



Especially Now, Food Is Family

Not Everyone Can Make Cookies

By Sheila M. Donnelly

My neighbors stopped in to visit me several times a week when I lived on my farm in southern Minnesota.

One neighbor, Vi, did not have a telephone; in exchange for the use of my phone, she swapped fresh eggs and babysat my children.

She stopped in one chilly November afternoon for a visit.

I poured her a cup of coffee and set a plate of cookies on the table. She took a bite of a cookie and sipped coffee.

"These cookies are good," Vi commented.

"It's my mom's recipe," I said.

She took another bite and closed her eyes, "These are really good . . . flour, butter, vanilla . . ."

"Yes, and cornstarch in the dough, iced with a powdered sugar frosting," I said. "They're called Melting Moments. Mom makes them for the holidays. I'll write out the recipe for you."

Vi tucked the recipe into the top pocket of her bib overalls.

"Thanks," she said. "Always looking for new recipes. Come down for a visit and get a couple dozen eggs this week."

Two days later, I walked to her house.

"Come in!" she greeted me. "I baked cookies yesterday from the recipe you gave me. Sit down for a cup of coffee and

Continued on Page 4



LET'S EAT! The kitchen staff at Humboldt Senior Resource Center feed an extended family of 500+ every day. From left, Linda Renshaw, Tony DeLaurentis, Cathy Hutchinson, Karen Johnston, Jose Carmona and Patrick Kelley. Ted Pease photo.

Blessed Are the Meal-Makers

By Ted Pease

Since the first caveman shared a mastodon haunch with a neighbor, food has been a vehicle for friendship and family.

The community-building value of sharing food was already folk wisdom three centuries before Christ: "As the proverb says," wrote Aristotle in

300-something BC, "men cannot know each other until they have eaten salt together."

So it is understood in the kitchens of the Humboldt Senior Resource Center (HSRC) that when food service manager Tony DeLaurentis and

Continued on Page 18

humsenior.org

ASK THE DOC

HSRC

MAILBAG

Published since 1981 by

HUMBOLDT SENIOR RESOURCE CENTER

Soul Food
Page 5

Avoiding Falls
Page 11

Your Letters
Pages 21-23

Sr. News

Published monthly since 1981 by



Humboldt Senior
Resource Center

Circulation 11,000

All opinions expressed in Senior News are those of the writer and not necessarily of the Humboldt Senior Resource Center. HSRC does not endorse any products, services or candidates advertised in Senior News. All advertising is paid for by the businesses involved, which are totally responsible for content.


Submissions: Senior News may accept unsolicited readers' stories, up to 400 words. Contact the editor, Ted Pease, at 707-443-9747, x1226, or tpease@humsenior.org at least one month prior to the desired publication issue for details.

Advertising: Call Elizabeth Whitley at 707-443-9747, x1227, or visit www.humsenior.org.

Subscriptions: \$20 a year. Call 707-443-9747 or mail to Senior News, 1910 California St., Eureka CA 95501.

MELISSA HOOVEN, CEO

RENÉ ARCHÉ, PUBLISHER

 **TED PEASE, EDITOR**
707-443-9747, x1226
tpease@humsenior.org

ELIZABETH WHITLEY
ADVERTISING COORDINATOR
707-443-9747, x1227
ewhitley@humsenior.org

HSRC Board of Directors:

Jack Irvine, president, James Aste, Patricia De La O, Willard Foote, Susan Hansen, Dianne Keating, Bruce Kessler, Nancy Dye Leer, Joan Rainwater-Gish, Frank Ramos.

Community Advisory Council:

Gina Belton, John Heckel, Patty Holbrook, George Ingraham, Joan Rainwater-Gish, Dave Rosso, Penny Whitehead.

Proofreaders: René Arché, Brenda Cooper, Mark Larson.

TEDtalks: The Main Ingredient

For many years, we lived out in the country in northern Utah. It was wild turkey territory, as I always recall at this time of year.

Before I go any farther, let's debunk the myth at turkeys are so dumb they will be fascinated by a rainstorm and gape skyward until they drown. "The concept of 'fascination' requires a level of intelligence that even the smartest turkeys do not possess," says fact-checker Snopes.com.

Our Utah turkeys were smart enough to empty the birdfeeder. But they didn't seem too bright when the dogs spotted 15 in the yard one winter. The flock ran away single-file, not very fast, with the lead turkey breaking trail through a foot of new snow. The last guy in line was panicking as the Labrador sniffed at its tailfeathers: "Larry! Run faster!! Faster!"

This time of year is particularly associated with food. Aside from, say, oxygen, can you think of another thing that all people share, regardless of background, race or shoe size, that is more fundamental than food?

Eating together defines human relationships, whether it's a Norman Rockwell family, a coffee shop or a Humboldt Senior Resource Center (HSRC) dining room. It's about more than calories, said Nutrition Program Director Barbara Walser: "Food tastes better with friends."

Human contact has been one casualty of the pandemic, especially for seniors who live alone. Those who used to eat with friends at our three Senior Dining Centers are hungry for the lost companionship.

So are staff who prepared and served their meals. "We were all bummed when we had to close the dining centers," said food service manager Tony DeLaurentis. "We worry about them home alone."

But HSRC stays connected with them with food — about 2,200 meals per week. "The main ingredient is love," Tony said.

That's a universal ingredient in good cooking, our contributors say — in Jane Parks-McKay's mother's pie (page 17), Dave Rosso's childhood kitchen

(page 16), Louisa Rogers' one-pot wonders (page 3) or Pat Bitton's weekly sourdough bread (page 4).

As TV chef and ex-Ferndale resident Guy Fieri says, "Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together."

This season, share a meal, make a friend.

Ted Pease, Senior News editor, prefers crab at the holidays. Or anytime.



| IN THIS ISSUE | |
|------------------------------------|-------|
| FOOD IS FAMILY | |
| FEATURES | |
| Blessed Mealmakers..... | 1 |
| Making Cookies | 1 |
| Italian Grandmother | 3 |
| Bread, Staff of Life | 4 |
| Clean Your Plate..... | 6 |
| Hunger & My Horse..... | 7 |
| 250 Mini-Gardens..... | 9 |
| Eat Local | 12 |
| Gramma Pearl's Quilts .. | 13 |
| Cats & Turkeys | 15 |
| Early Kitchen Days | 16 |
| An Unforgettable Pie | 17 |
| COLUMNISTS | |
| TEDtalks: <i>Ingredient</i> | 2 |
| The Doc: <i>Soul Food</i> | 5 |
| Rainwater-Gish: <i>Eat Well</i> 6 | |
| Kellermann: <i>2 Mysteries</i> . 8 | |
| Heckel: <i>The 'Other'</i> | 10 |
| HSRC NEWS | |
| Tips to Avoid Falling..... | 11 |
| Program Status | 14 |
| & ETC. . . . | |
| All 'About Germs'..... | 5 |
| Organizing Your Life..... | 20 |
| Letters/Opinion | 21-23 |
| COMING NEXT MONTH | |
| Holidays | |
| Past & Present | |

GALE & NIELSEN
ELDER LAW ATTORNEYS
RELIABLE SOLUTIONS.
FAIR PRICE.
www.galenielsen.com

Serving the Community Since 1978
2850 Harris Street, Eureka, California
(707) 269-0167

Lessons from the Italian Grandmother I Never Met

By Louisa Rogers



‘WE NEVER HAVE LEFTOVERS,’ says freestyle chef Louisa Rogers, so she must be doing something right. “I just throw stuff together. I do look at recipes out of curiosity, but I almost never follow one exactly — I just look at them to inspire my imagination and then create something based on what I have on hand.” Start with onion and garlic. Barry Evans photo.

Back in 1980, when my husband Barry and I lived in Seattle, I read an article by a newspaper reporter about learning to cook from his Italian grandmother. When he asked how much garlic or basil to put in, her answer was, “Some.”

“Nonna, how much meat?”

“Enough.”

“What’s enough?”

“Enough so everybody gets some.”

“How long should I cook it?”

“Til it’s done.”

I wanted to be that writer. And I wanted to cook like that writer’s grandmother.

Fast forward 40 years. I don’t know about the writing bit, but somehow I have become that cook. I teach a one-pot cooking class at OLLI and contribute to the “Table Talk” column at the North Coast Journal, where I have to force myself to give precise measurements, but really, I don’t have a clue how much I put in of anything — *Some*.

It helps having what I need on hand. I refuse to walk (much less drive) to the supermarket for, say, tarragon. I can make at least five different meals with veggies and a few of the following: Garlic, ginger, chili powder, garam masala (the last three go beautifully together), curry powder, tamari sauce, olive oil, toasted sesame oil, peanut butter (though any nut butter will do), yellow miso, red curry Thai paste, hoisin sauce, chili-garlic sauce, coconut milk (I never use the whole can—I use two or three at a time and pour the rest into ice cubes), and my new favorite, chili crisp, which I had never heard of until I read an article about chefs’ preferred

condiments. (I had to order it online, couldn’t find it locally.)

Notice an Asian bias? Yup. However, I also like basil, parsley, Parmesan, balsamic vinegar, sundried tomatoes and feta, so we enjoy Mediterranean as well, though Asian stands out.

We don’t eat meat. “What about protein?” people used to ask, back when folks like us were considered weird.

“What about it?” Barry and I were (and still are) active and fit, with plenty of energy. If we lack protein, it doesn’t appear to have affected us. We do eat lots of beans. Black beans, cannellini beans, red beans: yum.

Garlic and onion or leeks are always my starters. Then, it depends. I might throw in a carrot, cauliflower, some greens. Within 30 minutes tops, I have a meal. Rarely leftovers — Barry’s an appreciative eater.

I’m not that big on grains, but I do like “green rice,” where I purée spinach, arugula, parsley — whatever I have around — and add it to the rice water, along with garlic and a couple of coconut milk ice cubes. I read this was how parents snuck more greens into their kids’ diets.

Works for grownups, too.

Louisa Rogers of Eureka is a leadership trainer and coach, a writer and a cook revered in her own home. Try her online class “One Pot: The Simple, Elegant Solution to Cooking,” Nov. 17, 1-3 p.m. Go to extended.humboldt.edu/olli.



*Light Up
a Life 2020*

a season of honor and remembrance

Celebrate someone who’s made a difference in your life by making a gift to Hospice in their name.

Call for more information:
707.445.8443 or visit
www.hospiceofhumboldt.org



Bread is the Staff of Life – and Then Some!

By Pat Bitton

Every morning, I feed my sourdough starter. And every day it grows a little bigger. So, every so often, I have to turn that goodness into food.

Some of my starter becomes pancake batter for my breakfast pancakes every day. But is that enough to keep a growing jar of starter under control? Not a chance.

Beyond pancakes, I also love to make bread. So, every so often, I make a nice big loaf of sourdough bread. But if I ate all the bread my starter could provide, I'd be the size of a house.

So, in this time of shelter-in-place, I decided to spread the sourdough love around the neighborhood — my NextDoor.com neighborhood, to be exact. And boy, has it been a fun ride!

Every couple of weeks since early in the pandemic, I've been posting offers of a free sourdough loaf to folks in my neighborhood. It was rather exciting to have people actually asking for something I make, not being one of the world's great creators. But also a bit complicated, because people wanted to give me money for the bread, and that I could not legally do, not being the owner of a commercial kitchen.

So, I decided to revert to that good old standby of trading — the art of barter. No restrictions: if someone wants to offer me something in exchange for a loaf of bread, I'm in. And I have to say this has been one of the most fun things I've gotten into in a long time.

Here's just a sampling of the goodies I've acquired in trade over the past six months of baking: strawberry plants, garlic, new track lighting for my laundry room, wine, garlic, eggs, jam, succulents, flowers, garlic, mango cake, Chinese dumplings, garlic. (Sensing a theme here? At least there were no zucchini!)

It's been so much fun! Not only have I received all these delightful, delicious and useful gifts, but I've met so many new people around the neighborhood. I even have a regular customer who I bake bread for every two weeks, and every two weeks I get a basket of fresh eggs and a jar of homemade jam in return.

Food really is the greatest way to bring people together. Even though we can't (yet) get back to picnics and dinner parties, exchanging gifts of food is a wonderful way to spread gratitude. We're all in this together, and, let's face it, food makes everything better.

—
Pat Bitton, 69, is a local food advocate who dispenses sourdough love from her Eureka home. Email her at pbitton@hotmail.com if you want to support her habit.



WHO CAN RESIST the smell of freshly baked bread? Not Pat Bitton, for whom baking bread is a way to barter and make new friends. Georgia Long photo.

NOT EVERYONE CAN MAKE COOKIES . . . From Page 1

I hesitated. Vi made one pot of percolated Maxwell House each morning. She would set the aluminum coffee pot on her wood cook stove, adding hot water to the simmering pot throughout the day.

But being neighborly, I obliged.

Vi poured her black tar coffee into a cup, got a gallon of cow's milk from that morning's milking from the fridge. She scooped the cream from the top of the jar and added it to my coffee. The cream mixed in with the tar and turned it a sickly gray, with an oily film floating on top. She proudly set a plate of green frosted cookies on the table.

"Moments melting," Vi said proudly. "I added

green food coloring to the frosting to make them festive for the holidays."

I picked one up. It was hard as a rock.

"Dip the cookie into your coffee to soften it," she suggested.

I dipped the cookie into the tar coffee and took a bite.

"Did you use cornstarch?" I asked.

She shook her head no.

"Did you use butter?"

"Heck, no," she shook her head again. "Margarine."

"Powdered sugar?"

Vi shrugged. "No, regular white sugar. I didn't have any powdered sugar."

To eat the rock-hard cookie, I dipped it into the gray tar coffee so I wouldn't chip a tooth. I finished the cookie and gulped the coffee.

After our visit, Vi handed me three dozen eggs for the use of my phone. I left with an oily film on my teeth and heartburn in my stomach; part of the price for being a good neighbor.

—
Sheila Donnelly, 64, follows mom's recipes and bakes cookies in Manila.

ASK THE DOCTOR

Soul Food

By Jennifer Heidmann, M.D.



Music is one of my first loves and, as a piano major in college, I was able to get an intense taste of the world of music. Now I just play for my own enjoyment. It is a lifesaver.

Beethoven would have celebrated his 250th birthday this December. He lived and made music so long ago, yet remains so popular. Even those who shun “classical music” probably know the opening notes of his 5th Symphony.

Beethoven started losing his hearing at age 28. He was essentially deaf by age 44, yet continued to compose, play and conduct music. His deafness was likely caused from Paget’s disease, affecting bone structure and causing pressure on the cranial nerve associated with hearing.

It is suspected his ultimate cause of death was alcohol-related liver disease. He also had toxic levels of lead (perhaps from the cheap alcohol he imbibed), severe abdominal distress and kidney failure. Like many of his day, syphilis was considered another possible contributor to his woes.

I find it interesting that Beethoven had the will to go on despite his hearing loss and many physical ailments. He was not handsome and, by most accounts, his personality was difficult. He had an “immortal beloved,” but it doesn’t seem that she or any other partner returned the feelings.

He was not always treated fairly regarding his compositions and payment (in the days before copyright

law). To pay rent, he had to give piano lessons and write commissioned music on the whim of wealthy people in Vienna. He dropped out of school around age 11 in order to support his family.

Beethoven’s father, also an alcoholic, wanted him to be the next Mozart, and apparently forced him to practice as a young boy and hustled performances for him, lying about his age to up the child prodigy game. All the practice paid off: Beethoven was a virtuosic player and improviser on piano. He suffered immensely in his life, yet left the world with the gift of his music.

Music shapes our brains and can even serve as therapy for various medical problems. Our species is unique in its enjoyment and bonding over music across ages, across cultures, across economic divides. Music can reduce blood pressure, relieve stress, lessen pain and improve mood. It can reduce agitation in people with dementia. It can make us laugh and cry and find ourselves needing to dance.

No one really knows exactly how Beethoven felt or what he experienced as a person, but it seems that his music was a lifeline for him. It was something consistent in his life when everything else was bad or frustrating. His later compositions only became more complex as his deafness became complete. Somehow, his brain let him hear the music without functioning ears.

I wonder if the struggles and deafness actually helped him push

Continued on Page 19

All ‘About Germs’

What do you know about germs? With the help of Peter LaVallee and Tedi McVea, Humboldt kids will understand more — a good thing, especially in times of coronavirus.

LaVallee, a board member at the Humboldt Library Foundation (HLF), recently donated 15 copies of McVea’s new children’s book, “I Know About Germs,” to the Humboldt County Library system. The book is about a little boy who discusses the relationship between “bad” germs and “superhero” germs, and explains how to help the “superheroes” beat the “bad” germs.

The book can help lessen children’s fears in the pandemic, LaVallee said.

“I have read it to my grandchildren many times,” LaVallee said. “It helps them to feel protected by their army of superheroes, but also helps them

to feel motivated to take precautions, like washing their hands and practicing social distancing.”

McVea, a 2003 graduate of McKinleyville High School, met LaVallee when he directed youth services for the Redwood Community Action Agency, and she was a homeless youth. She now lives in San Antonio, and wrote the book to help explain the COVID-19 crisis to her son.

“It helps children understand what is going on with COVID-19, and is of real value to families with young children,” LaVallee said. “I am very proud of Tedi’s effort, and I thought donating these books could help parents in our area deal with the difficulties of the pandemic.”

For information, visit humboldtlibraryfoundation.org or on Facebook, or call 707-269-1991.

— Ted Pease

*Getting older can be challenging
... but we can help.*



Bonnie, participant

Redwood Coast PACE
is a specialized health plan that helps qualified seniors with significant health needs to remain as independent as possible.

**Now enrolling
Call 707-443-9747**

Redwood Coast
PACE
Program of All-inclusive Care for the Elderly
A program of the Humboldt Senior Resource Center

TTY 711 - California Relay Service • www.humsenior.org



LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Eat Well, Age Well

As a fitness professional, I believe aging well requires engaging in regular physical activity and in eating a nutritional diet.

This month, I'm focusing on our bodies' nutritional requirements and the reasons they change as we age, such as 1) we don't absorb nutrients as well, 2) we aren't as active, and 3) we may not be eating enough of the right nutrients.

Here are some of the changes that happen as we age, with nutrition tips to help ensure your best health.

1. Bones get thinner and more fragile with age, so foods high in calcium can help prevent bone loss (osteoporosis) for men and women. Try to get 1200 mg of calcium per day, plus vitamin D from dairy products, or other sources such as tofu, broccoli, almonds and kale. Keeping bones strong can help reduce fractures.

2. Muscles get weaker, so we need to eat for strength. According to Dr. Christine Ritchie, older adults need more protein than they did when they were younger. Therefore, aim for 25 to 30 grams at each meal, either meat or a plant-based source.

3. Digestion. Let's just say that things slow down as we get older. Digestion becomes less efficient and constipation more common, but both can be helped by adding fiber to your diet. In addition to keeping us regular, fiber can lower risk for heart disease, stroke and diabetes, improve the health of our skin, and help us lose weight. Women need

21 grams of fiber per day, while men need 30 grams.

4. Body weight. If we continue to eat as we did when we were younger, we've probably put on some pounds. This is because we aren't as physically active, but still eat as much. This means we need to move more to burn off those extra calories.

But there is a flip side to body weight. Your health may be more at risk from being underweight than overweight. According to Rosilene Ribeiro, a nutritional epidemiologist, as we get older, we lose taste buds, which affects our appetite. So many older people tend to skip meals.

This is a problem, because the body needs nutrition for cellular energy or it will stop working properly. Aim to eat several meals that include fruits and vegetables to be sure you are meeting your nutritional requirements and to keep a healthy weight.

Aging brings many changes and adjustments to our bodies. Understanding what is happening will help you take control of your nutritional requirements to ensure good health.

Joan Rainwater-Gish, 78, a personal trainer and senior fitness instructor, eats healthy and exercises at home in Eureka. Contact: jrainwatergish@gmail.com.

Clean Your Plate

By J.C. Williamson

Are you resourceful? A reducer, re-user, recycler, refuser? I'll say I am, although my food choices don't reflect it.

Our fridge full of fresh produce and prime cuts constitute, what my Depression-era father referred to as "eating high on the hog." He'd have been severely shocked at our routinely beautiful grocery supplies, and horrified at their price.

Dad's iterations of childhood poverty overrode my own upraising, despite that we were, by then, resoundingly middle-class, living in a nice home in a lovely neighborhood. He insisted that I be grateful for whatever was on my plate, and to respectfully clean it. (I'm still pretty good at that.)

Now, I admit to being picky. Some might say spoiled. But my early travels confirmed for me, indelibly, that other cultures made full use of the food sources available to them. In Palestine, stew might be served with a floating eyeball. In Mexico, soup may include an entire chicken foot. On Crete, I watched an old woman kill a cat, then gleefully mime to me that it was good eating.

Worldwide, street food and markets often feature sizzled innards on a stick. A predominance of hungry humans appreciate and utilize all the edible bits.

Years ago, up in extremely rural Canada, I enjoyed a dinner with a

farming couple of my dad's generation. She served up this paté-type thing that was delicious. What was it? Head cheese — cuisine only an ever-resourceful farmer would concoct. (Take an entire pig's head and boil it. When everything is gushy, remove bones and whatever else isn't gushy. Season it. Strain it all into a gelatinous mass and cool until solid. That's it.)

As a child, I was mortified by my father's habit of perusing the dumped produce piled behind our local grocery store. He brought home crates of past-prime discards, which my mother patiently sorted and dutifully incorporated into our diet. One bunch of still viable lettuce among the rotten? Three whole eggs out of broken cartons? It was all worth it to him. A childhood of lard sandwiches might explain it, but he was a proud man. A smart man. A grateful scavenger.

On a visit with us, not long after we were married, dad walked into the little nearby town. He returned with 10 pounds of liver from the local butcher shop. My husband was a vegetarian. We had no freezer. None of us actually liked liver.

But ... it was only 35 cents a pound! The butcher was going to throw it out! How could he not buy it?

J.C. Williamson is a writer who cleans her plate in Arcata.

"Food is strength, and food is peace, and food is freedom, and food is a helping hand to people around the world whose good will and friendship we want."

—President John F. Kennedy, 1961.

Hunger & My Horse

By Annie Kassof

Early October, and the cilantro is as soft as my granddaughter's skin, the kale as crinkly as her black hair. In my garden, I stoop to pick today's offerings. The last of the zucchini is sliced, waiting in the fridge. I'll add it to the newly picked veggies for a stir-fry tonight.

It's time to go feed my horse. She's always happy to see me, especially when I have carrots, and when I arrive at the ranch, I break off pieces, which she chews gratefully.

Once I brought a turkey sandwich to eat while she ate her hay, and sat nearby in a folding chair. She meandered over to make sure she wasn't missing out on anything, her long face looming over me, snuffling. Then she went back to her hay.

Another time I rode her down a dirt road with yards of blackberry bushes alongside. I stopped to pick some plump ones from branches that were higher than I could have reached from the ground, then slid off and offered her some. She politely declined. I licked the maroon berry juice off my hand, climbed back on.

Berry season ended and autumn arrived.

After I feed my horse, I fetch the blue wheelbarrow to start cleaning her paddock. I thrive on this routine. I usually have random, forgettable thoughts as I do my chores, but these days food is high on the list. What will I eat, when will I eat, will I pick

it from my garden or buy it at a store?

The sky is hazy and it's getting warmer as I clean. I dump the contents of the wheelbarrow in the manure pile. Feeding my horse and feeding myself, planning meals while I do my chores, coming home to try new recipes or inventing my own — these are some of the things that calm my soul, especially now, when the world reels from one crisis after another.

Before heading home, I get a handful of horse cookies from the feed room. My horse knows what to do to get one: lift up a front leg at my verbal command, our newest trick. She does so, then

kisses the palm of my hand with her velvet lips to suck up the apple-flavored cookies. Should I try to find a horse cookie recipe online?

Then I climb into my truck and close the door. I can still smell the wildfires and it's far too smoky to ride.

I'm getting hungry — all I've had today is coffee. With so much uncertainty in the world, I find I often crave food that's substantive, grounding. So I nix the stir-fry idea and decide to make chicken and dumplings instead.

My horse chews her hay rhythmically as I leave the ranch. My stomach growls. The sun is abnormally red.

—
Annie Kassof, 63, of Fortuna
enjoys eating blackberries from atop her horse.



Senior Living at Its Finest.

Let us share your family traditions,
And help you make new ones!



McKinleyville | 707.839.9100

Eureka | 707.443.3000

TimberRidgeCare.com



TIMBER RIDGE
- SENIOR LIVING COMMUNITY -



PAINTING THE OCEAN

BY MARGARET KELLERMANN

Two Mysteries

*"I remember a house where all were good to me, God knows....
Comforting smell breathed at very entering." —G.M. Hopkins*

I think of two mysteries when food was shared, or almost.

Once when my two boys were quite young, my family was in the midst of moving from small-town Oregon to Stanford Graduate School. We overnighted alone at the wilderness campground, Kangaroo Lake, in the Klamath National Forest.

It was the boys' first night ever in California. As we ate from mountains of camp food just before sunset, forest animals came out as in a Disney movie.

Two lively crows hovered on a low branch over the table, discussing when we would leave so they could scavenge in peace. A doe appeared, stepping so close that my elder son held out a s'more to her, which she politely declined.

We washed our tin plates and left them to dry. I woke to hear something clattering dishes like an angry chef. It circled our tent, huffing. My then-husband slept through it. I prayed for two things: 1. bear gone, and 2. dawn.

When both prayers were answered, I climbed out. Our dishes were strewn about, with dirty paw prints around our campsite as big as the plates.

At the lake, I breathed and stood so still that birds came inches from my handful of breadcrumbs, then danced away. All these wild animals near us, but not sharing our food!

As Hopkins said about people caged off from the natural world, "Only the inmate does not correspond."

Years later, I spent a week with a large family in a small home in Ireland. We sat around their farmhouse table, eating, talking, laughing constantly. All the food came from the mum, who didn't want a bit of help. She baked breads for every meal.

The first day, after a hearty soup with rolls, the 5-year-old took my hand. "Let's take breadcrumbs for the neighborhood fairies," she said, warning, "Ah, but they're shy."

At supper, the parents murmured in the Irish language to one another, sounding to me like, "Darling, would you pass the butter?" "Ah, for you I will." As dishes were cleared, the oldest child passed his guitar around the table, while we all sang. The other children asked me Irish riddles, laughing kindly at my American accent.

I felt included as rarely before, yet a bit jealous. They were radiant, at home, contained, content with their bread, their soup, and some mystery the Irish call *agas fagh ama shood manatasha*, "The less said about that, the better."

—

Margaret Kellermann once wrote a pamphlet called "Easy Family Desserts," which included commentary and sketches by family members under 6. Contact her at bluelakestudio.net/contact.

Dave's Computer Services

40 YEARS EXPERIENCE

Senior Discounts

Onsite, Phone & Remote Support

Mac, Windows, Linux, Printer, Net

David Mays

707.955.5124 831.458.1131

www.davescomputer.net

dave@davescomputer.net



Central Office THE COPY CENTER

Full Color Digital Printing

Newsletters • Posters • Brochures
Invitations • Business Cards
Menus • Fax Service & more

FAST Professional Service

326 I Street • Eureka

(707)444-3044 • Fax: (707)444-9467

centralofficecopycenter@gmail.com

we are here to help

- Nursing Care
- Socialization/ Companionship
- Recreational Activities
- Physical, Speech & Occupational Therapy
- Nutritious Hot Meals
- Transportation to & from Adult Day Center



ADULT DAY HEALTH CARE
OF MAD RIVER

**Now
Accepting
Patients**

Call for more information (707) 822-4866
3800 Janes Road, Arcata • www.adhcmadriver.org

ELITE CAREGIVERS



"Where Compassion Meets Care"

IN-HOME CARE SERVICES

LIC.124700001

COMPASSIONATE CARE SERVICES 2-24 HOURS

707-496-8499 or 707-496-8400

Providing Personal Care-assist with Daily Activities

Assistance with Medication

Meal Planning and Preparation

Light Housekeeping

Transportation to Appointments

Shopping and Errands

Wellness Care and Much More

FAMILY OWNED, LICENSED, BONDED AND INSURED
Serving Northern California for more than 20 years

WWW.ELITE-CAREGIVERS.COM



We Care Every Day, In Every Way.®

| | | |
|-------------------------|----------------------|---------------------------|
| Bathing Assistance | Medication Reminders | Meal Preparation |
| Dressing Assistance | Errands | Friendly Companionship |
| Grooming | Shopping | Flexible Hourly Care |
| Assistance with Walking | Light Housekeeping | Respite Care for Families |

707.442.8001

VisitingAngels.com/eureka

Each Visiting Angels agency is independently owned and operated.
HCOB 124700002

The Village takes the old idea of neighbors helping neighbors — but now your neighborhood is a whole lot bigger!

A NETWORK OF VOLUNTEER SUPPORT FOR SENIORS

Redwood Coast Village matches vetted volunteers of all ages with members at all income levels who could use a little help to stay safe in their own homes and stay socially connected with others.

- ✓ Rides to shopping, medicals appts, other activities
- ✓ Grocery and other essential shopping
- ✓ Help with home and garden tasks
- ✓ Personal check-in calls
- ✓ Social activities (Zoom or socially distanced)



Join or volunteer now – one call does it all!

www.redwoodcoastvillage.org • (707) 442-3763 x217

Redwood Coast Village is a 501(c)3 California Non-Profit Organization.

Round up in November for Redwood Coast Village at the Co-op!

For Rent
Two Bedroom Duplex in Cutten
 Water, Sewer and Garbage PAID
 (not handicap accessible)
\$800 per month • \$800 Deposit
 Contact: bratzieanne@gmail.com

250 Mini-Gardens

By Tamara McFarland

Last spring, as the pandemic hit, Cooperation Humboldt launched a new project to provide low-income Humboldt residents with free mini-gardens.

The benefits of growing some of your own food are numerous, including access to free fresh produce, a reduced reliance on our corporatized food system (especially in the face of potential pandemic-related supply chain problems), and fewer trips to the grocery.

Since April, Cooperation Humboldt volunteers have installed more than 250 customized small garden setups free for low-income applicants. These include 3x4-foot planter boxes or “grow bags,” high-quality soil, plant starts, seeds and simple structures like tomato cages and beanpoles. Staff also provide ongoing support, if needed.

Recipients of the mini-gardens have felt empowered by being able to grow some of their own food, and it’s provided many of them with more reason to be outdoors in the fresh air and sunshine, spending time in nature.

“I was so excited and pleased that I was chosen to receive a mini-garden,” said a participant named Ron. “I am 67 and my wife is 66, and we live in

a trailer park with limited space. This small garden will give us purpose and enjoyment in our lives.”

Another recipient, Tricia, said, “The garden is just the perfect size for me, and the timing for fall is spot-on.

“The greatest thing is that I could never have done this for myself. With my arthritis, it would be just too much,” she said. “The young men who brought the pot and soil were so pleasant and a joy to meet. And the ladies with the plants were so swift and did a great job. A job well done by four of the nicest people I have met in quite a while.”

Cooperation Humboldt’s mission is to build a solidarity economy on California’s North Coast by supporting existing cooperative efforts and creating new solutions where needed. A solidarity economy empowers people to meet their needs in harmony with nature, without exploiting others.

Learn more about Cooperation Humboldt at cooperationhumboldt.org or on Facebook.

Tamara McFarland of Eureka is a social-change activist and member of Cooperation Humboldt’s Board of Directors.



PERSONAL GARDEN — Susan Penn plants vegetable starts in her backyard-sized mini-garden.
 Katie Rodriguez photo.



AGING IS AN ART — BY JOHN HECKEL

Celebrate Others

The older I get, the more I value and am drawn to diversity, and the less threatened I am by the “other.” I find that I need the “other” less to help define who I am and what I believe.

I credit Humboldt County for much of this evolution!

I have lived in Humboldt County for 48 years. Fresh out of graduate school, age 26 and wet behind the ears, I accepted a job in the department of theatre and film at Humboldt State University.

My first 15 years were defined by that university and the university town that is Arcata. In 1989, I moved to Freshwater and slowly began the process of identifying the “County” as my home. Now, still living in Freshwater, more often than not, I make a left turn at Three Corners Market and head to Eureka, not Arcata.

I am drawn to the history of diversity that is Eureka. As I age, the more I value and appreciate the continued history of diversity that is Humboldt County. It helps create the magical spirit of this land I call home.

For anyone wanting a deeper understanding of that spirit, may I suggest “An Everyday History of Somewhere” (1974) by Ray Raphael, who I assume is still living in his remote cabin somewhere outside Whitethorn. It is a truly beautiful and exceptional read.

The paradox of diversity is, of course, that it needs to be constantly nurtured and protected. If it is not,

then that very same diversity can become the basis for hatred, violence and bias, resulting in scapegoating the “other,” as opposed to valuing the “other.” One needs only to take in our national political discourse to observe that scapegoating in action.

I am not naive enough to suggest that there are not other places like Humboldt County. I am sure that folks in all different parts of our country can and are making the same argument for their small corners of the world.

It’s the “small corner of the world” aspect that concerns me. This pride in local diversity does not manage to affect our national discourse. On a national level, we seem more polarized and divided than ever. Why is it that what works to value diversity on a local level does not translate to the national dialogue?

Maybe a threatening and polarized “other,” on a national level, is more economically advantageous (for the 1%). Does anyone really believe that having dueling town hall meetings with Trump (NBC) and Biden (ABC), scheduled at the same time, nurtures diversity and respect for the other?

Remember to vote!

—

John Heckel, Ph.D., 73, a retired HSU theater and film professor with a doctorate in psychology, watches the world from his home in Freshwater.

HUMBOLDT LIBRARY FOUNDATION BUY A BOOK



‘Tis the harvest season, and what better time to explore the world of cookbooks and share our bounty with the County Library System. Your donations help us expand and share the rich variety of books.

Help HLF keep library resources up-to-date

DONATE ONLINE at www.HumboldtLibraryFoundation.org

or SEND A CHECK to: Humboldt Library Foundation (HLF)

PO Box 440 Eureka, CA 95502 PH 707-269-1991



THE MEADOWS

ACTIVE ADULT LIVING

- 1 Bedroom Flats
- 2 Bedroom Flats
- Townhouses
- Pets Welcome
- On-site Laundry
- Activities

2520 HUBBARD LANE, EUREKA
(707)444-2919 | www.kkramer.com

HSRC News

A Few Simple Suggestions to Help Avoid Falling

By Bart Rankin

A simple thing like tripping on a rug or slipping on a wet floor can change your life, as thousands of older Americans learn every year, cautions the National Institute on Aging.

A visit with your doctor can help you reduce your chances of falling [see “Fall Is in the Air,” Senior News, October, page 11], but there are many measures you can take yourself:

1. Keep moving. Physical activity can go a long way toward fall prevention. With your doctor’s OK, consider activities such as walking, water workouts or tai chi. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you’re afraid of falling, tell your doctor, who may recommend a monitored exercise program or refer you to a physical therapist.

2. Wear sensible shoes. Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

3. Remove home hazards. Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. Clear away furniture and other obstacles, secure electrical cords, avoid using loose rugs

and carpets, use nonslip mats in your tub and think about installing grab bars.

4. Light up your living space. Keep your home brightly lit to avoid tripping and collisions. Use nightlights.

5. Use assistive devices. Your doctor or physical/occupational therapist might recommend a cane or walker to keep you steady. Other measures can help, too, including:

- Stairway handrails.
- Nonslip treads for bare-wood steps.
- A raised toilet seat or one with armrests.
- Grab bars for the shower or tub.
- A sturdy plastic seat for the shower or tub, and a hand-held shower nozzle.

You can ask your doctor for a referral to a physical or occupational therapist, who can help you brainstorm other fall-prevention strategies.

Some solutions are easy fixes and relatively inexpensive. Others may require professional help or a larger investment. If you’re concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

Bart Rankin, 54, of Arcata is a physical therapist with Adult Day Health Services and Redwood Coast PACE at Humboldt Senior Resource Center.



STAY IN BALANCE — Physical therapist Bart Rankin demonstrates one of the many exercises available to help seniors hone coordination and balance.



Gobble.

The schedule for pick-up meals at HSRC’s Senior Dining Center in Fortuna will change the week of Nov. 23 — Thanksgiving Week.

Schedule Change for Fortuna Meal Pick-up

Tuesday, Nov. 24, will be pick-up day in Fortuna. This is a one-time adjustment for the Thanksgiving holiday.

Pick-up days in Arcata and Eureka will be as usual (see page 14).

Please don’t forget to call at least one week in advance to reserve your meals at all HSRC Senior Dining Centers:

Arcata 707-825-2027
Eureka 707-442-1181
Fortuna 707-725-6245

ENRICH THE LIVES OF A SENIOR THIS HOLIDAY SEASON BY ADDING THEM TO YOUR SHOPPING GIFT LIST



The **Long Term Care Ombudsman Program** is currently accepting donations that will be used to purchase gifts to be distributed to local residents in Skilled Nursing Facilities. Due to COVID-19, we cannot accept physical gift items, but your monetary donation could give the gift of a lap blanket, scarf or fuzzy pair of socks.

Checks can be made payable to:

Area 1 Agency on Aging-Ombudsman Program

Mail to: **434 7th St., Eureka Ca 95501**

Gift cards can be sent to the same address.

Make this the season of giving,

Be a Santa for a Senior this Christmas!

Your donation will bring more joy that you will ever know.

THE DEADLINE FOR DONATIONS IS: DECEMBER 17TH, 2020



Contact the Long Term Care Ombudsman
Program for more information at
707-269-1330

Eat Local – It's Good for You

By Pat Bitton

Shopping at local businesses can generate as much as four times the economic benefit as shopping at a national chain. How? Because every purchase from a local farm, grocer or restaurant builds a strong local economy. It creates jobs and supports not just those businesses, but their vendors, their suppliers and the extended community.

Here are 10 ways to make the most of Humboldt's bountiful foodscape without breaking the bank:

1. Buy in season. Produce and fish cost less and taste better when they're in season — the closer to harvest or catch time, the fresher the food.

2. Buy "seconds." Produce with a few dents is no less nutritious than the beauty queens, and farmers will often sell them at a discount.

3. Eat everything. Americans throw away 40% of the food they buy. Plan meals in advance, shop with a list, get creative with leftovers and freeze extras.

4. Cook at home. One of the best ways to eat a healthy, low-cost diet is to cook at home. To save time, cook a big batch and freeze for the future.

5. Grow your own. Whether it's in your home garden or a community plot, you can't get fresher than that.

6. Use less meat. Take advantage of our local high-quality grass-fed meat, but use it as an ingredient rather than the main focus.

7. Change things up with plant-based proteins. Beans and other legumes, nuts and quinoa are all grown locally and can provide as much protein as meat for a lower cost.

8. Join a CSA. Community-Supported Agriculture is a great way to support farmers, and you can save up to 50% over the cost of buying the items individually.

9. Sign up for CalFresh. Those eligible for CalFresh use it to buy local items at the store or farmers' market. Our farmers' markets increase your benefits value by adding Market Match funds — and you can even buy plant starts and seeds.

10. How about Food for People? Those who qualify for Food for People can often find local goods and organizations like Locally Delicious fund farmers to grow produce specifically for the food bank (visit foodforpeople.org).

Even with winter coming, there's lots of good produce to be had in Humboldt. And if you shopped wisely over the summer, you'll have been spending some of your shelter-in-place time rediscovering the lost art of canning, pickling or drying fresh produce to eat all winter.

One valuable resource is the Local Food Guide, which will move in 2021 to Cooperation Humboldt. Created by the nonprofit Locally Delicious in 2017, the Guide focuses on a sustainable local food economy, people and the environment.

Another great resource is CalFresh, which provides a stipend for those who qualify. The monthly cash amount varies depending on income, household size and expenses, and other factors, and range from \$16 to as much as \$194 for a one-person household, for use in local grocery stores, farmers' markets and other food providers.

To apply for CalFresh benefits, go online to GetCalFresh.org, call 1-877-410-8809, or go to the DHHS CalFresh office at 929 Koster St. in Eureka.

—
Pat Bitton, 69, is a member of Locally Delicious, creators of The Local Food Guide, available at local independent groceries or by emailing info@locally-delicious.org.



Caregiver Support Groups are resuming Online Via ZOOM Video or Call-In Via Telephone

EUREKA

ZOOM Video Teleconferencing or Call-in via Telephone
Wednesdays, Nov. 4th & Nov. 18th: 1:00 pm – 3:00 pm

FORTUNA

ZOOM Video Teleconferencing or Call-in via Telephone
Thursday, Nov. 12: 12:00 pm - 2:00 pm

DEL NORTE

ZOOM Video Teleconferencing or Call-in via Telephone
Wednesday, Nov. 25th 11:00 am – 1:00 pm

For more information or to receive Zoom link to join,

Contact Erin McCann, MSW, Family Consultant

Office: 707-443-9747 x3220 Mobile: 707-230-4046

Email: exm@redwoodcrg.org

Funded in part through our partnership with
Area 1 Agency on Aging / Family Caregiver Support Program

Gramma Pearl's Crazy Quilts

By Patti Stammer

My Grandma Pearl was an alterations seamstress at a big department store in downtown Chattanooga. She was also a quilter, making quilts and sharing them with her family and community.

Over the years, she sent me beautiful quilts — pink fans, golden circles, intricate designs, simple boxes, patriotic patterns, and an exceptional piece appliqued with pink dogwood blossoms on a white background. I've loved looking at them, using them, and passing them on.

But there are two that still are a part of everyday life, marked by cats, dogs, kids, food, car repair, greasy and gooey spots no one remembers.

Grandma's last quilts were strange, remarkable and cherished. They're a pattern of big squares of colors alternating with solid black, stitched together with crazy quilt stitches.

Like most of her quilts, they were made from scraps of clothing. These quilts, which arrived in the 1970s, were made from Grandma's polyester pants suits. Garish colors, horrible patterns and scratchy textures, all backed with red flannel, two of them sized to fit twin beds.

When they arrived, I couldn't believe what I was seeing, but they're snazzy at a distance. No one believed how bizarre they were until they got close.

I've laughed over those two unique crazy quilts for almost 50 years, because they live in the trunk of whatever car I'm driving.

The "Red Devils," as my family named them, are such a part of our lives I can't imagine being without them. These heirloom treasures are still used for blankets in the sand or grass, to keep warm at a football game, at drive-in movies, and to snuggle babies, kittens, and puppies to sleep.

They've been covered with food... babies, kids and teenage crumbs, spilled soda, milk, mustard, ketchup, potato salad, beer, greasy fried chicken, baby and cat barf, transmission fluid, and strange unidentifiable spots. Coming out of the washer and dryer the same as when they arrived in the box, these treasures are bullet-proof.

I've loved every one of Grandma's quilts with equal awe and admiration for the woman who made them, but the old Red Devils hold a special place in my heart. They are years of messy food, long gone pets, grown up kids, adventures and

years of worry-free fun, true and constant markers of my family history.

Patti Stammer, 76, picnics on her crazy quilts in her yard in McKinleyville.



PART OF THE FAMILY — Patti Stammer's kids and grandkids have grown up with her Gramma Pearl's crazy quilts, part of every picnic, car trip, family TV night. "They're such a part of our lives, I can't imagine being without them." Patti Stammer photo.

"Seize the moment. Remember all those women on the 'Titanic' who waved off the dessert cart."

—Erma Bombeck (1927-1996), columnist.

Now at Broadway Medical

Introducing the **Lumin™**
CPAP Sanitizing System



Lumin™ is lab-tested to kill over 99.9% Human Coronavirus on an N95 respirator mask

The Lumin is a multi-purpose sanitizer using UV light to safely and naturally sanitize your CPAP mask, accessories . . . and other household items.

- safe UV-C light
- automatic shut-off
- 24-month warranty

Drop Shipping • Curbside Service • Local Delivery

We welcome Walk-in Customers
• Masks Required • Social Distancing



1034 Broadway • Eureka • 442-3719

Monday - Friday 8:00 am - 5:30 pm

FAMILY-OWNED AND OPERATED SINCE 1974

Joan Woodcock Insurance Services

I CAN HELP!

Medicare Supplements
Dental • Life



Call my cell:
499-1923

Office:
725-1200

1506 A Main St., Fortuna
CA Lic. #0E34152

FOR SALE

Two Cemetery Plots
Greenwood Cemetery
Arcata CA

#67 & #69
(Row 4, 1st addition)

\$2,500
for both
707-224-1094

HSRC PROGRAMS AND SERVICES

Administrative Services: Open as usual, but please call before coming to our Eureka campus and we will assist you remotely if possible. We have locked the doors of our buildings, staff are available for on-site assistance.

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

Adult Day Health & Alzheimer's Services: Modified services are now offered. Staff available by phone. New referrals are being accepted.

MSSP (Multipurpose Senior Services Program): Services continue, but contact with clients is primarily via phone. Staff are available by phone. New referrals are being accepted.

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

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

Nutrition Program: 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 by reservation only 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 for reservations or for questions about menus. Each package includes a variety of five meals. Pick-up schedules:

Arcata: Arcata Community Center, 321 Martin Luther King Parkway, 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., Tuesdays 11:30 a.m. to 12:15 p.m. Enter the parking lot from California Street and staff will direct you. Reservations: 707-442-1181.

Fortuna: Gene Lucas Community Center, 3000 Newburg Road, Thursdays from 12-12:30 p.m. in front of the Fortuna Senior Center wing; staff will bring the meals to you. NOTE: Schedule changed week of Nov. 23; see page 11. Reservations: 707-725-6245.

Information may change without notice. For questions regarding any HSRC program, call 707-443-9747. We thank the community for your understanding and flexibility during this time.

GREEN'S
FORTUNA PHARMACY
725-4431
1058 MAIN STREET • FORTUNA, CALIFORNIA
Mon-Fri 9am-7pm
Sat 9am-4pm
Free delivery in Fortuna

**Eureka
Central Residence**
of Old Town
**Independent Living
for Seniors**
*Studios & 1 Bedroom
Apartments*
*On-site Laundry
Elevator*
Close to Bus Route
On-site Manager
333 E Street • Eureka
445-2990
TTY: (800) 735-2922


Mailed monthly to you. . .
Buy a Subscription
\$20 a year
Sr. News Call 707-443-9747
or mail a check to
1910 California St.
Eureka CA 95501

BOOMERTECH
PATIENT & PERSONALIZED
COMPUTER TUTORING
**SAFE, REMOTE
TUTORING**
for
**PC and Mac
COMPUTERS**

www.BoomerTechTutoring.com
707.502.2837

 **Lima's**
Professional Pharmacy, Inc.
Your Pharmacy for Life

- Curb Service available
- Prescription mailing services
- Free delivery service McKinleyville to Garberville

• Hormone Consultation Services • Prescription Medications for Patients & Animals

2097 Harrison Avenue • Eureka • Mon.-Fri. • 9 a.m. - 6 p.m.
(707) 441-8500 Fax: (707) 443-7608 www.limasrx.com


Bob & Ramona

FLASHBACK
VINTAGE, USED, IMPORTS, COSTUMES
50% off
weekly colors
or styles
outside!
'Clothes with Soul'

116 W. WABASH • EUREKA
443-3259
Mon. 3-6 Weds.-Sat. 3-6
WITH MASKS & BACTERIAL WIPES

The Cat & the Turkey

By Judy Webb

Thanksgiving 1949 was our first at the “new house,” built post-WWII by my parents. The street wasn’t even paved then, but the house had been meticulously decorated for the holidays.

That year, my mom invited Mrs. Willien and Mrs. Howaldt — both widows and friends of our family — to share Thanksgiving dinner, two women very different in background and life experiences.

Mrs. Willien was a Southern belle who never missed a chance to let everyone know that she was a “Wellesley Girl,” and had a vast collection of what she called her “Napoleana.” What’s that, Judy?

Mrs. Howaldt and Pop Howaldt had been farmers in the Midwest before retiring to Pacific Beach. Pop had died soon after. Mrs. Howaldt was a warm grandmotherly woman who could always be counted on for sugar cookies if you dropped by.

These women had two things in common: they loved our family, and they appreciated the fancy feasts my mom was so proud to prepare.

By 1949, my mother had china, silver, crystal and nice table linens, and she wanted to show off a bit to these friends. She set the table in the morning, having made the pies the day before, and proceeded to cook the traditional things that day. My sister

and I couldn’t help with anything, as we were too young, so we just kept out of the way, and out of the kitchen.

“FRANK! FRANK! OH, FRANK!!”

We all rushed to the kitchen to discover the cause for her distressed cries.

The big beautiful turkey from Cliff’s Poultry Shop was on the new tile counter with one badly mangled wing. The cat had gotten to it. After my father did an amputation for cosmetic reasons, my mom said to us very seriously, “Don’t you ever tell anyone about this.” We solemnly agreed, although I didn’t understand the reason for the secrecy.

The Ladies came, had their highballs and nuts, chatted, and then we all sat down at the table. My mother brought in the turkey, beautifully roasted, but of course missing a wing.

I looked at everyone else there and apparently thought this omission needed an explanation, so the first words out of my mouth were, “The turkey lost its wing because Fluffy ate it.”

Silence.

Then my mother, in her company/phone voice, said, “JUDY.” And into the kitchen we both went.

Judy Webb, 81, is planning her 2020 Thanksgiving feast in McKinlelyville.

Need a Tax Deduction?

Because of changes to the federal tax code, nine out of 10 people no longer itemize their charitable giving. But you could this year.

The federal CARES Act will allow individual taxpayers to deduct donations to charities of up to \$300 on their 2020 federal tax return, even

though they take the standard deduction — and up to \$600 for taxpayers married and filing jointly.

For information on donating to the Humboldt Senior Resource Center’s Nutrition or other programs, call 707-443-9747, x1231.

FOR HUMBOLDT AND DEL NORTE COUNTIES

 **Area 1 Agency on Aging**
Promoting Independence for a Lifetime

New to Medicare?

Need help applying?
Have questions about existing coverage?
Need help signing up for a MyMedicare.gov account?
Make an appointment by phone or website
1(800) 434-0222 or (707) 444-3000
www.a1aa.org

Call HICAP
Health Insurance Counseling & Advocacy Program
434 7th St., Eureka CA

COAST CENTRAL CREDIT UNION

Worried About the Security of Your Online Purchases?



USE YOUR CCCU VISA CREDIT CARD!

- \$0 liability if you notify us within 60 days of an unauthorized fraudulent transaction on your statement.
- Fraud on checks could wipe out your entire checking account.

You can now apply for our Visa Credit Card online! Call us at (707) 445-8801.

   coastccu.org 



REVERSE MORTGAGES

(707) 445-3027
WWW.HUMBOLDTMORTGAGE.NET
CALBRE: #01144618 NMLS: #323296

Humboldt Transit Authority - HTA

Redwood Transit System (RTS)

Scotia to Trinidad
Monday thru Saturday

Eureka Transit Service (ETS)

Monday thru Saturday

Willow Creek (WC)

Monday thru Saturday

Southern Humboldt Intercity

November thru May: Mon. thru Sat.

TOKEN TRANSIT app now available

Reduced Service due to COVID-19
Updates on Facebook & Instagram

443-0826 • www.hta.org

Ferndale Senior Bus

For people 50+ & the disabled.

Wheelchair Lift **786-4141**

Fortuna Transit

For people 50+ & the disabled

Wheelchair Lift **725-7625**

www.friendlyfortuna.com

K-T Net

Willow Creek • Hoopa Valley Weitchpec

Serving the public Monday-Saturday.

1-530-629-1192 • ktnet@live.com

Cash-no change

ALL BUSES HAVE WHEELCHAIR LIFTS

The Early Kitchen Days

By Dave Rosso

I was born in Princeton, N.J., and spent many of my early years with my Italian relatives in grandad's home, during which I spent a lot of time in the kitchen with Aunt Mary, who did the cooking.

Granddad had a large garden, with beehives and fruit trees, and spent many afternoons sitting in the backyard, watching Aunt Mary pick the veggies, cut what needed to be cut and then boil and seal them in jars that were stored in the basement for future use.

And I ate wonderful meals with wonderful vegetable accompaniments with the meat. Of course, being Catholic, the "meat" on Friday was always fish.

I enjoyed my first pizza in Princeton — except that it wasn't called pizza then, it was "tomato pie." Aunt Mary made pizzas with fresh vegetables right from the garden, and we made our own ice cream, grinding milk and sugar and fresh fruit picked from the trees in an ice cream maker

with ice and salt. Could not wait to get the first, very fresh, bite of home-made ice cream.

At home, Dad did most of the cooking. I think he got it from his Italian relatives. Mom mostly made dessert. Who can complain about that? Especially when she made baked Alaska: cake topped with ice cream, topped with meringue and baked. I wanted to try it, but could not imagine putting ice cream in an oven.

My favorite was made by my father, and it obviously came from the Italian side of the family: minestrone. He made it with vegetables and tomato sauce, and he added pepperoni and tiny meatballs with mint in them.

I had this idea that because I was Italian — OK, half Italian — I had to have red pepper in *everything* I ate. The more red pepper, the more Italian I was. Eh? Eh, basta!

—

**Dave Rosso, 77, still enjoys
mealtime at home in Cuten.**

History Symposium Goes Online

The Clarke Historical Museum and the Humboldt County Historical Society have joined forces to put on the second annual Humboldt County History Symposium. This year, the five-day symposium will be online, Nov. 9-13.

The talks, tours and presentations will be broadcast live each day from noon to 3 p.m. on the Clarke Museum's Facebook page and on its YouTube channel. A full schedule, including speakers, presentation topics and more, is available at clarkemuseum.org/hhs.

Presentations will include aspects of local history, along with special behind-the-scenes tours of local organizations like the Timber Heritage Association's Samoa Shops and Roundhouse, the Clarke Museum, and the Humboldt County Historical Society's Barnum-Gross-Wells House.

Funds raised at this event will go toward future symposia and ongoing programs of the Clarke Museum and Humboldt County Historical Society.

More information available at clarkemuseum.org or 707-443-1947.



"We are here for you."

Pacific Medical Resources

Serving our community more than 20 years

Call us for a FREE in-home consultation

Toll Free: 877-964-2001

INSURED &
BONDED

www.pacificmr.com

Registered nurse support • Personal care • Light housekeeping
Assistance with daily activities • Respite care & more

Thank you to all our
healthcare workers!
You are our heroes!

EasyCall

Personal Medical Alert System

707-445-9911

www.geteasycall.com

An Unforgettable Pie

By Jane Parks-McKay

I miss my parents. Mom passed away 18 years ago, Dad eight. But the memories will last forever.

One lasting memory is Mom's cooking. When I was in my 20s and still living at home, I would come home from a long day of teaching and always find a meal that Mom would leave for me in the oven on a timer. Oh boy! Sometimes those meals were . . . interesting.

Growing up, I was thin as a rail. People used to wonder if something was wrong with me. Nope, I was thin because I just didn't eat enough most of the time. I didn't know it until I married and started cooking on my own.

I know Mom and Dad were on a tight budget, but I didn't know how tight. Banquet chicken pot pies were one of the meals Mom "cooked" a lot of. I must have inherited the non-cooking gene, because it took me years to figure out how to cook these little pot pies without burning them.

One time, a guy from college came over and I wanted to show off so I "cooked" him a meal. I popped in some pot pies and got out some vanilla ice cream and raisins. I burned the pot pies, but we sure enjoyed the ice cream and raisins. I guess my Southern charms weren't working, though, because I never saw him again.

Mom's meatloaf was great, though, as well as her mac 'n' cheese and her pies — especially her delicious black bottom pie.

One time, one of my students' families gave me a big bag of fruit from their garden. When I brought it home,

Mom said, "Oh, goodie! I'll make a pie." My student had told me what type of fruit was in the bag, but I can't say I paid much attention. I didn't know a piece of fruit from another.

A few days later, at supper, Mom brought out a beautiful but odd-looking lemon pie. One taste and everyone around the table said, "Ew! What is THIS?"

Mom was ready to cry. We didn't want to hurt her feelings, but something was definitely wrong with this lemon pie. I said, "Mom, where did you get these lemons?" and she said they were from the bagful I brought home a few days earlier.



I started laughing so hard I couldn't stop. Through tears, I said, "Mom, those were not lemons, they were grapefruit!"

Well, that cheered Mom up and, before you know it, we were all laughing. I think that was the most interesting pie I've ever tasted.

We have told the grapefruit pie story ever since.

To this day, I rarely eat grapefruit. Recently, however, I saw some juice in the fridge and poured some. It was odd-tasting.

I thought, "Ew, what is THAT?" I looked at the label and — you guessed it — grapefruit juice. Some things never change.

—
Jane Parks-McKay avoids grapefruit and other strange fruits in Santa Cruz, while she shops for a home in Humboldt County, especially Loleta.

OLLI • HSU

Osher Lifelong Learning Institute

Give the Gift of Learning

OLLI memberships make great holiday gifts.

OLLI gift certificates are available in any amount.

Call 826-5880 to get a jump on holiday giving.

JOIN/REGISTER: humboldt.edu/olli • 826-5880

OSHER LIFELONG LEARNING INSTITUTE (OLLI) IS OFFERED BY HUMBOLDT STATE UNIVERSITY COLLEGE OF EXTENDED EDUCATION & GLOBAL ENGAGEMENT

HUMBOLDT STATE UNIVERSITY



We Are Open!

Your health is important to us

With that in mind, we are taking extra precautions to protect the overall health of our patients so that we may continue providing you with the physical therapy you need.

Vector Physical Therapy Clinic
Monday - Friday 8 a.m. to 5 p.m.
2121 Myrtle Avenue in Eureka

Call 707.442.6463
www.Vectorpt.org

opendoor
Community Health Centers



OPEN DOOR HAS BEEN DELIVERING HIGH-QUALITY HEALTH CARE ON THE NORTH COAST FOR ALMOST 50 YEARS.

WE ARE DEDICATED TO YOUR HEALTH AND SAFETY.

STAYING HEALTHY IS MORE IMPORTANT THAN EVER.
VIDEO VISITS ARE THE BEST WAY TO SEE YOUR PROVIDER.

PLEASE CALL US: (707) 269-7073

opendoorhealth.com/videocare

LIFE CARE HUMBOLDT

Because we want to stay in this beautiful place as we age, close to our friends and family, LCH is working to create a local non-profit life plan facility that would offer:

- Independent homes in a vibrant community
- Assisted living and memory support if needed



Board President, Ann Lindsay, M.D.
This ad is sponsored by Judy & Buzz Webb

**Your early support will
help us move to the next
step of development**



Please help if you can...

**Donate online
or by mail:**

www.lifecarehumboldt.org

LCH, 2475 North Bank Rd., McKinleyville, CA 95519

THE MAIN INGREDIENT . . . From Page 1

his staff plan meals, they're cooking for family.

"Food is family," DeLaurentis said, even — or maybe especially — when the extended "family" numbers 500 or more.

That's how many meals the HSRC kitchen provides every weekday on average — nearly 2,200 per week — to seniors in Eureka, Fortuna and Arcata, even during the pandemic.

Since the coronavirus forced the closure of in-person lunchtime at HSRC's three congregate Senior Dining Centers last spring, the Nutrition Program has adapted to provide weekly packages of five meals via drive-by pickup and through its other programs.

"It's a little different than it was, but we still get the job done," said assistant cook Karen Johnston, a 14-year HSRC veteran who is the kitchen staff's "mama hen." She has spent a lifetime making food.

"We've brought in more people than used to come here since the pandemic, people who are in need and who have found us," she said. "I feel good about that."

For all of the HSRC kitchen staff, cooking for seniors is personal. "It's not just slinging hash," DeLaurentis said.

"Everyone in the kitchen has someone in their life who is a senior, whether a grandma who's receiving some of our food, or a father who doesn't yet, but might soon," he said. "It means something."

When lead cook Tayler Phillips prepares meals, she often thinks of someone in particular. "I live with my grandma," she said. "She's in her late 80s. She is really the focus for my love of seniors. Cooking here is like cooking for my grandma."

Jose Carmona agrees. He is a driver

who takes packages to Home Delivered Meals recipients. For many of those 118 seniors who receive meals delivered to their homes, the HSRC drivers are company. They look forward to the human contact, Carmona said.

"I always think about my grandma anytime I go to anybody's house," Carmona said. "It's like I'm doing something for my grandma, and I can keep an eye on them, see how they're doing."

On the day the HSRC staff talked about their work to feed area seniors, the United Nations World Food Programme had just won the 2020 Nobel Peace Prize — which makes food-service workers and meal providers global peacemakers. That's how important food is.

The HSRC staff were a bit embarrassed at the suggestion that they are doing anything heroic, however. Their focus is always on their extended family.

"We've built a thing here that it's not just the food — it's who the food's going to," DeLaurentis said.

But they do know their efforts make a difference. "I was told once that one year of meals here is cheaper than one day in the hospital, and I've never forgotten that," Johnston said. "It's so important to keep seniors in their homes."

So that's what they do — make meals for their extended family, hoping for the day that health officials sound the all-clear on the pandemic, and seniors can come back to eat together with their friends in person.

"The meals are a daily care package," Johnston said. "It's our way of telling them we miss them."

—

Ted Pease is editor of *Senior News*.
Want meals? See page 14.

ASK THE DOCTOR . . . From Page 5

the limits of his composition beyond what he might have done with an easier life and the ability to hear in the conventional sense. I invite you to listen to his late string quartets and try to imagine that these were written over 200 years ago. They could be written today and still be considered astonishing.

I hope that in this very difficult year, people can find solace in something beautiful like music. I miss live concerts, but have been delighted at the online performances people have so creatively arranged — such as choirs with members singing their parts in separate places, apart yet together in the virtual sense.

Yo-Yo Ma, the fantastic cellist, has done several performances to share with the world online. Many musicians of all genres have posted performances done sitting in their homes. When the going gets tough, musicians play music.

My LPs and CDs also have found more play in recent months, and my piano is getting a real workout. When I play and listen to music, I forget for a little while about how hard things are. And as I play through Beethoven's sonatas, I think about how hard his life was and give thanks that he was willing to tap into his passion for music and continue writing.

Everyone has kindly acknowledged the heroes of the pandemic working essential jobs on the front lines. Here is a shout out to musicians, too, the heroes who help us all find joy and connection in hard times.

Dr. Jennifer Heidmann, a concert pianist who performs in various venues during non-pandemic times, is medical director and primary care provider at Redwood Coast PACE (443-9747). Send comments to seniornewseditor@humsenior.org.

Global Justice for Black Lives

Humboldt County's "Big Read 2020" concludes with online programs on racial justice and a keynote presentation and booktalk by nationally recognized author Claudia Rankine on Saturday, Nov. 7, at 2 p.m.

The winner of national book awards, Rankine's "CITIZEN: An American Lyric" is this year's Big Read, supported by a National Endowment for the Arts grant.

Events are held in partnership with the 22nd annual Humboldt State University Campus/Community Dialogue on Race, whose 2020 theme is "Global Justice for Black Lives: Examining the Past and Reimagining the Future."

Rankine's book "helps readers

come to terms with the continued realities of racism in the U.S.," the organizers' website says.

"The book demonstrates that anti-Black racism and white supremacy remain widely unexamined and unchecked," organizers say. "More than a dozen local organizations in Humboldt County have committed to reading this book and to working for systemic change in our community."

To register, go to literaryhumboldt.org/events.html and scroll down to Rankine's events and click on "register." For more information on the Campus/Community Dialogue on Race visit dialogue.humboldt.edu.

—Ted Pease

NOW LEASING!

THE GARDENS ACTIVE ADULT LIVING

RESIDENCE OPTIONS

1 Bedroom | 1 Bath Flat
2 Bedroom | 1 Bath Flat
Upgraded Finishes

ON-SITE AMENITIES

Community Center
Parking
Laundry Facility

Be one of the first to live at The Gardens!
2805 - 2895 HUBBARD LANE

www.kkramer.com | 707.444.2919

The best expert care

combined with
the latest digital
hearing aid
technology



Trisha Ostermeier, Au.D.
Doctor of Audiology



William Speer, Au.D.
Doctor of Audiology

Hearing Tests
Hearing Aids
Custom Ear Plugs

HumboldtAudiology^{PC}

Hear what you've been missing.

831 Harris Street (J & Harris) • Eureka • 832-4919 AudigyCertified™



CHER-AE HEIGHTS CASINO • 27 SCENIC DRIVE • TRINIDAD, CA 95570 • 1-800-684-2464 • 707-677-3611 • BINGO IS NOW 18 & OVER!

NOVEMBER
BINGO CALENDAR

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|--|--|--------|--------------|--|--------------|-----------|---|--|--|--------|--|----------|---|
| 1 | King & Queen Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$31 Super Rainbow \$56 12 Games at \$300/\$400/\$500 | 2 | BINGO CLOSED | 3 | BINGO CLOSED | 4 | Buy 1 Super Rainbow Get 1 FREE Rainbow Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 5 | Thankful for Cash Drawings Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 6 | Bargain Bingo Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$25 12 Games at \$300/\$500 | 7 | Even/Steven Double Pack \$30 Extra Packs \$7 Electronic 5 Pack \$40 Rainbow \$61 12 Paper and Electronic Winners at \$500 |
| 8 | King & Queen Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$31 Super Rainbow \$56 12 Games at \$300/\$400/\$500 | 9 | BINGO CLOSED | 10 | BINGO CLOSED | 11 | Buy 1 Super Rainbow Get 1 FREE Rainbow Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 12 | Thankful for Cash Drawings Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 13 | Bargain Bingo Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$25 12 Games at \$300/\$500 | 14 | Roulette Bingo Double Pack \$30 Extra Packs \$7 Electronic 5 Pack \$40 Rainbow \$61 B Row-\$600, I Row-\$700 N Row-\$800, G Row-\$900, O Row-\$1,000 |
| 15 | King & Queen Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$31 Super Rainbow \$56 12 Games at \$300/\$400/\$500 | 16 | BINGO CLOSED | 17 | BINGO CLOSED | 18 | Buy 1 Super Rainbow Get 1 FREE Rainbow Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 19 | Thankful for Cash Drawings Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 20 | Bargain Bingo Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$25 12 Games at \$300/\$500 | 21 | Even/Steven Double Pack \$30 Extra Packs \$7 Electronic 5 Pack \$40 Rainbow \$61 12 Paper and Electronic Winners at \$500 |
| 22 | King & Queen Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$31 Super Rainbow \$56 12 Games at \$300/\$400/\$500 | 23 | BINGO CLOSED | 24 | BINGO CLOSED | 25 | Buy 1 Super Rainbow Get 1 FREE Rainbow Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 26 | Thankful for Cash Drawings Double Pack \$10 Extra Packs \$5 Electronic 5 Pack \$25 Rainbow \$36 Super Rainbow \$61 12 Games at \$300/\$400/\$500 | 27 | Bargain Bingo Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$25 12 Games at \$300/\$500 | 28 | \$1,000 Payouts Double Pack \$30 Extra Packs \$7 Electronic 5 Pack \$40 Rainbow \$61 12 Games at \$1,000 |
| 29 | King & Queen Double Pack \$10 Extra Packs \$3 Electronic 5 Pack \$20 Rainbow \$31 Super Rainbow \$56 12 Games at \$300/\$400/\$500 | 30 | BINGO CLOSED | What's in a Rainbow: 12 Packs: 7 at \$300, 5 at \$500; 2 Early Birds and 2 Special Packs What's in a Super Rainbow: 24 Packs: 9 at \$500, 8 at \$400, 7 at \$300; 3 Early Birds and 3 Special Packs | | | | Thankful for Cash Drawings Every Thursday in November 5 winners drawn for \$200 Cash! | | | | | |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Buy 1 Super Rainbow Buy-In and Get 1 FREE Regular Rainbow, every Wednesday in November! (Limit 1 FREE Rainbow per person, per day)</p> </div> <div style="width: 45%;"> <p>Birthday Bingo Receive \$15 off your Buy-In and a FREE dauber on one session of your choice during the month of your Birthday!</p> </div> <div style="width: 45%;"> <p>Receive 1 FREE \$1,000 Half Pack to daub with the purchase of a Super Rainbow every Sunday in November!</p> </div> </div> | | | | | | | | | | | | | |

The North Coast's Only High Stakes BINGO!

WEDNESDAY - SATURDAY

Warm-Ups 6:15pm • Early Birds 6:30pm
Regular Games 7pm

SUNDAYS

Warm-Ups 12:15pm • Early Birds 12:30
Regular Games 1pm

27 SCENIC DRIVE • TRINIDAD, CA 95570 • 707-677-3611 • 800-684-2464 • WWW.CHERAEHEIGHTSCASINO.COM • FREE SHUTTLE

Management reserves the right to change or cancel any promotion at any time. Bet with your head, not over it. Gambling problem? Call 1-800-522-4700.



Letters to the Editor

Vote YES on Measure F

To the Editor:

I have a few comments about ballot Measure F in the upcoming election. The purpose of the measure is to provide full funding for the Arcata Fire District.

Besides Arcata, the district covers the north Humboldt Bay area — Manila, Bayside, Fickle Hill, Valley West and McKinleyville — from three strategically placed stations. Up until earlier this year those stations were staffed 24/7, but because of a budget shortfall, there is enough funding for only two of the stations to be minimally staffed at any one time. In an attempt to provide coverage, staff rotates weekly, with each station closed every third week.

Here is an example of how I perceive that these closures could affect us. Take the McKinleyville station, centrally located in the middle of the business district: When staffed, the response time to residences, businesses or even the airport is rapid. But when the station is closed, the response must come from either Mad River on

Janes Road or downtown Arcata (if they are not on another call), increasing the response time.

Last fall's fire at Big Blue Restaurant on the Arcata Plaza is a good example of the importance of a timely response, because the fire was stopped before it could spread to the rest of the block. Had the downtown Arcata station been closed, the response time would have been at least five minutes longer from the Mad River station. That could have been enough time for the fire to destroy a significant portion of downtown Arcata.

Measure F will provide funding to fully staff all three stations, plus provide fire engine maintenance, training and capital to replace aging equipment.

As we all can see, the fire danger is ever-increasing. We need a fully staffed and equipped department of professional emergency personnel. Please join me in voting YES ON MEASURE F!

Thomas Bethune, Arcata

Thanksgiving This Year

To the Editor:

Thanksgiving has always been Lew's and my favorite holiday.

Since moving to Arcata many years ago, we have gone to the Bay Area to be with both our families, who share Thanksgiving. It is a multi-generational, three-day event with lots of cooking together, silliness and laughter.

Most years, we would take a Humboldt turkey, homegrown vegetables and fruit to add to the festivities.

This is the first time in our long marriage that we will be in Humboldt

alone.

Thanksgiving has always been our favorite time of year, and we are sad to not be with our loved ones this year.

We discussed doing volunteer work, but both of us have compromised immune systems, so we'll cook something special for dinner and invite one of our single friends to join us.

A happy and healthy Thanksgiving to everyone.

Suzanne Simpson, Arcata

First Responders

To the Editor:

We have been residents of McKinleyville for over 35 years and it has always been a comfort to know that the fire station on Central Avenue was staffed by the Arcata Fire Department.

We cannot allow for the possibility of that station closing and our having to rely on medical or fire response from teams that are three to four times farther away.

We need to support our first responders and our community by voting YES on Measure F.

**Beth & Marc Chaton,
McKinleyville**

Yes on F

To the Editor:

We are strongly encouraging our community members to consider voting "YES" on Measure F. We feel this is important because, if the measure passes, it will provide funding for our fire stations to remain open and staffed by restoring eight lost firefighter positions needed to operate all three of our fire stations.

If this measure doesn't pass, there will be closures of fire stations, and those left open will be on rotating schedules due to staff shortages.

**Fatima & Vince Zinselmeir,
McKinleyville**

Safety for All

To the Editor:

In these uncertain times, one thing we can do for our community and ourselves is to support our local first responders. We have that opportunity with the passage of Measure F.

If passed, it will give our fire department the funding it needs for its vital job of public safety.

Please join me in voting Yes for Measure F. Wishing safety for all,

Marilyn Page, Arcata

'Human Stupidity'

To the Editor:

Having been a hospital corpsman in the U.S. Navy from 1944 to 1946, I strongly support the two letters to the editor by John Dillon and Del-dean Lamb in the October Senior News ["Selective Outrage" and "The A-Bomb in Hindsight," page 21].

We were gearing up to go in on the two islands of Japan when the two atomic bombs went off.

In a war, atomic bombs aren't the only causes of human death and wounding. I helped treat lots

of maimed marines and sailors. See "Recollections of My Life in the U.S. Navy, 1944-1946," published in "As You Were — The Military Review," 2015.

I'm very likely alive because of these bombs. They undoubtedly saved thousands of U.S. servicemen's lives, as well as the lives of many, many women in the armed services. War is the epitome of human stupidity.

Archie Mossman, Westhaven

MORE LETTERS ... on Page 22

MORE LETTERS ...

Good Riddance

To the Editor:

Great to hear of the cessation of the firewood for seniors program ["Senior Firewood Program Discontinued," October, page 11]. As an 81-year-old with MCS and COPD, I sincerely express gratitude for this timely, compassionate decision.

For those with heavy hearts over the ending of this program, please recall that it means much healthier hearts for seniors. Wood smoke, in any quantity, is not healthy for anyone. Wood smoke causes or exacerbates strokes, dementia, COPD, cancer and much more.

Many jurisdictions, in following the science, also warn of wood smoke drastically lowering resistance to the coronavirus.

Thank you again for your wise decision. Perhaps healthier programs to aid seniors in home heating in the future might include donations toward heat pumps.

**Byron Woolcock, Madoc,
Ontario, Canada**

Make America Decent Again

To the Editor:

I'm not going to tell anyone whom to vote for on Nov. 3. I can't even tell my husband or kids. But after the last four years of lies and woes and gross behavior, I hope everyone looks into their hearts and souls, remembers to vote for kindness, wisdom and to Make America Decent Again.

Pat Hull, Eureka

Self-Explanatory

To the Editor:

In approximately 1960, I was 10 years old, with two older sisters, traveling to visit with my father's brother, who lived in a rural setting on the outskirts of Kansas City. My sisters liked to torment me — this time it was telling me that the house did not have indoor plumbing, but an outhouse.

At that stage in my life I thought I knew everything. I was too proud to ask, "What's an outhouse?" I found out later after a big meal and a couple glasses of lemonade.

Sometime in the night, it seemed like a good time to find out what an outhouse was. Holding a Coleman lantern, walking in pitch darkness toward the obscure narrow building, I found what I was looking for. It became evident on how to use the facility.

Harold McArthur, Eureka

A Short Career in Graves

To the Editor:

I enjoyed the article by Sheila Donnelly about her father's experience as a gravedigger ["My Dad, the Gravedigger," October, page 12-13]. It reminded me about my short career digging graves.

I was raised in Trinidad, and about the age of 18, Betty Earl, who was in charge of the Trinidad Cemetery, asked me if I would be interested in digging a grave. I agreed on one condition: that I did not know the occupant. If I had, I would have had to refuse.

Also, I had no idea how much dirt is in a hole 6 feet deep, 6 feet long and 4 feet wide. I do now. My compensation was \$25.

More A-Bomb

To the Editor:

We lived in Japan from 1967 to 1970. Just before we left, we took a trip from our home in Tokyo down to Hiroshima. Naturally, we went to the A-bomb museum there.

It was a sobering experience. But one older Japanese lady working there told us that as horrifying as the bombing was, it did save lives on both sides. The Japanese would have never surrendered easily. As seen in Saipan, they would have fought viciously and committed suicide rather than surrender.

The older population realized this and accepted the consequences. The younger generation is the one questioning and condemning the bombing.

Ann Parker, Rio Dell

Happy Thanksgiving

Let Us Do The Cooking For You!

**All Thanksgiving Fixings,
Pre Made & Ready To Enjoy**

Humboldt Pie **Oven Roasted Diestel Turkey**

Homemade Cranberry Orange Compote **Stuffing w/ Beck's Bread**

At Eureka Natural Foods it is our goal to provide our customers with organic, fresh and Non-GMO products. The term "organic" refers to the way agricultural products are grown and processed. Organic food contains more vitamins and minerals to keep you healthy. Organic is the only way to go for the holidays!

**Cooking At Home?
We Have All The Essentials**

Receive 10% your purchase on Senior Tuesday

EUREKA NATURAL FOODS

1450 Broadway Street, Eureka (707)442-6325

2165 Central Ave, McKinleyville (707)839-3636

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 tpcase@humsenior.org.

Let's Hope It Never Happens Again. But It Could.

By Timothy Crlenjak

I agree with John Dillon and Deldean Lamb, writing in the October edition of Senior News [page 21] concerning Jack Nounnan's letter in September, "Mistakes of the Past."

Nounnan proposes that it was a terrible mistake for President Harry S. Truman to nuke Japan in 1945 because Japan was ready to surrender.

I may have served with Mr. Nounnan as a volunteer at an ACLU event years ago. We talked about the death penalty and stuff, if memory serves. Nice guy, well-intentioned.

I am always intrigued when folks on my side of the political continuum assume the baseline mindset that if there is a conflict between America and another nation, America is at fault. We make plenty of mistakes, Vietnam and Iraq being only two. Colin Kaepernick was right, on and on.

But President Truman made the right call

on Japan, the only call for that one moment in history. The idea that the Japanese would meekly surrender because it was hopeless is absurd and refuted by their every encounter with U.S. forces and our allies. It would have cost an easy million allied troops to invade, and millions more Japanese as they fought to the end.

The Japanese Empire spent the first one-third of the 20th century colonizing Asia by all-out war, death and destruction. Pearl Harbor was Japan's third sneak attack in 50 years — they attacked China in 1894 with Korea as the prize, Russia in 1904, and Pearl Harbor in 1941.

A good place to start when chronicling Japanese pan-Asian atrocities is "The Rape of Nan-king" by Iris Chang, who documents how, in December 1937, Japanese Imperial Forces tortured, raped and murdered 300,000 civilians — on their

way to the millions they killed, as John Dillon wrote. For more, search online for Bataan Death March, Rape of Manila (Philippines), Japanese in Singapore, WWII.

It would be arrogant to assume that only we had the atom bomb. The Japanese and Germans are technically quite competent. And they would have used the bomb on us the minute they had it.

It's terrible what happened to the citizens of Hiroshima and Nagasaki. The Japanese I met while in the Navy and elsewhere have been wonderful people. But what happened to them was brought on by their own government.

As Deldean Lamb wrote, I hope it never happens to anyone ever again. But it could.

—
Timothy Crlenjak of *Eureka* is a Navy veteran.

A Firefighting Tale: Invest in Fire Protection, Public Safety

By Paul Nicholson

I want to tell you about my experience as a firefighter for 30 minutes about 18 years ago.

I was hunting in Colorado in 2003 and staying in a poor mining town called Red Cliff. We came back early that day and found a massive fire. There was only one main street in the town. A paid firefighter and a volunteer were pumping water on two buildings while waiting for the Eagle Fire Department to arrive 25 minutes later.

Since there were only two of them, they could not see what was happening behind the building.

I ran up to the firefighters and

said, "You have to forget about these buildings." There was a three-story wooden shake building up against the hill, and its wooden deck was already on fire. "If it catches, the fire will go up the hill and start a wildfire," I said.

Fortunately, they believed me, ran around the buildings and immediately pulled a new hose to the back.

We placed the firehose in position to fight the fire and the fireman yelled to his partner, "Light it up!" Immediately the hose filled with water, but the firefighter

decided he wanted to it a few feet to the left for a better angle. He and I grabbed the hose, and I was amazed at the weight.

On our first attempt, we couldn't move it because I was not prepared for the weight.

I asked him, how do you move the hose with just two people? He said it was possible, but exceedingly difficult. Fortunately, my buddies ran around the building to help.

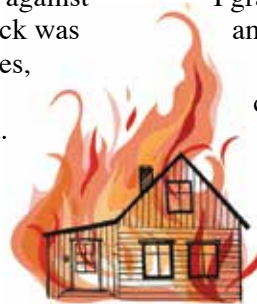
My point here is that with just two firefighters at the scene, they could

not accurately assess the situation and were also very ineffective at fighting the fire.

The Arcata Fire District currently has only two firefighters per engine!

The League of Women Voters of Humboldt County has endorsed Measure F, to restore full funding to the Arcata Fire District. I urge you to visit the AFD website at arcatafire.org and get the facts. This is a small price to pay for proper fire/EMS (lifesaving) protection.

—
Paul Nicholson of *Bayside* is a retired insurance agent.



"Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers."

—Universal Declaration of Human Rights, United Nations, 1948.

You Can Be in Senior News

- **DECEMBER** will be different this year. Just like Jacob Marley's ghost, tell us about your Holidays Past & Future, and how you will celebrate a festive pandemic season.
- **JANUARY** is a time of change — whether New Year's resolutions or climate change. What changes do you (or would you like to) observe in your life and your community?

Contact SN editor Ted Pease: tpease@humsenior.org, or 707-443-9747, x1226.

Senior News

HSRC

1910 California St.
Eureka CA 95501



**The mortgage
That pays You back!**

Diana@keymtgloans.com

Kathy@keymtgloans.com



Diana Fraga
Mortgage Advisor
MLO #235199 / NMLS #1850



Kathy Hall
Mortgage Advisor
MLO #235198 / NMLS #1850

*Start a conversation
with Diana or Kathy
Today!*

- Receive monthly income
- Retain title to your home
- Never make a mortgage payment



(707) 442-2242



3117 E Street • Eureka CA



EVERYTHING MEDICAL

GET A NEW POWER WHEELCHAIR OR SCOOTER
AT LITTLE OR NO COST TO YOU

**BIG
SALE**

**Pride Mobility
Go-Go Ultra Scooter**
Starting at \$899



Stop by . . .
and try it for yourself.



**MAXI
COMFORT**
TWILIGHT

HOME CARE EQUIPMENT & SUPPLIES
SALES • RENTALS • SERVICE
Call: 530-223-3633 • Toll Free: 1-877-221-3633
2376 Athens Avenue, Redding CA
EverythingMedicalonline.com



**Golden Tech
Daydreamer Lift Chair**
Starting at \$1,499



**Golden Tech
Cambridge
Lift Chair**
Starting at \$749



**Golden Tech
MaxiComfort
Pub Lift Chair**
Starting at \$1,399