with departed loved ones by the side of a grave are conversations that would have been better conducted — for everyone — while those loved ones were still alive.

**John Heckel, Ph.D., 73, of Eureka, a retired HSU theater and film professor with a doctorate in psychology, likes a good talk.**

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## Assemblymember Wood Seeks Updates on Humboldt Senior Issues

*By Ted Pease*

A year after convening Humboldt County senior services providers for a roundtable conversation with California Assemblymember Jim Wood, the North Coast legislator wanted an update, and sent his staff to find out about the most significant challenges facing local elders.

Wood's chief of staff, Liz Snow, and district staffers Erin Dunn and Ruth Valenzuela sat down with representatives of the Humboldt Senior Resource Center (HSRC), Tri-County Independent Living and the Area 1 Agency on Aging (A1AA) for a free-wheeling conversation that covered power outages, housing, nutrition and other concerns.

Housing remains the No. 1 con-

cern for seniors in Humboldt, whether for those without homes or those who are having trouble holding onto housing. A1AA's Meghan Gallagher said the next two top areas of concern among callers seeking help are caregiving and health care.

The agency representatives agreed that they learned a lot about emergency preparedness from the three major blackouts that paralyzed Humboldt County in October and November, but more resources, communication and coordination are needed.

"We learned some hard lessons during the power outages," said HSRC Executive Director Joyce Hayes. "We still have work to do to ensure that vulnerable seniors get help."

Lisa Leon of Tri-County Independent Living said her agency has acquired about a dozen solar-powered charging stations to loan out to their participants during future power outages, but many more are needed. The units can charge cell phones and electronic devices, including essential medical equipment.

Before the next power outage, better coordination is needed, participants agreed. "There are 43,000 people over 60 in Humboldt and Del Norte counties, and we need to be able to share information so we can serve them without duplicating effort," said A1AA Executive Director Maggie Kraft.

Hayes told Wood's staffers that

despite improvements over the past year, HSRC nutrition programs are still underfunded, with state funding covering only a fraction of the cost of providing about 200 congregate meals and 200 Home Delivered Meals per day.

Snow urged the agencies and Humboldt residents to contact Wood's office with concerns on senior issues.

What are your top concerns about senior life in Humboldt? Let us know with calls or letters to Senior News (707-443-9747, [tpease@humsenior.org](mailto:tpease@humsenior.org)), or contact Wood's Eureka office at 1036 5th St., 707-445-7014.

*Ted Pease is editor of Senior News.*

## New Offerings in January

**Painter Rueben Mayes**, whose work is hanging in the Humboldt Senior Resource Center lobby, will come paint a masterpiece — live! in the Eureka Dining Center — in January. Mayes, an impressionistic artist, creates work that is lively and colorful. Come watch him create on Wednesday, Jan. 8, from 9-11 a.m.

**Tai Chi for Better Balance:** A new Monday morning tai chi class led by certified instructor Sandra Earl starts Jan. 6, 11 a.m. to noon in the conference room at 1910 California St. Tai chi has been proven beneficial for relaxation and flexibility. Class size is limited, so reserve your spot by calling 443-9747, x1240.

**Laughter:** On Thursday afternoons, learn the mysteries and merriment of laughter yoga from 3:30-4:30 p.m. Fear not! Laughter yoga has

nothing to do with contortions and twisted limbs. Laughter yoga focuses on breathing and increasing levels of "happy hormones" — serotonin, oxytocin and dopamine — through exercises that will keep you happy. And you'll leave laughing!

**Book Club:** The Conscious Living Book Club is back, meeting on the first and third Fridays of the month from 1:30-2:30 p.m. to read and discuss books on diverse approaches to spiritual living with other open-minded people in a respectful environment. Explore ways to live mindfully and intentionally through discussion of varied perspectives, philosophies, spiritual paths and personal growth methodologies. Readings are selected by group participants, and everyone is welcome. For info, contact Kay: 951-255-3665 or [kayz22@att.net](mailto:kayz22@att.net).



Purchase or lease a new SUBARU from Nov. 14, 2019 - Jan. 2, 2020 through their annual Share the Love Event and you can support homebound seniors in McKinleyville, Arcata, Eureka & Fortuna.

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 Humboldt Senior Resource Center

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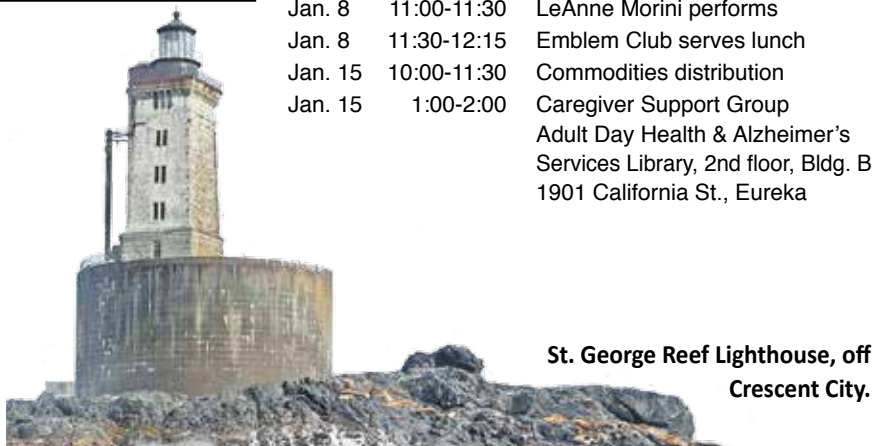
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## JANUARY SENIOR CENTER ACTIVITIES

### Humboldt Senior Resource Center in Eureka

An HSRC Senior Dining Center

1910 California Street

Call Tasha at 443-9747 x1228

Lunch: Monday-Friday at 11:30 a.m.

HSRC will be closed on Wed., January 1st & Mon., January 20th

#### Every Weekday

9:00-1:00 Library  
9:00-3:00 Senior Service Office  
11:30-12:15 Lunch (See menu below)  
12:00-3:00 Billiards

#### Mondays

9:30-10:30 Karate with Jerry Bunch  
10:00-12:30 Mahjong  
11:00-12:00 Tai Chi for Better Balance w/Sandi  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
2:30-4:00 Memoir Writing Cllass

Jan. 20

**Closed**

**Martin Luther King, Jr. Day**

#### Tuesdays

10:00-11:00 Harry's Bingo (*not Jan. 7*)  
12:15-2:15 Pinochle  
12:30-1:30 Bunco  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
3:30-4:30 Tai Chi for Balance & Arthritis Practice Group

Jan. 7

10:30-11:30 Dine & Dance w/Ray, Dave & Lois

Jan. 21

11:30-2:00 Foster Grandparents Program

Jan. 28

6:00-9:00 Stamp Club

#### Wednesdays

10:00-11:00 Bunco  
1:30-3:30 Intermediate Line Dancing w/Sue  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois

Jan. 1

**Closed**

**New Year's Day**

Jan. 8

9:00-11:00 Local artist, Reuben Mayes, paints live

Jan. 8

11:00-11:30 LeAnne Morini performs

Jan. 8

11:30-12:15 Emblem Club serves lunch

Jan. 15

10:00-11:30 Commodities distribution

Jan. 15

1:00-2:00 Caregiver Support Group  
Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B  
1901 California St., Eureka

#### Thursdays

10:00-11:00 Grocery Bingo: Bring 1 grocery item  
10:00-11:30 Intermediate French  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
3:30-4:30 Laughter Yoga- Laughing our Hearts Open

Jan. 2 & 16

10:00-12:00 Genealogy Group

#### Fridays

9:00-10:00 Falun Dafa  
10:00-11:00 Beginning Tai Chi Movements  
11:00-12:00 Beginning Yoga  
1:00-4:00 Bridge Games  
Jan. 3 & 17 1:30-2:30 Conscious Living Book Club  
Jan. 31 11:30-12:15 Birthday Celebration

### Fortuna Senior Dining Center

An HSRC Senior Dining Center

Mountain View Village, 2130 Smith Lane

Call Launa at 725-6245

Lunch: Tuesday-Friday at 12:00 p.m.

Closed Wed., January 1st

#### Tuesdays

12:00 Lunch (See menu below)

#### Wednesdays

12:00 Lunch  
5:00-8:00 pm Bingo  
Jan. 1 **Closed** **New Year's Day**

#### Thursdays

12:00 Lunch  
Jan. 9, 16 & 23 Caregiver Support Group  
12:00-2:00 United Methodist Church  
Fireplace Room  
922 N Street  
For info call 443-9747

#### Fridays

12:00 Lunch  
January 31 12:00 Birthday Lunch

### Arcata Community Center

An HSRC Senior Dining Center

321 Dr. Martin Luther King Jr. Parkway

Call Vanessa at 825-2027

Lunch: Tuesday-Friday at 11:30 a.m.

Closed Wed., January 1st

#### Mondays

Jan. 6 & 20 11:00-12:00 Silver Quills Writing Group

#### Tuesdays

9:00-11:00 Katie's Krafters  
11:00 Bread distribution  
11:30-12:15 Lunch (See menu at left)  
12:30-2:00 Bead Jewelry Class  
Jan. 7 10:00-11:00 Blood Pressure Check  
Jan. 7 & 21 10:00-11:00 Caregiver Support Group  
Mad River Community Hosp.  
Minkler Education Room  
3800 Janes Road, Arcata  
For info call 443-9747

Jan. 28 2:00 Arcata Marsh Slow Walk

#### Wednesdays

11:00 Bread distribution  
11:15-12:15 Tai Chi with Kathy (advanced)  
11:30-12:15 Lunch (See menu at left)  
12:30 - 1:30 Tai Chi with Kathy (beginning)  
Jan. 1 **Closed** **New Year's Day**  
Jan. 8 10:00-11:00 Site Council

#### Thursdays

9:00-10:00 Tai Chi w/Tim  
9:00-11:00 Katie's Krafters  
11:30-12:15 Lunch (See menu at left)  
12:30-2:30 Bridge  
Jan. 2 10:30-11:30 PJ's Musical Group  
Jan. 16 10:15-11:15 Swing 'n' Sway Trio  
Jan. 16 10:30-11:00 Commodities Distribution

#### Fridays

10:00-11:30 Ping Pong with Pete  
11:30-12:15 Lunch (See menu at left)  
Jan. 10 & 24 10:30-11:30 John Humphrey on the Piano  
Jan. 17 10:15-11:15 Music with the Half Notes  
Jan. 31 11:30-12:15 Birthday Celebration



## January 2020

### SENIOR DINING CENTER MENU



Humboldt Senior Resource Center

Nutrition & Activities Program

#### FIRST WEEK

Jan. 1 *All HSRC Sites closed – New Year's Day*  
Jan. 2 **Harvest Butternut Squash Ravioli**  
Jan. 3 **BBQ Pork Rib**

#### SECOND WEEK

Jan. 6 *Eureka only:* **Beef Lasagna**  
Jan. 7 **Chinese Chicken Salad**  
Jan. 8 **Soup & Salad**  
Jan. 9 **Baked Western Omelet**  
Jan. 10 **Chili Verde Tacos**

**People 60+ are invited:**  
**\$3.50 suggested donation.**  
**\$6.00 for those under 60.**

*No senior 60 or older will be denied a meal if unable to donate.*

*Low-fat or nonfat milk served with each meal  
A vegetarian alternative is available by reservation daily.*

**Call for Reservations.....**

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#### THIRD WEEK

Jan. 13 *Eureka only:* **Creamy Chicken & Veggies**  
Jan. 14 **Stuffed Baked Potato**  
Jan. 15 **Chef Salad**  
Jan. 16 **Pot Roast & Gravy**  
Jan. 17 **Lemon Herb Fish**

#### FOURTH WEEK

Jan. 20 *All HSRC Sites closed – Martin Luther King, Jr. Day*  
Jan. 21 **Chicken Cacciatore**  
Jan. 22 **Clam Chowder**  
Jan. 23 **Beef Stroganoff**  
Jan. 24 **Black Bean & Chicken Casserole**

#### FIFTH WEEK

Jan. 27 *Eureka only:* **Chicken Fried Steak**  
Jan. 28 **Stuffed Cabbage**  
Jan. 29 **Meatloaf**  
Jan. 30 **Chicken & Dumpling**  
Jan. 31 **Tomato Basil Baked Fish**

*Season's Greetings*

In warm appreciation  
of your patronage during  
the past year,  
we extend our very  
best wishes to you  
in this new year.



*Happy New Year*

from the owner

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**Crossword Puzzle  
on page 22**



**Only in America . . .**

*. . . do drugstores make sick people walk all the way to the back of the store for their prescriptions while healthy people can buy cigarettes at the front.*

## JANUARY SENIOR CENTER ACTIVITIES

### McKinleyville Senior Center

**Azalea Hall • 1620 Pickett Road  
Open Monday-Friday 9 a.m. - 4 p.m.**

**mckinleyvillecsd.com**  
**azaleahall@att.net • 839-0191**

**Closed until January 10, 2020,  
for building maintenance**

**Mondays**  
8:30-9:30 Tai Chi  
10:00-11:30 Writing Workshop  
10:30 HighSteppers at Knox Cove  
11:00-12:00 Yoga - (Bring mat & blanket)  
1:00-4:00 Party Bridge  
Jan. 6 10:00 Genealogy

**Tuesdays**  
9:00-11:00 TOPS  
9:30-10:30 S.A.I.L. Class  
10:40-11:40 Stretching  
12:30-3:30 BINGO  
1:00-2:00 Exercise

**Wednesdays**  
8:30-9:30 Tai Chi  
10:00-12:00 Needlework  
10:30 High Steppers (Meet at Knox Cove Trail)  
1:00-4:00 Pinochle  
Jan. 15 Board Meeting  
Jan. 15 3:00-5:00 Caregiver Support Group  
Timber Ridge at McKinleyville  
Private Dining Room,  
1400 Nursery Way.  
For info call 443-9747

**Thursdays**  
9:30-10:30 S.A.I.L. Class  
10:30-12:00 Pinochle Lessons  
10:40-11:40 Stretching  
12:30-3:30 BINGO

**Fridays**  
8:30-9:30 Tai Chi  
10:30 High Steppers (Meet at Knox Cove Trail)  
1:00-4:00 Pinochle

### Rio Dell

**Every Mon, Wed & Fri**  
11:30-12:30 Senior Exercise Class  
Chamber of Commerce Bldg.  
406 Wildwood Avenue

### Fortuna Senior Center

**MGC is at 2280 Newburg Road  
fortunasenior.org**

**admin@fortunasenior.org • 726-9203**  
**Mon-Fri 10:00-12:00 & by appointment**

#### Mondays

River Walk 8:30 Walking  
MGC 9:00 Tai Chi  
11:00 Line Dancing  
3:30 Ukulele Group  
5:00 S.A.I.L. Class  
January 6 1:45 Book Club  
Rio Dell/Scotia Chamber of Commerce  
11:30-12:30 Exercise Group

#### Tuesdays

Rohner Park 8:30 Walking  
MGC 1:30 Senior Stitchers  
2:00 Seated Tai Chi  
3:00 Recorder Group

#### Wednesdays

River Walk 8:30 Walking  
Fortuna Jan. 8 12:00 Senior Lunch Bunch  
Call Chris 725-2020 or Carol 725-2931  
Rio Dell/Scotia Chamber of Commerce  
11:30-12:30 Exercise Group  
MGC 1:00 Tai Chi  
5:00 S.A.I.L. Exercise

#### Thursdays

Rohner Park 8:30 Walking  
3:00 Bocce Ball  
MGC 9:00 Cards  
9:30 Yoga (donation suggested)  
1:00 MahJong  
2:00 Seated Tai Chi

#### Fridays

MGC 9:30 Cards & Games  
2:00 Scrabble Group  
Fortuna 9:00 Hiking (Call 725-7953)  
9:00 Biking (Call 725-1229)

Rio Dell/Scotia Chamber of Commerce  
11:30-12:30 Exercise Group

#### United Methodist Church

Jan. 24 7:30 pm Fortuna Camera Club

#### Saturday

MGC  
Jan. 18 11:00-12:00 Speaker, A1AA  
Ombudsman

#### Sunday

MGC  
Jan. 19 4:00 Doors Open  
5:00 Bingo begins  
Fortuna 2:00-4:00 Open Mic @  
The Monday Club

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LETTER TO MY GRANDDAUGHTER . . . From Page 1

Area hospital, unable to reach me with the news.

Fires were raging in Northern California, and in Southern California, too. I wouldn't have minded the power outage at all if I wasn't so impatient to meet you.

The plan was to head south when I heard your mom was in labor. In spite of what was beginning to feel like a strange new apocalyptic reality, I was more than ready to become your "Granny Annie," although I felt simultaneously hopeful for the opportunities that await you, and uneasy about the future of the state where you'd be born.

So, late in the afternoon, I decided to drive from my rural cabin to the Fortuna Police Department, where I persuaded an officer to let me make a call, and learned your mom had been in labor for several hours.

Then the officer told me 101 was closed by fire in Sonoma County. So I headed east on Highway 36 in my pickup, that lo-o-o-ng, hilly, twisting stretch of road, my old-ish-lady eyes straining to see when the glare of oncoming cars nearly blinded me.

My cell phone still didn't work until I reached Red Bluff. Your grandma was stopped at a motel for the night in Dunnigan, on I-5, tired but excited, when the text came announcing your arrival. YAY!

That evening, October 28, 2019, I bought a newspaper so, when you're older, you can read about the day you were born: about our politically fractured country, our

burning state, PG&E's power outages.

Oh, but baby girl, your hair is so soft and curly, your expression trusting and placid. You look like your mom, a strong and beautiful woman.

Will you make the world a better place? I think you will. Will you be loved by many friends and relatives? There's no doubt about it.

Will the power be out and wild-fires burning houses to the ground the next time I drive to the Bay Area to see you? Let's hope not.

—  
*Annie Kassof, 62, of Carlotta, enjoys writing, art, her horse, her ukulele and her new role as "Granny Annie."*



Annie Kassof illustration.

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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

# Protein For Fitness

I was on my way to interview Ken when his wife called, saying he had fallen and had been taken to the ER. A few days later, he died from his injuries.

Ken had been in my exercise class for almost eight years. All seemed to be fine until he approached 90 years old. That's when he began losing weight and muscle mass, and having balance issues.

Months earlier, another 90-year-old class member had experienced the same fate as Ken.

Neither had chronic illnesses, and both had enjoyed an active lifestyle up until this age.

So what happened? Why the weight loss? Was the exercise program not effective for 90-year-olds?

In my quest to learn more, I came across several studies promoting the need for older adults to increase their protein intake. Although this is still in question, here are a few highlights from some current research on the subject:

Emerging data show that optimal health for older people depends on maintaining muscle mass, which requires greater protein intake than the current Recommended Dietary Allowance (RDA), which is between 10% and 35% of calories.

Several experts recommend seniors increase protein intake to 30 grams per meal, which means cereal with milk for breakfast isn't enough. Get additional protein by adding foods such as eggs, yogurt or sausage.

A diet rich in protein can help very old adults avoid disabilities and

remain independent.

Natural loss of muscle mass in older adults is called sarcopenia, with the greatest loss of muscle mass being in the leg muscles — almost 50% by age 90. Age-associated sarcopenia can lead to frailty, risk of falls and loss of independence.

Prevention of sarcopenia is important for reducing risk of fractures and osteoporosis. It appears that higher levels of dietary protein, particularly when combined with resistance exercise, can reduce these risks.

Older vegetarians can achieve the higher recommended protein intake from soy products, lentils, beans, nuts and seeds.

Higher protein intake may be a risk to older adults with impaired kidney function. So talk with your doctor first.

Think about it. Increasing protein intake makes leg muscles more robust, reducing the risk of falls for older adults. If this is true, there is so much to be gained by increasing protein in the diet — more years of physical functioning and independence, and fewer trips to the ER.

Although more research is needed, this is encouraging information. Ask your doctor if adding protein to your diet is right for you.

—  
**Joan Rainwater-Gish, 77, of Eureka, is a personal trainer and senior group fitness instructor. You'll see her out walking briskly this holiday season. Contact: jrainwatergish@gmail.com.**

# Remembering Old News

By Dave Rosso

Each Jan. 13, I am reminded of a memorable day 38 years ago when an Air Florida Boeing 737 crashed into the 14<sup>th</sup> Street bridge over the Potomac River in Washington, D.C., and plunged into the river.

That was 1982. Seventy-eight people were killed.

I was working for United Press International (UPI) in Washington, and the next day I had to go to the bridge and cover the news conference.

One of my former UPI colleagues recently reminded me of that day, and within minutes I was reading memories of that day, and others, online from many other former UPI friends.

It also reminded me how we used to keep in touch back then. We would put paper in a typewriter, type a letter, mail it and wait for a response.

I worked for UPI for 28 years, and was regularly in touch with Unipressers — as we called ourselves — from bureaus all over the United States and around the world through our message wire and by the stories they wrote. Most of us never met in person.

Now, there is Facebook. A Washington Unipresser began a UPI email group, and about 500 of us keep in touch, sharing memories, comparing current news with decades-old news. It is instant communication — and we don't have to buy a stamp.

Back when I was working for UPI, I remember colleagues calling me from the field to dictate breaking news stories that I transcribed with a typewriter. When President George H.W. Bush was in Japan at a state dinner in 1992, for example, UPI's White House reporter, Helen Thomas, was in the room taking notes.

I was watching the event on television in Washington, when the president suddenly threw up at the table. I knew I had to write and file the news bulletin to the UPI wire because Helen couldn't leave the room.

But nowadays, reporters can file stories from their seats using an iPad.

—

**Dave Rosso, 76, of Eureka is a veteran journalist.**

# Reaffirming Martin Luther King, Jr.

In accepting the Nobel Peace Prize in 1963, the Rev. Martin Luther King Jr. enunciated the central philosophy of hope that kept him going through some of America's darkest days.

"I believe that unarmed truth and unconditional love will have the final word in reality," he said. "This is why right, temporarily defeated, is stronger than evil triumphant."

King, surely one of the most important figures in our history, would have been 91 this month.

He wasn't always 100% upbeat, of course. "We must learn to live together as brothers or perish together as

fools," he said a year later.

In King's 1960s, as today, there were more than enough fools to go around. "Rarely do we find men who willingly engage in hard, solid thinking," he said. "There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think."

Reaffirm King's faith in "unarmed truth and unconditional love" when the Eureka NAACP (eurekanaacp.org) celebrates Martin Luther King Day on Monday, Jan. 20, at noon at the Adorni Center in Eureka.

# Aging and Staying on Task

By John Meyers

The Institute for Public Health says 37 percent of U.S. adults 65 or older show signs of having difficulty staying focused on tasks.

According to the study of 1,000 people in 19 states, the key to this is . . . keys.

I just remembered where my keys might be. I remember I had them in my hand when I went to get a clean pair of socks out of my drawer, and then I started counting how many pairs of socks I had. It turns out that I have 37 pairs of socks, which, coincidentally, is the percentage of adults 65 or older . . . oh, that's right, I was already telling you about that.

The study found that as we age, our brains secrete a substance consisting of a hard coat made of sporopollenin . . . or . . . No, wait. I saw that on a YouTube video and it has to do with pollen. Which reminds me that I need

to rake the yard after that last storm.

It's a good thing I remembered *that* because my wife wanted me to do . . . what was it?

Well, at least I found my keys so I can run to the store. And I know what you're thinking, but I made a list for the store and I set it down so I could sort through the mail, but I got interrupted because the phone rang and now I find myself making a sandwich and wondering, "What happened to that note?"

And look, I just went to check my email on the computer and found this story that I wrote for Senior News. Ted, the editor, will be so happy that I finished before the deadline.

That's what staying focused can do for you. Just take one task at a time.

**John Meyers, 70, stays on task in Trinidad and is an unnoted authority.**

## TRIPPING ALONG THE OLD ROAD . . . From Page 1

owe" on a 30-year mortgage, paid off when I'm 95, is one whopper of a milestone.

Becoming a mother, and the selfish realization that I had to consider someone else before I could take care of myself, was something new. Moments and memories come in parenthood every day, but when your kid is tall enough to reach the light switch, that's a milestone in my book.

For the next 20 years, my milestones were marked by my daughter: Her first day of school, tying her own shoes, the loss of a beloved teddy bear to the washing machine, a prom date wearing the same dress of electric blue taffeta that I wore to my prom, learning to drive, her first love, and — the last entry I made in her baby book

— "Sonja took me to dinner."

The day she left home, I wandered the aisles of the grocery store, and realized what a milestone that truly was for me. I could buy whatever I liked, nutrition be damned.

And now, my granddaughters — her most generous gift, and one of the biggest milestones of all!

As I slip and slide along the Road to Old, age adds more stones marking my passage. Exercising is huge, right up there with Medicare.

Then there's that pesky cork, back spasms from bending over to tie my shoes, the little plastic box of every-day-of-the-week pills that keeps getting bigger. I read obits and do crosswords, the skin on my body no longer looks familiar and there are




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reading glasses everywhere. These may be milestones that we all share along the Road to Old.

Losing cherished friends and meeting new people with whom I'll have a short history seems like it should be important, but it only frightens me. I haven't given up; I'm just learning to cope with the ups and downs of life at this end of the road.

I try to "live where the love is" and say yes to opportunities and adven-

tures when offered, writing stories, publishing now and then, sharing them with those I love.

But, as Gilda Radner once said, "It's always something." There's a truth you can't ignore.

**Patti Miller Stammer, 70, of McKinleyville drinks lots of water, a little wine, and enjoys living the life she's creating.**



# Teenage Embarrassment and the Annual Cattle Drive

*By Jessie Wheeler*

Most people have embarrassing memories of things their parents made them participate in as kids. In my young life, the semiannual “cattle drive” in Bridgeville was my excruciatingly embarrassing moment.

For many years, my dad kept about five or six cows and a bull. At least one of the cows was milked and slaughtered, providing meat, milk and butter for the family; the others raised calves for market.

As part of this enterprise, a 50-gallon barrel of blackstrap molasses sat on the bridge that crossed the creek near the chicken house. Soon after the barrel arrived, my sister and I watched dad drip it on the hay, and, of course, we stuck our little fingers in and found it a tasty treat.

Whenever opportunity arose, we would sneak out to the creek and turn the valve and patiently wait for that slow stream of molasses and wrap a glob around our fingers to lick.

Half the year, the cattle lived in Grampa’s pasture in Bridgeville, and in our pasture, half a mile east

of Bridgeville on 36 the rest of the time. Moving them from one place to another was an annual highlight, but a dreaded event for me, as I felt myself far above such humiliating events as chasing cows.

The Polled Hereford bull lived at our home place year-round — he was my father’s pride and joy — and the cows were driven over for breeding purposes.

Once the calves were big enough to be on their own, they were put in the barn while the cows were driven out of the gate, onto Highway 36, and west toward Bridgeville and Grampa’s place.

The town was always alerted when the Great Dreaded Cattle Drive via Highway 36 began, and many turned out to help or watch.

The pasture was on Kneeland Road, three-quarters

of a mile from home, where a corral with a loading chute was located. The cows had to be at a fast trot to minimize wandering from the road.

The first hurdle was turning them onto the bridge, avoiding Alderpoint Road. Some of us had to run our feet off to get ahead and block the turn onto Alderpoint, while others followed behind, whooping, to keep the cows on the run.

Once across the bridge, they had to be headed straight up Kneeland Road and kept away from 36 and the mill road. My grandmother would be out there on one side, waving her cane,

and on the other side, townsfolk gathered to keep them on a straight run through the middle of downtown Bridgeville.

As the herd thundered through, I would be seen by one and all, chasing the cows from behind. I dreaded this embarrassing event as only a teenager can, but I look back now and see how incredibly funny it must have been.

—  
**Jessie Wheeler, 76, of Cutten is a Humboldt historian and cowpoke who grew up in Bridgeville.**



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## ASK THE DOCTOR . . . From Page 5

this, such as ride-sharing, volunteer drivers and creating more pedestrian-friendly neighborhoods. In our community, Redwood Coast Village, a virtual village of volunteers, helps older people (the over-50s) stay active and in their own homes. This includes “Going Your Way” with transportation opportunities. More information is available online at [rcvillage.clubexpress.com](http://rcvillage.clubexpress.com).

It would be wonderful in 2020 to see our automobile accident rate decrease. Small things could make a difference, like driving with full attention, staying within the speed limit, and remembering that pedestrians and bicyclists have the right to be crossing streets and commuting as drivers. Bicyclists and pedestrians should always follow

the same standards, of course — to be aware of their surroundings, to be visible and to follow the rules of the road.

Kindness and paying attention can go a long way to make all of us less stressed on the roads of our community. Please buckle up, drive safely, and consider not driving at all if not absolutely necessary. Take a walk!

—  
**Dr. Jennifer Heidmann** is medical director and primary care provider at Redwood Coast PACE (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](mailto:seniornewseditor@humsenior.org).



### Music Together

Music teachers Jose Quezada and Heather Shelton will lead children 0-5 and their families in song, dance and music making during a free introduction to the “Music Together” program on Saturday, Jan. 4, 10:30 a.m. to noon at the Morris Graves Museum of Art, 636 F St., Eureka. Call 707-442-0278 or visit [humboldtarts.org](http://humboldtarts.org).

### Open Air Watercolors

Local plein air watercolor artists Jim McVicker and Paul Rickard will conduct the first Morris Graves Art Talk of the year on Sunday on Jan. 5 at 2 p.m., discussing their inspiration and techniques for capturing outdoor scenes. \$2 for seniors and students, free for members. Info: 707-442-0278.

### Butterflies Are Free

The North Coast Chapter of the California Native Plant Society will host a free program, Butterflies of Coastal Humboldt County, Wednesday, Jan. 8, 7 to 9 p.m. at the Arcata Masonic Lodge, 251 Bayside Road. Visit [northcoastcnps.org](http://northcoastcnps.org) for info.

### Fishers & Squirrels

Wildlife specialist Andria Townsend will talk about fishers and their prey, squirrels, during a free Sequoia Park Zoo Conservation Lecture Series event, Wednesday, Jan. 15, at the zoo’s Flamingo Room, 3414 W St., Eureka. Reception 6:30 p.m. and the lecture starts at 7.

### Talk to Rocks

The Trinidad Coastal Land Trust will sponsor a walk and talk about coastal rocks led by marine geologist Danny O’Shea on Sunday, Jan. 19, from 2 to 4 p.m. Learn about the processes that shape our coast. Meet at the Memorial Lighthouse at Trinidad State Beach. Reservations required. Call 707-677-2501 or email [info@trinidadcoastallandtrust.org](mailto:info@trinidadcoastallandtrust.org).

### Bowl of Beans

Gather with the Humboldt community to celebrate Dr. Martin Luther King Jr. with the annual Bowl of Beans benefit at the Arcata Community Center on Monday, Jan. 20, from 5 to 8 p.m. \$8 general admission; \$6 for seniors and kids. Proceeds benefit Arcata elementary school and the Arcata City Arts Program. Visit [cityofarcata.org](http://cityofarcata.org) for info.

### Bayside Breakfast

The Bayside Community Hall hosts Breakfast in Bayside with live music and mimosas for sale. The gourmet spread features buttermilk pancakes and chicken apple sausage, scrambled eggs or tofu, fruits, jams, breads and more. Check out the new renovations and visit with neighbors. \$8 for adults, \$5 for seniors and kids, seniors 80+ free. Saturday, Jan. 26, 8 a.m. to noon.



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# Home-Grown KZZH

By Elaine Weinreb

Community radio is a great blend of entertainment and information.

When you tune into KZZH at 96.7 FM, operated by Access Humboldt, you never know what you are going to hear.

It might be an interesting podcast from “Radio Curious” or “Democracy Now.”

It might be that important city council meeting that you just couldn’t get to.

It might be a vintage radio show from the 1920s and ’30s.

It might be classical music or information about current road conditions or the weather.

It might even be a program created by your grandkid in the studios of Eureka High or at the Arcata Playhouse.

One thing you can be sure of: You will not hear ads, and you will not hear the latest in pop music. There are plenty of other stations you can listen to if that is all you want.

“Old-school media television and radio is a push model where they decide what’s going to be on and when you’re going to hear it and they push it out to you,” said station manager Matt Knight. “We’re trying to do the opposite, which is to get people to bring their stuff and we’ll pull it in.”

Access Humboldt CEO Sean McLaughlin had a friend who specialized in finding unused radio frequencies, and he found one suitable for a simple low-power, 100-watt station. With a \$5,000 grant for equipment, KZZH-FM-LP went on the air in August

2016, managed by Knight, who at the time was a volunteer programmer for both KHSU and KMUD.

Knight combed through collections of free professional radio programming and classical music. He encouraged local programmers to make podcasts and give them to the station for free airplay. He worked with media teachers at Eureka High to get their students to create quality programming.

When the local National Public Radio station KHSU was dissolved last year, KZZH stepped into the community radio void, creating an annex in the Creamery Building in Arcata, where producers could record their shows.

Soon the familiar voices of EcoNews, Food for Thought, Cool Solutions, the Cosmic Calendar, Sound Ecology, and the Community Calendar, as well as some of KHSU’s former local talk shows, were back on the air.

Like most non-profits, KZZH operates on a shoestring. With more money, they could improve their equipment, and bring a clearer, better signal to more people. The station is seeking underwriters.

Anyone interested in community radio, in underwriting a program or being on the air, or in producing a public service announcement for an organization, contact Knight at 707-476-1798 or matt@accesshumboldt.net.

**Elaine Weinreb** of Trinidad is a writer and old-school local radio enthusiast.



## Calling All Seniors for 2020 Energy Assistance

Redwood Community Action Agency (RCAA) will be helping income-qualified seniors sign up for its Home Energy Assistance Program (HEAP) and **FREE** Weatherization services from the Senior and Homebound/Disabled List. The HEAP program helps qualified households on a once per year basis with a credit on their PG&E bill or assistance with firewood or propane. RCAA’s weatherization program improves health and safety conditions and installs energy saving measures in the home.



**To qualify for RCAA’s Senior and Homebound/Disabled List for the 2020 program, you must be at least 70 years old or a homebound/disabled person and meet the federal income guidelines below.**

PEOPLE IN YOUR HOUSEHOLD	MAXIMUM, GROSS MONTHLY INCOME ALLOWED
1	\$2,296.93
2	\$3,003.67
3	\$3,710.42
4	\$4,417.17
5	\$5,123.91

**Call beginning December 15th, 2019 through April 30, 2020 to be placed on the list. Call 707-444-3831, ext. 201 or 204 to speak to an RCAA’s Energy Specialist to be put on the list.**

The community is invited!  
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# Letters to the Editor

## More – Not Less – Debate Needed

To the Editor:

According to Dennis Scales of Fortuna, (“Counterpoint: Lighten Up!” December 2019, page 21), climate change isn’t a crisis, it’s a “religion.” Therefore, he would like to see “more positive stories in the future...!”

Climate scientists worldwide (including the oil industry’s own research) attribute accelerating climate change to the carbon released from burning fossil fuels. Scientists warn that this crisis will cause millions more climate and oil-war refugees, and many more species extinctions. Using emotional judgments like “too negative” or “depressing” to dismiss a crisis and to silence facts and debate has been used forever to resist social advancements, for example, ending slavery and securing women’s suffrage, or creating Social Security and the G.I. Bill.

Elected and appointed officials fail to honor their oaths to promote and secure the general welfare and posterity of We the People by continuing to allow a few families to accumulate unlimited wealth and power. They become corrupt oil barons, coal barons and nuclear barons who prolong outdated, unsafe and costly

energy sources through public subsidies, oil wars, deregulation, privatization, no-interest loans, offshore tax havens, and bailouts, while making sure development and distribution of safe, cheap energy alternatives languish.

Former California Gov. Gray Davis accused ENRON of defrauding ratepayers of \$25 billion, but his successor, Arnold Schwarzenegger, settled the lawsuit for pennies on the dollar, repaying his energy industry backers.

Nationalized energy generation would address America’s abdication to the energy industry’s unaccountable greed, corruption, and the violence that have resulted in years of expanding oil wars. Instead of “cleansing” Senior News of “subjective negativity,” all print, radio and TV media should promote civil debate as critical in understanding problems and developing innovative solutions.

Patriotic American families can honor our constitution by taking personal responsibility to conserve the last of the “cheap” oil needed by posterity to develop alternatives.

**George Clark, Eureka**

## ‘People and People’s’

To the Editor:

The cover story by John Heckel [“Our Stories, Our Selves,” November 2019, page 1] begins with a quote from Pericles that includes: “...of famous men and ordinary men...” and “...of other men’s lives.”

I would prefer to see the quote with “people and people’s,” even in parenthesis, rather than limited to “men.”

Worth mentioning. Thanks.

**Victoria Mayes, Trinidad**

## Everyone’s Music

To the Editor:

John Heckel’s column in December’s Senior News [“Hello in There, Hello,” page 10] was fascinating.

In his column, Heckel describes the music of his youth coming through the radio in a café as “his” music. He then asserts that the music is his to share with the next generation if they are interested in his perspective.

He writes, “Hey, that’s my music you’re listening to, which is all right, as long as you recognize that it’s not yours, it’s mine.”

Music nurtures connection across time and life experiences. Attending live music is different from listening to a record, because it gives everyone within earshot a chance to breathe together.

Share the air, John, and give the next generation a chance to share with you why the oldies are meaningful for them today. Then a connection might happen.

**Hawley Riffenburg, Fortuna**

**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](mailto:tpease@humsenior.org) or mail to Senior News, 1910 California St., Eureka, CA 95501.

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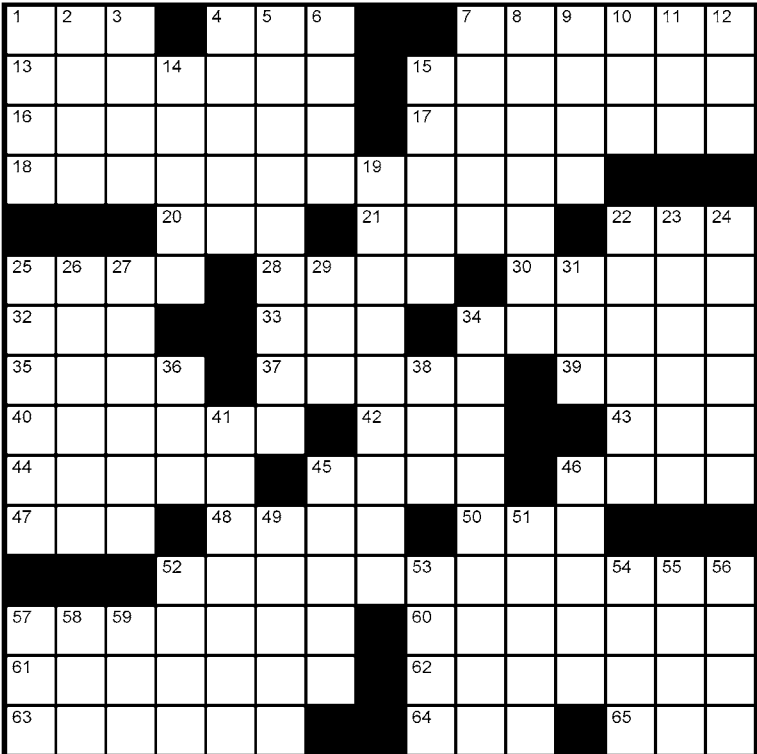
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~ CROSSWORD PUZZLE ANSWERS ON PAGE 14 ~



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## Crossword Puzzle

Game On! by Alex Eaton-Salners Edited by David Steinburg

**ACROSS**  
1 Antlered animal  
4 Apt nickname for a ragout cook?  
7 Seedy tropical fruit  
13 Make damp  
15 \*With 61-Across, reminisced at an alumni event?  
16 Reykjavik’s country  
17 Greek salad herb  
18 \*Hepatologists?  
20 Barely passing grade  
21 “\_\_\_ It Fun” (2014 Paramore hit)  
22 End of the NSA’s URL  
25 Knights’ titles  
28 Puts on  
30 Call to mind  
32 Last day of December, e.g.  
33 Dating app blurb  
34 Successful Hail Mary  
35 Shakespeare title word before “Well”  
37 God worshipped in a minaret  
39 Blinds piece  
40 A new dad may change one  
42 Vexation  
43 One \_\_\_ million  
44 Ready to be poured  
45 Risque show’s rating, perhaps  
46 One of a daily trio, for many  
47 “Gosh!”

48 Arthur \_\_\_ Stadium  
50 “The Murders in the Rue Morgue” writer  
52 Big game on February 2, 2020 ... or a hint to what’s added to the starred answers  
57 Iris rings  
60 He said, “Open sesame”  
61 See 15-Across  
62 Uses a butcher’s knife  
63 Be bested by  
64 Boxing match enders, briefly  
65 Trunk cutter: Var.

**DOWN**  
1 “\_\_\_ and the Detectives”  
2 Focal points  
3 Ukraine’s capital  
4 Take a long, hard look  
5 Made hurricanes, say  
6 Edit menu choice  
7 Eva played by Madonna  
8 Gave a heads-up to  
9 Wallowing animals  
10 “13th” director DuVernay  
11 Japan’s capital?  
12 Shakespeare title word after “Much”  
14 Vehicles with runners  
15 Indian flatbreads

19 \*Fire Dickens’ Twist?  
20 Super saver?  
23 Figure skater Baiul  
24 Ancient Rome’s \_\_\_ Virgins  
25 Old salt  
26 Hospital conduit  
27 Go together  
29 Liquid for greasing a pan  
31 Many report to CEOs  
34 Harlem site of Ella Fitzgerald’s singing debut, informally  
36 Jacuzzi setting  
38 Funny bone’s limb  
41 Shoulder ornament  
45 “We hold \_\_\_ truths ...”  
46 Kind of toast  
49 Wolfgang Puck restaurant  
51 Tots’ injuries  
52 Boot bottom  
53 Support, as a Kickstarter project  
54 Molten stuff  
55 Mountain goat  
56 Irises’ place  
57 Common tear site for athletes: Abbr.  
58 Kanga’s son  
59 Ernie of golf

# Re-illuminating the Clarke Museum in Its Former Glory

By Katie Buesch

Visitors to Clarke Historical Museum exhibits often stop to marvel at the old building itself.

The former Bank of Eureka building was designed in the Beaux Arts style and built in 1912-13 by famed San Francisco architect Albert Pissis.

Since 1960, however, when the stately building was transformed into a museum by Cecile Clarke (1885-1979) to house her extensive local history and Native American basketry collections, visitors have been able to see only some of the old building's classic architecture.

From historic photos of the Bank of Eureka building's original interior, museum staff knew that it had once been a different color, but no one remembers what color the elaborate neo-classical design work was before Cecile applied a mint green paint over it.

In 2018, historic building conservator Lisa Jarrow climbed up on scaffolding in the museum's main hall and began chipping away at decades-old paint surrounding a marble-faced clock that once overlooked Bank of Eureka tellers. It was the first step in restoring the historic building's interior.

Jarrow was able to restore the area around the clock, including four non-traditional caduces — a design element that appears at the Clarke as two snakes wrapped around a torch. The first phase ended in early 2019, and Jarrow completed the rest of the upper part of the wall in late 2019.

Eventually, all of the walls and the ceiling will be restored to their original color scheme of gold leaf and cream. Visitors note that the restoration work has brought out more of

the architectural detailing, and they say they enjoy seeing the work in progress.

While museum staff were re-searching photos of the interior of the building for the restoration project, we began asking another question. Many of the early photos included six chandeliers in the main hall, but they disappeared after the bank became the museum. The chandeliers were products of their time, dangling on long chains and cast in shining bronze with some hand-sculpted elements and glass light shades, which were upgraded to the Art Deco style of the 1920s and 1930s.

Museum Director Ben Brown was able to track down four of the chandeliers, which had traveled around town since the 1960s. They hung in the Episcopal Church in Eureka for

a time, before being sold to a scrap yard and ending up in storage near the Healy Building on 2<sup>nd</sup> Street.

The museum repurchased the remains of the four fixtures, and Clarke board member and historic restoration enthusiast Chuck Petty rewired them; a foundry in Santa Rosa recast lost and damaged parts.

Restored and returned home, the chandeliers are being reinstalled and will be officially turned on at the end of January — about six decades after Cecile removed them.

—  
**Katie Buesch** is curator at the Clarke Historical Museum, 240 E St., Eureka. The museum is accepting donations to help cover the \$46,000 cost of new lighting, including the chandeliers' restoration. Contact: 707-443-1947.



**GETTING A MAKEOVER** — Back in the 1930s, the Bank of Eureka in Old Town (at left) was a bustling financial center. After the bank was turned into the Clarke Museum in 1960, the chandeliers disappeared and much of the original interior was painted over. Historic building conservator Lisa Jarrow (at right) has been painstakingly removing layers of paint to restore the original detail, and the chandeliers are being reinstalled in the museum's main hall this month. Images courtesy of the Clarke Historical Museum.



## You Can Be in Senior News

- **FEBRUARY:** We're born into families, but choose our friends. This month, let's talk about "**Friendships**," from old friends to making new ones. Send us stories of your friendships.k
- **MARCH: "Leprechauns."** Did that get your attention? What kinds of stories would you like to read in March? Send your ideas to editor Ted Pease at tpease@humsenior.org or call 707-443-9747.

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