



Old Dogs, New Tricks



SOOTHING SOUNDS of the classical viola replaced the Highland wail of bagpipes when George Ingraham picked up new instrument in his 70s. See story on page 4. Ted Pease photo.

From Zoom to Birds to Patience

By Ted Pease

"Of course old dogs can learn new tricks," Frank Munroe said, a little irritably. "Who told you that?"

The expression "You can't teach an old dog

new tricks" dates to the mid-1500s in England. It is a bit annoying, say many local "old dogs," that one of the oldest expressions in the English language is so incorrect.

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Fortuna HSRC Opens

By René Arché

Eel River Valley residents may have noticed an increase in the number of Humboldt Senior Resource Center (HSRC) vehicles traveling through their community of late.

That's because all HSRC programs on Fortuna's Gene Lucas Community Center (GLC) campus on Newburg Road — including the Fortuna Senior Dining Center, Adult Day Health & Alzheimer's Services, and Redwood Coast PACE — are now in operation.

The Senior Nutrition Program in the GLC was the first to open in February. The HSRC Senior Dining Center shares space with the Fortuna Senior Center, providing local elders with the services from two organizations in one new, larger location near Newburg Park.

Alas, after only a few weeks of serving meals at the new site, the dining room had to close when the pandemic shelter-in-place order went into effect in March.

Currently, all three HSRC Senior Dining Centers — Fortuna, Arcata and Eureka — are providing once-weekly packages of five meals each for those 60 and older. The pick-up day in Fortuna is Thursdays. Those interested in this service can call 707-725-6245 for more information and to make required reservations. Home Delivered Meals are also being provided to Fortuna residents out of the new dining site.

On the same campus, the new HSRC Adult Day Health & Redwood Coast PACE Center opened its doors to a limited number of participants in early August. This new, state-of-the-art facility, designed by Greenway Partners, includes a day center, physical and occupational therapy room,

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HSRC

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TEDtalks: New Tricks

Along with the phrase, “Getting old ain’t for sissies” (Bette Davis), many seniors find the old adage, “You can’t teach an old dog new tricks” the most annoying.

The saying seems to give us a free pass on participating fully in life after we reach a certain point of fatigue or achiness or ennui.

Not that there’s anything wrong with being a couch potato (like my friend John Meyers of Trinidad, who has qualified for the 2021 Olympics in BarcaLounge). But the truth is that we “old dogs” can and are still learning plenty of new tricks.

We may be a bit stuck in our ways, but that doesn’t mean we can’t enjoy new things if we have a mind to.

When she was 95, Nola Ochs of Fort Hays, Kansas, made the Guinness Book of World Records as the world’s oldest college graduate. Then she got a master’s degree. “Our education is never complete,” she said.

People over 65 make up the fastest growing demographic in the country and in Humboldt County, and like Nola Ochs, they keep learning.

George Ingraham is a prime example. A retired ophthalmologist (see? Even at my advanced age, I have learned to spell that word without looking it up!), George was a proud member of a 15-member Eureka marching bagpipe band until surgery knocked him out. So, at 71, George took up the viola (see page 4).

Senior News readers report that the pan-

demic has prompted (or forced) them to learn new tricks, from singing to reading, to learning to tell people “I love you.”

We’ve all learned a lot in just the last few months — like how to shelter-in-place, how to wear a mask properly, when to go grocery-shopping safely, and how to use Zoom to stay connected with family and friends.

I’m hoping Zoom is an entry for many seniors to become more comfortable getting online, because computer literacy is going to be a necessity in the post-pandemic world, not only to talk to grandkids, but for doctor visits, finances and to stay informed (see page 5).

Sure, getting online can be daunting and confusing, but if you can Zoom, you can do a Google search. Searching for “free senior computer classes online” yields many options, including instructional resources at Medicare.org, and courses through TechBoomers.com, TeachAnOldDogNewTricks.com and SkillfulSenior.com.

(Caveat: Whenever using any online resources, remember to beware of scams, and don’t offer any personal information unless you’re sure you know what you’re doing.)

Comedian George Burns once said that by the time you live to 80, you’ve learned everything; the problem, he said, is remembering it.

Maybe so, but there’s nothing wrong with learning it again — if you don’t remember it, it’s new to you!

—

Ted Pease, editor of Senior News, relearns something new just about every day.

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Through My 50s, 60s, 70s . . . I'm Still Learning

By Steve Pence

I was in my early 50s when I was first offered a senior discount. Rude — and presumptuous! — I thought. Distracted, if not dazzled, by my very white hair, this woman was not paying attention to the entirety of me, I reassured myself, and this mistake wasn't going to recur.

Of course, I took the discount.

It was in my early 60s that I walked into a restaurant, anticipating being early enough to be seated near a rock/ jazz band from Chicago. Before I could make a seating request, the hostess chimed, "Follow me. I'll seat you far from the music. It's going to be loud."

After quietly declining her offer, and having been seated where I wished, I endured a mediocre meal: the price often paid for live music. As the band was setting up, the waitress rushed in and scooped up the plates. She promised to "have us out" before the music began.

I snapped! But not in a scary, COVID Era way.

"Thank you for your courtesy," I said, "but I am not here for the food. I tolerate it, for the sake of the music. Now, if you could please get me another drink — this time make it a double — I won't trouble you until the band finishes the third set."

What impertinences awaited me when I turned 70? I wondered. Should I hope to live that long?

Nowadays, I bike Humboldt County, often with a backpack. Recently I have twice been mistaken for a person seeking free food, not always honestly. My first legal work, with urban poor, and my own rural background informed my belief that poverty is not moral failure. But what were these encounters about? Ageism, or something else?

The first incident may have had its genesis in the kindness of strangers. Showing up at a senior center for a possible recreational opportunity, the first person I saw looked at me and, without me saying a word, advised, "Sir, free lunches are available here tomorrow, not today."

I left. Wordless.



SENIOR BIKER — Steve Pence wonders what kinds of assumptions people make about each other. Sometimes, words fail him. Contributed photo.

The second encounter occurred when the lights went out at a coffee shop, just after I ordered and paid for an espresso. I waited 15 minutes for the local god of electricity, a harsh god, it seems, to answer our prayers. Then I asked my waiter if he could substitute a small dessert for my drink, which could not be made without power. In a surprisingly sharp tone, the young man rebuked me with, "Sir, I cannot give you free food."

Shamed, I walked away. Wordless.

Yikes! 70 wasn't going well. Was it my age, my attire, my backpack?

Some will remember that Gore Vidal and Norman Mailer were once titans of Manhattan's literary scene who loathed each other. Immediately upon being punched by Mailer at a gathering where they argued, Vidal declared, "Once again, dear Norman, words have failed you."

At times, either my words or my appearance have clearly failed to signal my intentions.

Still, if we are unduly offended by the words of another, we are not paying attention to what really matters — who we are, rather than who someone thinks we are.

Equally apropos is the belief of my favorite contemporary singer/ song writer, Jason Isbell, that, "Compared to most, our kind has had it relatively easy."

"Our kind" refers, I believe, to white, Western males.

A merely mistaken, unfair or hasty judgment about me, while off-putting, forces me to consider the plight of people who often are judged, labeled and abused simply because society declares them the "other."

May we all be a force for changing that, by understanding that mere chance made it quite easy for some of us. And quite frightening for others.

—
Steve Pence of Eureka, a retired lawyer, finds at 70 that he still learns new things, not all of them pleasant.

A Steep Learning Curve to Get TV Time Off the Grid

By Doug Vieyra

One of the dangers of living to be old is that one is in danger of "living old" — old values, old comfort levels, old pre-conceived ideas, old ways of doing things.

There *is* a certain undeniable comfort zone in the tried and true, the reliable and the familiar rut. More than just a habit, old ways have become

our friends. Learning something new, learning a new way of doing something, or learning a new technology can indeed be daunting.

Yet 2,000 years ago, the Roman philosopher Cicero said, "Cultivation of the mind is as necessary as food to the body."

My latest learning challenge (although in one

sense, it is old technology) is to discover all about today's "over-the-air" antenna types for FREE television, their technology and installation. My last TV antenna installation was over 50 years ago.

In just one example of the new learning requirements needed for this project, I found "coaxial

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Some campus related OLLI at HSU membership benefits are temporarily unavailable due to the safety precautions during the COVID-19 pandemic. Note: the HSU Library and the Student Rec Center will remain closed to OLLI members and the community until further notice.



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From Bagpipes to Brahms

By George Ingraham

I started playing the bagpipes in the 1950s, and still enjoyed playing them into my 70s. It was the perfect instrument for a person who couldn't read music — a bagpipe has only nine notes, one key, no chords, and just two volume settings: "loud" and "off" (no pianissimo).

There are drawbacks: the bagpipe is an outdoor instrument, but neighborhood dogs like to join in the chorus, and so the neighbors soon formed an "I wish that old fool would take his noise to the beach" club. Also, you must learn to play the tune while marching in step in parades (while staying alert when marching behind horses).

In 2006, however, my dentist spotted an X-ray shadow in my jawbone — a benign tumor, which needed to come out, along with some bone that kept my sinus and mouth separated. No more blowing bagpipes for me.

I had given up music until a friend, David Davis, cellist with the Eureka Symphony, offered to loan me his daughter's viola. I didn't know what a viola was. He also recommended a teacher.

Later, like any third grader, I walked up my new teacher's driveway carrying a viola case, wondering what would be a plausible excuse for turning around and going home to avoid being a 71-year-old man at his first music lesson.

But having come this far, I knocked on the door (telling



HIGHLAND STRINGS? No, there is no marching Scottish string ensemble. After surgery cut short George Ingraham's bagpipe career in his 70s, he switched to the viola. He's a good sport: except for this photo, Ingraham rarely dons the kilt anymore. Ted Pease photo.

myself, "You can always quit next week."). Poor teacher! Old beginners on a musical instrument are like old beginner motor-cycle riders, wobbly and frustratingly slow to learn — though less dangerous to the general public (if you don't count music lovers).

With a rare patience, my instructor, Karen Davy, managed to teach me to scrape away at the strings until something resembling music came forth, as well as to make sense of an endless parade of little black dots and lines and some words in Italian. In slightly less time than it took to build the Great Wall of China, I could read and play "Happy Birthday" and "Twinkle, Twinkle, Little Star."

Fifteen years on, I am enjoying playing the viola with the wonderful All Seasons Orchestra and a string quartet. With the help of a computer, I've even managed to adapt some Asian folk music for the quartet to play.

I don't have to apologize to my neighbors who own dogs anymore, or multitask when walking behind horses. And the viola doesn't

come with a kilt, so I don't have to remind myself to keep my knees together when sitting down. But I still like to put it on, about once a decade . . .

George Ingraham, M.D., 85, misses his pals in the All Seasons Orchestra, and quietly practices his viola alone in Eureka.

ASK THE DOCTOR**Why Vaccinate?***By Jennifer Heidmann, M.D.*

The word “vaccine” comes from the Latin *vacca* (cow). Historically, cowpox virus (collected from cows) was used to vaccinate for smallpox. Smallpox virus was eradicated, with the last reported case in 1978. It was a common disease throughout history, and many people died from it.

Poliomyelitis virus once was epidemic in the U.S. (and around the world), one famous case being Franklin D. Roosevelt, who was wheelchair-bound due to polio. We have almost eradicated this disease because of vaccines.

Human papillomavirus (HPV) vaccination is available to reduce risk of developing infection with HPV, and thus reduce the risk of cervical cancers as well as other HPV-related cancers and side effects of HPV infection. Tetanus-diphtheria-pertussis vaccines (Tdap) reduce or eliminate risk of these diseases and save lives, young and old. Pneumonia vaccines reduce risk of getting very sick or dying from pneumonia, and are indicated for everyone 65 or older, and younger people with certain chronic medical issues.

Influenza vaccine, given annually, is recommended for everyone 6 months and older. Getting the vaccine reduces the risk of infection, and if you are infected despite the vaccine, it can reduce the severity of the illness, making it less likely you will be hospitalized or die from it.

“Flu season” is just around the corner, and will certainly complicate the current pandemic situation,

because influenza symptoms overlap with symptoms of COVID-19. It is mighty important this year for each individual, as well as for community health, that people get vaccinated for influenza.

What is a vaccine? It is a very small amount of the dead or weak toxins, bacteria or viruses that allow the body to recognize the real thing right away when it tries to infect you. The small amount in a vaccine does not cause disease, but tells the immune system, “Hey, look at this. Next time you see something like it, get it!”

Right now, we are faced with a “novel” (new) virus, meaning that it’s new to us and to our immune systems. When you are hit with a disease that your body has no clue about, it can cause serious illness and death. The goal in making a vaccine against this novel coronavirus is to create some immunity in the “herd.” That is, if groups of people are immune to it, it will not be able to spread as easily or as quickly, and those who are vaccinated might either not get the disease at all or will have a less severe version and be less contagious to others. If this happens, we can consider reopening our society.

Measles should not be a thing any longer. We have a vaccine. But when vaccinations are not given, this incredibly contagious virus (90% of exposed people without immunity will develop measles) celebrates by causing outbreaks and killing people.

Continued on Page 19**Pandemic-Era Challenges**

Six months into the “new normal” of living with the coronavirus, researchers are already finding significant and disproportionate impacts on the health and wellness of older Americans.

This is not news in terms of the virus itself, which has been especially deadly for seniors: eight out of 10 COVID-19 deaths reported so far have been people 65 and older, according to the Centers for Disease Control (CDC.gov/coronavirus).

But beyond getting sick with the virus, researchers say seniors are also prey to at least two threats that have come along with the pandemic, financial insecurity and isolation.

At a time when the 65+ population is the nation’s fastest growing demographic, the National Council on Aging has warned that the economic downturn created by the pandemic “will push between 1.4 million and 2.1 million older Americans into poverty.”

“I think it’s a national conversation,” said Dr. Dana Bradley, a

University of Maryland gerontologist and demographer. “And I wish (political) candidates would engage in that thoughtfully instead of pretending that old people don’t exist.”

And the majority of the growing elderly population is women, according to U.S. Census reports. At age 65, there are about 30 million women and 24 million men, but by age 85 and older, women outnumber men in America almost 2-to-1 — 4.2 million women versus 2.3 million men.

The pandemic has sharply increased social isolation for many people, but especially among seniors who live alone — a majority of whom are women — and it’s starting to wear even on those self-described homebodies who say they enjoy their solitude.

“Now it’s loneliness,” a San Francisco woman told USA Today. She’s lived alone since her husband died in 2003. “It’s monotony. I feel like a hermit sometimes.”

*—Ted Pease***What ‘Normal’ Will Look Like**

Even after there’s a vaccine for COVID-19, the world will never go back to the way it was, experts say — especially for seniors.

Everything from how we get health care to work life to shopping to family relationships has already changed since the pandemic struck, and that’s the way it will be, according to geriatric physicians, aging experts and futurists.

“In the past few months, the entire world has had a near-death experience,” said one think-tank CEO. “People think about what they will do

differently.”

Many of us will continue to spend much more time sheltering at home even once the COVID-19 threat has “passed,” if it ever does.

Studies find that only 28% of people 75+ are comfortable with social media. “That’s lethal in the modern age of health care,” a Stanford University medical professor said.

Seniors will have to get over their aversion to technology, because telemedicine is the future of health care.

—Ted Pease



LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Learning to Zoom!

For those who don't know, Zoom is a technology company that provides video and online chat services. To put it simply: Zoom provides the ability to communicate with each other face to face from remote distances.

Schools are using Zoom during this COVID-19 pandemic, physicians use it for medical appointments, just about any meeting uses Zoom, and now I'm using it to instruct my S.A.I.L. (Stay Active & Independent for Life) exercise class.

When S.A.I.L. classes shut down in March due to the pandemic, we

had 300 people left without a place to exercise. So I was asked if I would teach my class online, using Zoom.

I thought, "Why not?" Even though I didn't know much about this new technology, I thought, "How hard could it be?"

The answer came with my first attempt to Zoom my exercise class.

The microphone on the Zoom app wouldn't work, so no one could hear me. Through various attempts to fix it, nothing worked. But the camera worked perfectly for the class to see my frustration.

When the hour was finally over, I said to myself, "That was terrible! I don't like Zoom, I don't need to Zoom, and I'm not going to Zoom."

But I knew how important it was for seniors to engage in an exercise program, especially during the pandemic while we're all staying at home. It is so important to keep everyone connected, both to counter isolation and to retain muscle strength.

So I decided to climb back on the "Zoom horse" and open my mind to learning a new technology.

I'm not keen on learning new technology. In fact, I find it very challenging. Not like my granddaughter, Kasidy, who buys a new app/device/gadget and just opens the package and turns it on. She doesn't even bother to read the instructions; she just has the mental aptitude to under-

stand the parameters of technology.

I think this disparity has something to do with the fact that I'm 78 and Kasidy is 25. Her generation grew up with technology and embraces it. Mine did not.

As a result, many seniors have been left behind, separated not only by age but the "digital divide."

I have to admit that learning Zoom has been worth the frustration. I did make it work for my S.A.I.L. students. And I know that other seniors will greatly benefit from learning how to Zoom as well, not only to access online classes, but to connect with family, friends, medical appointments and more.

—
Joan Rainwater-Gish, 78,
*connects to the world from
her home in Eureka. Contact:*
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Growing Garden Know-How

By Sherida Phibbs

Do you want to know about planning and planting a cool-season vegetable garden? Are you interested in learning how to be successful with houseplants? A University of California Cooperative Extension (UCCE) Master Gardener can help.

Maybe you have a plant that has a problem you cannot diagnose. How should you properly prune a tree, learn about vermicomposting, or have questions answered about poisonous plants?

The Master Gardeners are available to help answer those questions. The “Ask a Master Gardener” help desk, free recorded classes and various resources providing researched and science-based information can be found on our website (ucanr.edu/sites/hdnmastergardeners).

Perhaps you would like to arrange for a presentation for your group. Our Master Gardeners — dedicated volunteers who are passionate about gardening and sharing their knowledge — can coordinate a virtual class during the current restrictions on in-person gatherings.

With interest in planting edible gardens and creating an oasis in backyards on the rise, there has been an increasing desire to learn about gardening. The UCCE Humboldt/Del Norte Master Garden Program has recognized the opportunity to identify ways to offer virtual horticultural presentations, gardening support and help.

Partnering with Humboldt State University’s L4HSU online summer sessions, we launched virtual garden-related classes. These free presentations were recorded and are now available on our website, allowing you to view them on your own

schedule and in the convenience of your home.

Our current online library of presentations consists of “Vegetable Gardening Basics,” “Heather Growing and Landscape Designing,” “Integrative Pest Management,” “Success with Houseplants” and “Reducing the Vulnerability of Buildings to Wildfires.” Live webinars and additional recorded classes will be added frequently.

There are various reasons why people want to become a Master Gardener. Some like community and to be with like-minded people who enjoy digging in the soil. The garden is their playground. Many Master Gardeners enjoy helping others to be better gardeners, and value sharing sustainable gardening information.

UCCE Master Gardeners go through extensive training in a diverse range of horticultural subjects, including plant pathology, soils, sustainable gardening, integrative pest management, edible gardening, composting, vermiculture, etc. After the initial certification training, Master Gardeners commit to 50 hours of volunteer time in their first year and 25 hours annually thereafter, and continued education is required annually.

Since 1988, well over 1,000 people in Humboldt/Del Norte have participated in the UCCE Master Gardener Program’s certification training. For more information on the Master Gardener Program, go online to ucanr.edu/sites/hdnmastergardeners.

Sherida Phibbs of Fortuna is coordinator of the UCCE Master Gardener Program for Humboldt & Del Norte Counties.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Virtual Connections

We're all experiencing a big dose of virtual connection and remote learning this year. But what do "virtual" and "remote" mean, in terms of my ongoing education as a senior?

The current meanings of the word "virtual" skate along a scale from "almost true" to "online" to (in physics and maybe also speed dating) "denoting interactions with extremely short lifetimes."

Parse this sentence: *Living in a virtual virtual reality show, she had a number of virtual friendships.*

And tease out the knotted meanings of remote: *He seemed remote as he logged onto his remote learning program in the remote mountains.*

The problem is that "virtual" and "remote" sound so . . . distant. Because they are.

Technology has its nostalgic critics — including me, half the time. I like the idea of living in an easier past. My 90-year-old mom, who grew up near Long Beach, recalls, "When I was a little girl in the 1930s, we had a black telephone with no dial, just a receiver. I'd pick it up to speak with our local operator in San Pedro: 'This is Sally. May I speak with Daddy?' The operator knew Dr. McCracken's office number by heart."

Now we've come full circle by simply saying to Siri, "Call Dad." Same thing, if you try not to miss talking with a living, breathing person who really knows you.

Ironically, technology can bring people closer. Since learning to

Zoom in March, I've virtually attended gatherings I would have missed: my old Seattle monthly group of five supportive women artists, my New York nephew's socially distant 2020 festival of faith and art — with Zoom breakout sessions on various genres — and my Virginia nephew's wedding, hybrid-style (live online and in person).

Another bonus in this virtual world of COVID-19: I get to teach art lessons remotely these days, still under the auspices of Ferndale Music Company.

Back in the Normal Times, as we might soon refer to pre-pandemic days, students and I would meet around a vintage table in the celebrated turn-of-the-century church building, The Old Steeple.

These days, my students — ages 8 to adult — and I meet virtually, each in our own homes, one student or one "bubble" at a time. As before, I encourage a student's natural artistic bent.

Now that technology is my virtual friend (parse that!), I'm able to instruct remotely but not too distantly. Within an hour or two, a student's finished piece appears: magically, nothing in the way but a few wireless connections.

—

Margaret Kellermann's *waterscapes are on exhibit at U.S. Bank in Ferndale through October.*

For inquiries on the paintings or on virtual art lessons, contact her at bluelakestudio.net/contact.

Creatures Among Us

By Mairead Dodd

It begins very subtly. First, one shows up. Then another. And another. Before you know it, an entire herd is living all over your house.

They watch from curio cabinets, shelves in bathrooms and bedroom walls. They may even start populating the outdoors.

Have you ever walked into someone's home and noticed that a particular animal seems to dominate the décor? Frog figurines, pictures, magnets and mugs? They are the creatures among us, a presence in our lives that teaches us about ourselves.

Spirit animals are a presence with which we share an identity and connection. They possess attributes reflective of human nature, our companions and helpers. By studying them, we can gain much wisdom. Some of our greatest teachers come in non-human form.

Animals possess an innate intuitive force, and "feel" their surrounding world much better than humans do. While they do not fear death, animals are capable of experiencing grief. For example, when a member of an elephant herd dies, the entire group will mourn, touching and smelling the departed. Elephants have been observed revisiting the bones of their ancestors.

Spirit animals seem to show up when you need them most. Many years ago, I had an unlikely animal appear to me when I was driving to

town for a very difficult doctor's appointment. The news was not good.

I came around a mountain turn when a large dark presence crossed the road ahead. A stray dog? On the side of the road was a cougar, but one like I had never seen before. It was as large as an African lion, and a deep, dark, solid chocolate brown. Its face was stoic and pug-like. I had heard stories about panthers roaming these hills in the 1800s. Was I staring into the face of a legend?

I stopped my car, rolling down the window. The cougar stood still on the side of the road. We looked at each other. I talked to it. The cougar appeared to listen calmly. I was not afraid.

When I had to drive on, I did so with a renewed courage and strength. I believe my encounter with that cougar helped me make it

through a difficult period of my life.

In an age when technology distracts us, fear overshadows joy and chaos is ever-present, it is comforting to know there are spirit creatures among us. Whether feathered, furred, earthbound or in flight, someone may be occupying space with you.

Listen. They may have something important to say to you.

—

Mairead Dodd, 62, is an educator, former Rutabaga Queen and animal advocate who paints spirit animals in Fortuna.



Annie Kassof illustration.

One Thing I Learned So Far

By Annie Reid

The shutdown became much too quiet for me when the local bands stopped playing publicly. With much of their music available online, I hoped to compensate by listening at home.

But I became acutely aware that I had let my home sound system lapse into serious antiquity. Earphones and iPod gave me good solitary listening, but enough with solitude! Speakers would be necessary to rock the whole household.

I hadn't a clue about current sound systems, and with local merchants shut down, I hit the internet to try to find out.

The choices for systems to play digital and streaming music are seemingly infinite. Unfortunately, each is described in techno talk that I had not a clue how to interpret. It became obvious that buying a new audio system must wait until local retail reopens and I could seek the advice of a pro.

But unwilling to dance around in earphones while my partner sits reading in an armchair, I shifted my focus. Could I upgrade our ancient CD/cassette stereo, or the only slightly newer clock radio charging station, to listen to music from the internet?

Many households still have those old cellphone charging stations around, valued for the clock, alarm and radio, plus a charging dock for iPhones and iPods. These became obsolete with the introduction of current mobile devices.

Those older portable media players (PMP) have no internet connection, so online streaming is impossible. I have Apple's version, the iHome. If you tossed yours, plenty of used iHomes are available for a song.

So a new search began. Many internet hours later, and with help from YouTube, I learned that I could convert my iHome into an online Bluetooth speaker system that streams music via a current iPhone, iPad or computer.

If you want to try this at home, or want to learn to convert any audio system, visit this YouTube video from "Hollyfrodo": youtu.be/Ycbj6tZu-wNk.

It's a simple fix. Here's what I did: I ordered a Samson BT30 Bluetooth Receiver for \$20 online, plugged it into the charging port on the iHome, then paired it via Bluetooth to my iPod (or cell phone).

That immediately gave me access to online music libraries, podcasts and radio stations that I — and the whole household — can rock out to together over speakers and without earphones.

I call it my "Gramma-Phone."

Happy home listening, until we can kick up our heels in person once again with our great local bands!

Annie Reid is an artist from the suburbs of Trinidad. Her left and right brain often engage in extended ping-pong rallies.

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AGING IS AN ART — BY JOHN HECKEL

My Elder Image

Lately, I have been missing my parents. My father died almost 20 years ago, and my mom died 10 years ago this October. I don't know why I've been thinking about them now, exactly; maybe it has to do with being surrounded by all these COVID-19 death-and-dying stories.

I especially miss my mother, and when my mind or heart (wherever those images and memories come from) visualize her, she is elderly. I see and easily remember her . . .

. . . being 85 and making her last trip back to her hometown in Germany;

. . . being 92 and hosting her last Humboldt German Ladies' Coffee Klatch;

. . . being 95, in the hospital, two days before she died, asking when does she get to go home.

All of the visual images that emotionally affect and comfort me are of her as an older woman. I can concentrate and bring forth images of her when she was younger, but those come with difficulty, and the strain of finding and holding them takes a great deal of energy. That expenditure of energy erases the joy, com-

fort or sadness that the image might generate.

So I am drawn to remembering my mother as an elder.

I wonder if we will all, if we are fortunate to live long enough, be remembered as the people we have become as "old folks." Will family members and friends who have known us for multiple decades remember us only as the people we became in our older years?

Will my stepdaughters remember our family trips to England and Scotland, or will they only be able to conjure up images of me as an elderly man in his 70s (or older)?

I fear they will not easily access those earlier images of me. Perhaps they will also find it easiest and, I hope, emotionally rewarding to find and hold images of me aging.

I hope they understand, as I have

come to understand with my mother, that all those earlier versions of me are still there. They have gone into making up this elderly man, whose image you will hold after I am dead.

Maybe they will hold that image because it is exactly what they, in their own aging process, will need.

I think it is possible that what our children and grandchildren need the most are positive, healthy and energetic images of what it means to age. I can give them that. What a precious gift to leave them.

Maybe it's not so bad to be remembered as an elder.

—
John Heckel, Ph.D., 73, a retired HSU theater and film professor with a doctorate in psychology, is honing his image as an elder at home in Eureka.



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HSRC News

New Fortuna Facility: 'It's Gorgeous!'



HSRC'S NEW FORTUNA CENTER houses the Adult Day Health program and Redwood Coast PACE. Clockwise from upper left, the Day Center's living room and activities space; the front of the building; vans drop off and pick up participants under a porte cochere; participant Gloria Rist works with occupational therapist Rhonda Rankin; and one of the nursing stations. René Arché and Tiffany Blake photos.



FORTUNA HSRC OPENS... From Page 1

kitchen, PACE clinic, Adult Day Health nursing station, and secure outdoor patio and recreation space, and administrative offices.

Humboldt Senior Resource Center CEO Melissa Hooven applauds the facility's opening. "We are pleased that after three years of planning and hard work by so many, the HSRC Fortuna campus programs are now all operational," she said, although she noted that normal capacity is limited under current COVID restrictions.

"We are so excited to be serving our Eel River Valley participants, and to offer these community members access to our programs closer to their homes," she said.

The new building sits adjacent to a one-mile walking trail that includes an ADA-compatible

segment. A key feature of the center is its open-concept design and the expansive views it offers of the surrounding hills and forests.

Participants using this center live in the southern portion of HSRC's service area, including Carlotta, Ferndale, Fortuna, Loleta, Rio Dell and Scotia. The center provides key HSRC services closer to home for Eel River Valley residents, reducing travel time to Eureka that used to be necessary for many participants.

The new center has received rave reviews from participants: "It's awesome!" (Anita), "Lots of room!" (Eleanor), "So pretty." (Lea), and "This place should be called the HSRC Lodge – it's gorgeous." (Jeffery). At 16,000 square feet, it offers the programs it houses room for more participants and

future growth.

HSRC could not have developed this new center without the generosity of donors and numerous supporters, including the McLean Foundation, The Harry & Jeanette Weinberg Foundation, The Rose Perenin Foundation, the Bertha Russ Lytel Foundation, the Patricia D. & William B. Smullin Foundation, St. Joseph Health, The Headwaters Fund, Partnership HealthPlan of California and Humboldt Health Foundation.

For now, the new facility remains closed to the public until the pandemic restrictions are lifted. Until then, please call HSRC at 707-443-9747 for more information.

René Arché is HSRC communications & marketing director.

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**“Do we settle for the world as it is, or do
we work for the world as it should be?”**

—Michelle Obama, former First Lady.

Where Will We Live?

By Patty Berg

Ever since publication of an article on our Girlfriends group in the February issue of Senior News [“The Girlfriends Build Family and Life with Verve,” page 3], I’ve had several calls from women expressing interest and enthusiasm about either joining or asking how to start a group of their own.

Then we all got bombarded with the horrific pandemic and found ourselves under orders to stay home, to shelter in place, to wear masks and stay six feet apart. The Girlfriends have not met since March. Rather, we are Zooming, which I find to be an unsatisfying and impersonal way to see my friends. No shared brunches, no mimosas, no real-life eye-to-eye contact and, obviously, no hugging when we greet one another.

I so miss seeing my girlfriends in person. I miss the human contact!

This has been a terribly lonely time, especially for those who live alone. I believe it’s the first time in my 78 years that I have felt truly lonely, and I have to say I don’t like it one bit.

None of us knows how long this will last, when we can expect the miracle vaccine, when or if we will ever see a return to “normal” in our lifetime, or what that “normal” might look like.

I believe that it is through tragedy and loss that we can grow and re-envision our future. For me, that would include living in an expanded version of what we created with our Girlfriends group, a chance to build a family-like community that would focus on inclusiveness and

engaged living in a safe, healthy, environmentally responsible setting.

Some of us Girlfriends are actively exploring options for sharing our living situations as we age. We started that with establishment of Life Care Humboldt, a comprehensive nonprofit senior living community. We plan to build about 150 independent cottages, as well as assisted living and memory-care units for those who need them. Nothing like this exists in Humboldt County.

I imagine that the largest space in my dream cottage would definitely be my front porch. It would have a roof to protect us from rain, lighting for evenings, a heater and comfortable furniture. Friends could come by at 5-ish for a glass of wine, appetizers and good conversation.

Best of all, no one would have to drive to get there. Doesn’t that sound great? I wish I lived there now!

I hope that some Senior News readers have an interest in living in this kind of community. If so, I encourage you to go to our website at lifecarehumboldt.org and sign up for updates. And if you would like to host a virtual House Party for six of your friends to learn more about Life Care Humboldt, we would be happy to arrange that as well.

—
Patty Berg, 78, of Eureka is a former California State Assemblywoman, founding executive director of the Area 1 Agency on Aging, and member of the Life Care Humboldt Board of Directors.

100 Notable Humboldt Women

Eureka’s Clarke Museum will honor some of Humboldt County’s most notable women in a virtual exhibit opening online on Friday, Sept. 18.

The exhibit features women and their impacts on Humboldt County since the 1800s, including Jesse Turner Wood-

cock, the West’s first female mail carrier, and Elta Cartwright, the first American female Olympian, plus social activists, teachers, artists and scientists.

For info on the live streamed opening, go to clarkemuseum.org.

When Life Gives You Lemons . . .

By Jennifer M. Bell

Lemons taste like summer to me. I have great memories of picking lemons from my grandmother’s tree in Oakland, cutting them in half, sprinkling them with sugar and sucking the juice out.

Is your mouth watering?

We don’t normally think of lemons growing on the North Coast, but I heard rumors of an epic lemon tree in Loleta that would become overloaded with lemons. So I decided to plant a Meyer lemon.

Actually, a Meyer lemon may not be a lemon at all. According to Wikipedia, it is a hybrid citrus fruit that is a cross between a citron and a mandarin/pomelo hybrid.

Whatever it is, I planted my new tree in a sunny, wind-free location, and several years later, I am gathering around 100 lemons a year from that tree.

I turn a lot of these lemons into preserved lemons. Simply slice your lemon lengthwise from one end almost all the way through into six pieces that will hang together by the end (don’t worry if you slice all the way through — this is just to make them easier to fish out of the jar later).

Put a mound of kosher salt into a bowl and set the sliced lemon on top. Sprinkle about a tablespoon of salt into all of the crevasses around the six slices. Pack the lemon into a regular-mouth canning jar, pushing down to release the juice. Continue until the jar is almost full, top with an

inch of lemon juice.

Put a plastic lid on the jar (metal will rust!), and age in a cool, dark, dry space for six months to a year before using.

My all-time favorite way to use preserved lemons is in pesto. Pesto just means paste, so don’t get too carried away with recipes — use your own taste buds to drive your concoction. I usually make mine with basil, but I’ve also made pesto with other herbs.

For every bunch of basil (from the farmers’ market, of course!), I add a handful of Parmesan cheese, a handful of toasted nuts (I use walnuts but use your favorite), four to eight large cloves of garlic (we love garlic), and 2/3 of one preserved lemon.

Start the food processor and drizzle in olive oil until the pesto reaches the consistency you

desire. Taste and adjust the flavors if necessary, taste again (just because it’s so delicious).

Add your pesto to soups, stews, salad dressings and just about anything. Make enough for a year and store it in the freezer — then you’ll have summer all year long.

—
Jennifer Bell of Arcata has co-produced three local food films: *Going with the Grain*, *Coastal Foods*, and *Albacore Tuna: The Tale of a Fish*. She is also a master food preserver with the University of California Cooperative Extension service.



BUMPER CROP — Jennifer Bell’s lemon tree is loaded with fruit this year. Jennifer Bell photo.

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**Crossword Puzzle
on page 20**

HSRC PROGRAMS AND SERVICES

Administrative Services and main phone line: Open as usual, but please call before coming to our Eureka campus and we will assist you remotely if possible. In an abundance of caution, we have locked the doors of our buildings. Staff are available to answer the doors for those who need on-site assistance.

Activities Program: Senior Home Repair is now open for Eureka residents. For information about Dial-a-Ride tickets, call the Senior Services Office at 707-443-9747, x1240. All other activities are temporarily suspended until further notice.

Adult Day Health & Alzheimer's Services: Staff can be contacted by phone if needed.

MSSP (Multipurpose Senior Services Program): Services continue, but contact with clients is primarily via phone. Staff are available during normally scheduled hours.

Redwood Coast PACE: The program is open, but the Day Center is providing limited services to support physical distancing. Staff are available by phone.

Senior News: Open as usual. Free copies available at limited area groceries and businesses, as many regular distribution sites are closed. Available online at humsenior.org. For home delivery, consider a one-year subscription for \$20. Call 707-443-9747 with credit card info, or mail a check to 1910 California St., Eureka CA 95501.

Nutrition Program: Please note the following status of HSRC Nutrition services:

Home Delivered Meals service continues. Delivery days have been adjusted.

Senior Dining Centers continue to provide take-out meals via weekly drive-by pickup only. Meals are available for those 60 and older and their spouse. Reservations must be made no later than seven days prior to pick-up day. Call the Senior Dining Center of your choice below to make your reservations or for questions about the week's menus. Each takeout package will include a variety of five meals. Pick-up schedules are as follows:

Arcata: Arcata Community Center, 321 Martin Luther King Parkway. Pick-up on Wednesdays 11:30 a.m. to 12:15 p.m. Drive to the main entrance on the north side of the building; an Arcata city staff person will direct traffic, and provide directions for those on foot. Reservations: 707-825-2027.

Eureka: 1910 California St. Pick-up on Tuesdays from 11:30 a.m. to 12:15 p.m. Park in the parking lot near the back door; staff will bring the meals to you. Reservations: 707-442-1181.

Fortuna: Gene Lucas Community Center, 3000 Newburg Road. Pick-up on Thursdays from 12 to 12:30 p.m. Park in front of the Fortuna Senior Center wing; staff will bring the meals to you. Reservations: 707-725-6245.

Information may change without notice.

For questions regarding any Humboldt Senior Resource Center program, call 707-443-9747.

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ZOOM TO BIRDS TO PATIENCE. . . From Page 1

And dismissive, as Munroe said: "I'm 83. I'm not dead."

September is traditionally the back-to-school month. This year, getting comfortable online is the first lesson for many. Seniors who resisted technology have taken the plunge during the pandemic, starting with Zoom visits with friends and grandchildren.

"I've learned that I don't need to shout to my friends on Zoom!" said Tina MacKenzie of McKinleyville. "I'm also discovering backyard birds."

Artist and Eureka "bird lady" Louise Bacon-Ogden is no newcomer to continuing education. "I got my first taste of adult learning in my 30s" in a junior college night class that was 90% "older" people, she said.

Bacon-Ogden has taken and taught OLLI (Osher Lifelong Learning Institute) classes for years, especially since retirement. "I am frequently seated at a desk (or Zoom) to continue learning new and different things," she said. "I can exercise my mind and socialize. I can get new perspectives or learn a new creative skill. And, above all, I have fun!"

Technology also has been driving writer Glory Ralston's learning curve. "I just recently learned what a screen shot is and how to take one and save it," said the Westhaven author (most recently of "Found in the Woods"). "I'm amazed by this, truthfully, not being of the generation that grew up with computers."

Eureka attorney Elan Firpo is also grateful for technology during the crisis, and feeling "very environmentally friendly" because of it.

"I've learned that I don't need to travel to do my job," she said. "I've been doing depositions, mediations and meetings by Zoom, and have saved myself several trips to the Bay

Area and Sacramento."

Before the shutdown, physician Ann Lindsay was taking voice lessons from Humboldt musician Joanne Rand, and says she "found my voice." The pandemic canceled both lessons and performing with her band, Back Seat Drivers, but Lindsay is still singing, and "learning songs by Ma Rainey and Memphis Minnie, giants of the blues."

Teresa Oliveri has been gearing up to manage the new Redwood Coast PACE clinic in Fortuna. Beyond the new job duties, Oliveri is also taking online photo classes with an instructor in Belgium.

"Last Sunday, I had the amazing opportunity to use my new 600mm zoom lens to take a picture of an osprey mother with a chick," she said. "It was a bit of stumbling getting the tripod and the lens together for my first shoot. It's not quite National Geographic quality, but I am quite pleased with it."

Retired attorney Steve Pence of Arcata says he's taken up Japanese literature. But that's not his most important new thing as the pandemic has dragged on.

"I have also learned to say 'I love you' to more people, even as my universe of huggers has shrunk," he said. "And I recalled how to write letters, which reach other people by means of the still-open-for-business U.S. Post Office."

And Suzanne Simpson, an Arcata artist and filmmaker, said she still has plenty to learn. "After giving it some thought, I have come to realize during this trying time, as an old dog, I have had to learn patience."

We all need to enroll in that class.

Ted Pease is such an old dog, he has to relearn tricks he thought he already knew.

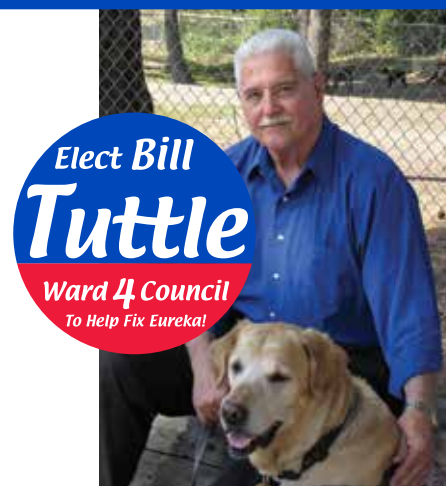


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Working From Home

By Wendy Pickett

The alarm! Time for work. As much as I grumbled, back when I worked a 9-to-5 job, I knew what to do and when to do it. The routine was easy, and I had the timing down.

That required an hour commute, so you'd think that stumbling from the bedroom to my home "office" in my sweats couldn't be simpler. It hasn't been, though. I hadn't considered the mind-shift that took place in my car was also needed to walk down the hall.

My brain needs a routine to create a shift-to-work mode — a work-from-home primer, so to speak — so that by the time I'm at my desk, I'm ready to work.

I began working from home four years ago as a life vision and confidence coach for women. I've adjusted to working from home and learned some important lessons.

Distractions are my biggest challenge. Having a space dedicated to work is a must.

If my door isn't closed, my well-meaning husband will ask if I want a warm-up on my coffee, or what's for dinner. Then Duke, my Chesapeake-Lab mix, shows up to stare at me until I make eye contact, and wiggles his whole body when I do. Then the sun makes a glorious appearance. All wonderful. All distracting.

Getting into a project takes the most energy — like 90%. When we're

focused and "in the flow," we can accomplish great things in shorter amounts of time. Yet, each time we're distracted, we're brought back to square one and have to expend the energy to get going again. When I changed this one thing, my productivity increased tremendously.

I do have to say, however, that having to be dressed only from the waist up is a plus. I do wear pants, comfortable pants. I meet clients vir-

tually, teach online classes, and host webinars looking like a million bucks . . . from the waist up.

Another challenge I faced was not having a set schedule or routine. The "I can get to it later" attitude is a productivity killer, as is doing the easy work first. Gone is the long to-do list.

Now I focus on the

three most important tasks. If there's time, I do more. By following this rule, I always feel like I've accomplished a lot.

Don't even get me started on the easy access to snacks from my home office. Ooooh! I smell chocolate chip cookies wafting from the kitchen right now. It really is a good thing you can't see me from the waist down.

Maybe I'll take Duke for a walk.

I'll just grab a cookie first. Break time!

Wendy Pickett is a certified life vision and confidence coach for women at Willow In The Wood (willowinthewood.com) in Eureka.



Wendy Pickett

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Don't Eat My Garden

By Annie Kassof

Way back in March, I started turning the chunky earth over, shovelful by shovelful, in a corner of the backyard.

I'd planted only one other garden in my life, and that was in Berkeley in an even smaller yard. Back then, in the '90s, my garden yielded oodles of zucchini and a few anemic corncocks.

Later on, when I moved north to a cabin in the woods in Carlotta, there wasn't enough sun to grow much of anything.

I lived in that cabin until I decided it was time for a change, so I bought a house in town in March. In my new Fortuna garden-to-be, I knelt on my quasi-arthritic knees to plant seeds — zucchini, spinach, lettuce, celery, cucumbers and beets. I watered them every day (except when it rained) and, after about two weeks, the only things to sprout were zucchini and lettuce.

So I went to a nursery — one person inside at a time because of the pandemic — and bought seedlings instead. Pretty soon, everything was growing.

When I bought my house in town, the pandemic was just starting and I still owned my cabin. Uncertain at first where I preferred to shelter-in-place as COVID-19 cases escalated, I opted to stay in my new house, and

put my cabin up for sale. I got an offer the day after it was listed and now I'm cabin-less.

I regard my move to town as a stepping stone to what I really want, which is enough acreage to keep my horse and to build a small house of my own design. [See "My Favorite Person Is a Horse," February 2020.]

In these frightening, unpredictable times, it's helpful to have a dream, one that may (or may not) come true.

For amusement, I trailer my horse to Fortuna from the ranch in Carlotta where she still lives to munch on the grass in my new backyard. I block off the garden with twine, and, after we finish our yard work, I sometimes ride her in the nearby park.

Summer ended with more zucchini than I can eat — isn't that the way it

goes with zucchini?

For now, as the pandemic rages on, I find it immensely healing to stand maskless in my very private backyard, spraying rainbows of water across my neat vegetable rows, while my gentle horse cuts the grass with her teeth and swishes her tail under an end-of-summer sun.

Annie Kassof, 63, tends her garden with her horse in Fortuna.



Jasmine, the author's best friend, visits her Fortuna backyard often to help with yardwork. Annie Kassof photo.

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I'm Dot Jäger-Wentworth and I'm running for Eureka City Council, Ward 2

I think we really need to focus on the criminal element in our neighborhoods, by starting our neighborhood watch *and* walk programs. The Police Department will join us in these meetings, providing their guidance.

I will also survey local businesses to see what their concerns are and how the city can help this important part of the community.

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A STEEP LEARNING CURVE . . . From Page 3

cable” (and its many complexities). Apparently it is not just a cable to connect the TV antenna to the TV. No, no such luck.

Diving into the esoterics of the coaxial cable, I have found (thank you, Google Search, YouTube, etc.) that there is a plethora of types, styles, options, etc. I had to learn about splitters, connectors, HDMI, extenders, adapters, inner conductors, dielectric material, signal propagation, various mediums of “core” composition. I had to learn what is meant by “quad” and the difference between RG-59 and RG-6, etc., etc.

Then, of course, there are all the latest code requirements for the grounding of the antenna and cable. The whole antenna/cable subject just keeps getting deeper and deeper, and the learning keeps getting deeper and deeper. And my sighs keep getting deeper and deeper.

Moving on past the coaxial cable, there is the subject of the antenna itself. Like many things, it turns out that the coaxial cable component is just the tip of the iceberg in my new learning adventure.

Indeed, learning is not for sissies. But as exercise for the mind, it is an outstanding tool to help stay sharp, and to combat the cognitive decline that may afflict “old people.”

At 78 years of age, I am not yet there, but statistics say it is just around the corner. So by making constant learning (and its challenges) a significant part of my life, I hope to be better able to count 90 candles on my birthday cake.

—
Doug Vieyra, 78, wants to watch the world via free TV from his home off the grid, high in the eastern Humboldt hills of Iaquia.

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ASK THE DOCTOR . . . From Page 5

Like coronavirus, the measles virus just waits for an opening, and likes it when people sit in close quarters without masks, or travel to areas with a high concentration of cases, and then travel back and give the virus a ride to a new town.

Actually viruses, bacteria and toxins probably don't have feelings, celebrations or considerations of any kind. They are built simply to reproduce. Historically, infectious disease has been a major cause of suffering and death for humans, and it still is.

We have some tools to combat these illnesses, like antibiotics, antivirals and vaccines. Vaccines are low-risk, high-benefit tools. Unfortunately, such straightforward public health tools have become less trusted and used by Americans. (Last year

saw the most U.S. measles cases recorded since 1992.)

There is absolutely no shame in asking questions about immunizations and other public health measures, but it is important to remember that public health strategies are developed based on the best scientific information we have, with the goal of protecting entire populations. And the measures only work if everyone participates.

What if we reframed things like vaccines as part of our duty as American citizens and citizens of the world? If that does not appeal to people, then consider how vaccines can protect your loved ones, the neighbors' cute babies, that older couple at church, the supermarket cashier undergoing chemotherapy, and even

your very own self.

I would like to see America reestablish itself as a global leader in public health (which we are not currently). We have the smarts for it. We could have the resources for it if we chose to elect public officials locally, statewide and nationally who want to see the health of all Americans improved.

We should encourage each other to get vaccines, most especially this fall with the onset of influenza season in the midst of this pandemic.

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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Crossword

Vane Effort by Kevin Christian & Andrea Carla Michaels
Edited by David Steinberg

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ACROSS
1 Fruity bread spread
4 Protective cover
8 Sacred songs
14 Actress Mendes or Longoria
15 Cracked open?
16 "What a long day!"
17 Cry that rhymes with "squeak"
18 Tight grip on a mare's hair?
20 Before Uncle Sam's cut
22 Heisman Trophy winner Flutie
23 Dream sleep acronym
24 Girl or mule of song
25 In a desperate manner
27 "A Boeing 747 contains about 6 million parts." e.g.?
30 Fireworks reactions
33 "____, two, three, four!" (marching shout)
34 Rescue squad VIP
35 "We don't have an agreement"
37 Bounce a basketball
40 Indonesia's capital
41 Present something convincingly
42 Group of whales
43 Take in takeout, say
44 Bug repellent ingredient
45 Part of a window in baby Archie's nursery?

48 Voices an objection
50 Scepter topper
51 NBA great Erving's nickname
54 Lead-in to "serif"
55 Stuck-up
58 Growing sugar?
61 "What's the ____?" ("Why bother?")
62 Burning intensely
63 Call, as a cab
64 Bit of ink
65 Take the plunge?
66 Annual athletic award
67 ____ Lanka

DOWN
1 U.S. Army vehicle
2 Affirm confidently
3 Rakes in the big dough
4 One may be steamed in a corn husk
5 "Stronger than dirt" cleanser
6 Scampered away
7 Emulate a psychic
8 Excite, as curiosity
9 Sneer to be wiped off
10 Nickname for an honest man?
11 Creepy look
12 Puzzle with dead ends
13 Part of a dandelion
19 Put into pigeonholes
21 Souvenir from the beach?
25 Title for Julie Andrews or Judi Dench
26 "Star Wars" saga sage
27 Advanced degs.
28 Drew in
29 Pool table cover
31 In this area
32 Fallen angel
35 Nothing, slangily
36 "Better ____ than never"
38 Ran together, as colors
39 Like small Halloween candy
40 Prides' companions
42 Jaguar competitor
45 Ladder level
46 Feeling friendless
47 Whiz
49 Impressionist Edouard
51 Pull along
52 Broccoli ____
53 Abandon at the altar
55 Barbershop sound
56 Peter the Great, e.g.
57 Sasquatch relative?
59 Caught a glimpse of
60 Some toy batteries

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Answers on Page 14



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Letters to the Editor

Attitudes Toward ‘The Other’

To the Editor:

An article in the July Senior News about attitudes toward hippies (or anyone different) by mainstream society really touched me [Tom Leskiw, “What One Summer Taught Me,” page 14].

A look at history shows that when white Europeans got to be the majority and had the weapons to back up their point of view, they forced and demanded that others (different) be hated. This is still going on.

In America, it has been the natives, the Blacks, the Latinos, the hippies, the gays, etc., on the outside. I am sure readers can think of more. We are still fighting for change to protect different points of view.

When [quarterback Colin] Kaepernick took a knee during the National Anthem, society said he disrespected the flag. I did not, but I read a book called “The Flag” that said the flag

was a symbol for equality (not yet), liberty (not yet), and justice for all (not yet). I look back in history and often see men kneeling to show respect for a person or idea — do we not kneel to pray?

Kaepernick never turned his back on the flag. He was kneeling for equality and justice for all, not just for the powerful parts of society. I do not have to salute or even display the flag to be loyal. The flag is just a symbol, not the ideals it is supposed to represent.

As a “hippie,” Tom Leskiw felt only a little of what the “different” peoples in America have always felt, but it made a lasting impression on him. Would that we all had such an eye-opening experience to see the other in ourselves.

Deldean Lamb, Eureka

Mistakes of the Past

To the Editor:

It is important to reflect on this 75th anniversary of the horrific atomic bombing of Hiroshima and Nagasaki in August 1945.

It’s a story of how diabolical thinking and hate lay waste to human consciousness. We must remember how our president back then, Harry S. Truman, ordered those bombings, which exterminated men, women, children — most all the life of two large cities — knowing full well the Japanese were ready to surrender.

It was a hideous political decision that victimized whole populations to demonstrate to the Russians that the U.S. would not tolerate their attempts at control in the Far East. How to recover from such atrocities?

Now, we must deal with another president who seems unable to feel the consequences of his actions, the massive killing of his own people.

Be aware that those willing to mimic this president in the Senate have just passed legislation to allow him power to once again begin testing of nuclear weapons. This is a move that will have far-reaching consequences for relations with other nuclear powers, and will reverse a decades-long moratorium on such actions.

We the people allow continuance of atrocities by leaving decisions in the hands of those we cannot trust. What must we do?

Jack Nounnan, Trinidad

Measure F FAQs

To the Editor:

Many folks are interested in the potential consequences of the Arcata Fire funding measure outcome later this fall. The following phrases caught my eye on the District’s “Measure F FAQ” webpage (Arcatafire.org/measure-f-faqs): “*If Measure F fails at the polls...*” a drastic re-organization to balance the budget “*would need to include the possibility of consolidating firefighter staffing for the 62-square-mile fire district into one central fire station*”; and “*eliminating ‘first responder’ medical aid calls would also need to be among the serious considerations.*”

These are important topics to consider before casting a vote.

Currently, anyone with a serious medical emergency hopes to be lucky enough to be near a staffed fire station (and/or an available ambulance close by) so that oxygen and life-saving care might arrive before brain injury or death. Without funding from Measure F,

many residents from Bayside to Dow’s Prairie will have to become even luckier. Their firefighters might have a very lengthy drive from one single consolidated fire station before arriving to help.

That is, assuming that the District can afford to continue to respond to medical aid calls. Some rural fire districts can’t sustain this service. And you may not think you care. Until you or your loved one needs help.

Many residents of McKinleyville, Manila, Bayside, Jacoby Creek and Arcata value their proximity to important services. They should know before they cast their vote that they will influence how isolated they will be from a timely life-saving response.

Oh well. Maybe it will feel more like living in a cabin way out in the backcountry.

Fingers crossed!

Thomas Dewey, Arcata

Learning Patience

To the Editor:

The word “patience” has never been in my vocabulary until recently. From a very young age, I had a lot of energy and was always on the move. As an adult, I also learned how to juggle many things, including two jobs at once — schoolteacher and documentary filmmaker.

During the COVID-19 shutdown, I’ve tempered my activities. This has been difficult, because I’m such a “people person.” I enjoy working with people, going places and doing things with friends, entertaining. Until the coronavirus hit, I haven’t held back.

But I’ve been staying much closer to home, learning patience. What I

have accomplished was to take this time to edit short stories and poetry I’ve written over the years. I also have cleaned the house more, cooked more and gardened every inch I can without digging up the lawn.

Even so, it’s been difficult not getting a little wiggly.

What has come to the forefront at this time is that I need sit back, take a deep breath and realize that things have changed for the foreseeable future. We have things we can do that are equally as important as being out in the mainstream of life.

Suzanne Simpson, Arcata

... MORE LETTERS TO THE EDITOR

Support Measure F in November

To the Editor:

I truly believe everyone supports the fire service and hold what they do in high regard. I also totally believe the people in the fire service do this because they care and want to be of service to the community they live in and serve.

In 2019, the Arcata Fire District — which includes all of Arcata, McKinleyville, Manila and Bayside — responded to 3,860 calls for help or assistance. They responded to structure fires, smoke checks, car accidents, rescues, heart attacks, and lift assists. Since the closure of one of the district's three stations, response times have increased by 17%. Additionally, with only two stations handling calls, 35% of the time both crews are simultaneously on emergency runs.

Arcata Fire is a Special District. Its sole purpose is fire and rescue response to its 62-square-mile district. The District receives no funding from the city of Arcata or Humboldt County. The last funding increase was 14

years ago, a 2006 Benefit Assessment.

This level of funding allowed the fire district to staff both the McKinleyville Station and Mad River Station with two full-time firefighters each. The Arcata station was only a volunteer response until 2012, and responded to around 2,400 calls per year.

As the volunteer firefighter recruitment became difficult, the district received federal grants to staff the Arcata station with two full-time firefighters. Once those grants expired, the district continued operating all three stations by expending contingency reserves. The district has run a deficit in the last three budget cycles.

Measure R's failure in the March election resulted in closure of one fire station and loss of almost 50% of the district's firefighters.

Passage of Measure F in November can restore required funding to operate the district's three fire stations.

Roy Willis, Bayside

Editor's Note: *Measure F, which will appear on the Nov. 3 ballot, would create a special tax on Arcata Fire District property owners that will generate \$2.2 million/year, expiring in 2031, according to the Arcata Fire District website. The tax on single-family homeowners would increase by \$98/yr, to \$206/yr; mobile home park residents would pay \$25 more, to \$52/yr. Consult arcata-fire.org/measure-f-faqs for more specifics.*

Wear Your Mask!

To the Editor:

I heard Congresswoman Donna Shalala from Florida on NPR recently, and I really wish everyone who refuses to wear masks could hear her. You can read her interview with Scott Simon on NPR at their website ["Florida Congresswoman On How Her State Is Handling COVID-19," July 18].

As everyone knows, Florida is one of the latest hot spots for COVID-19 infections. Their governor is one of those allies of you-know-who, who doesn't believe in masks, even though thousands and thousands of people in Florida have been getting sick.

Many seniors live in Florida. It's the retirement state! Rep. Shalala said that they are frightened. Well,

of course! Seniors everywhere are frightened, and we *should* be, with all the people who won't wear masks or social-distance themselves or self-isolate.

The congresswoman said on NPR, "When I put on a mask, I'm respecting you. And when you put on a mask, you're respecting me and helping significantly to hold down this virus."

Don't disrespect your seniors! Dr. [Anthony] Fauci said we could kill the virus if everyone would just wear their masks and follow the other rules. Please, wear your mask! I am a senior. I'm 76 and I live in Eureka.

Janet Garcia, Eureka

Being 99 Isn't Bad

To the Editor:

In July, I had a birthday. BIG DEAL!

Yes, it was a big deal for me. It was my 99th birthday, and I will never forget it!

Not only was my garage door decorated with "Happy Birthday!" but there were stars on the door, balloons and flowers.

And there was a parade past my house — two police patrol cars, then

a fire truck (thanks to them), then cars cars cars — honking, people yelling "Happy birthday!" as they went by.

What a fun and wonderful day! My deepest thanks to all who participated, especially Carol and Mel Whitely, Betty Klutz, Milt Phegley and all the others.

You know, being 99 isn't bad at all!

Arlene Roberg, Eureka

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). Mail to Senior News, 1910 California St., Eureka, CA 95501 or E-mail tpease@humsenior.org.

“And I urge you to please notice when you are happy, and exclaim or murmur or think at some point, ‘If this isn’t nice, I don’t know what is.’”

—Kurt Vonnegut Jr. (1922-2007), author.

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