



Take Me Out to the Fair

Grandma's Perfect Day

By Patti Stammer

Phoebe called me yesterday and asked if I wanted to go to the county fair. She was excited as only a 4-year-old can be.

She had a list: corn dogs, cotton candy and lemonade for lunch. Then she wanted to show me her art, and ride the rollercoaster, the Ferris wheel and the merry-go-round. And we had to see the sheep, the pigs, the ducks and cows.

She asked if I could bring Wet Wipes because cotton candy is really sticky. And if I would carry her camera and the wipes, her purse wouldn't be too heavy.

"We are going to have a perfect day at the fair, Grandma. Are you as excited as I am?"

Well, not exactly, my Little Love. I just spent a week helping set up the fair. My head hurts, my legs feel like jelly, my feet are swollen into turnips, sheep make me sneeze, and I hate cotton candy ever since a wad got stuck in my hair.

I've seen the art, and I'm too fat for the rollercoaster. But a couple corn dogs ought to do the trick, especially if I take a little Tylenol with my lemonade before we ride the Ferris wheel.

"I can't wait, my Angel. See you tomorrow. We'll have a perfect day!"

—
Patti Stammer starts her wonderful days at home in McKinleyville.



FAMILY FAIRTIME — The Humboldt County Fair is a three-generation tradition for grandpa Tim O'Leary, his daughter, Bazen, and her son Jeteo, then 14 months old, getting his first taste of the merry-go-round in 2016. Mark Larson photo.

A Humboldt Tradition Since 1861

By Ted Pease

Blue ribbon pies. Champion hogs. Parades of best-in-show cakes and preserves, lambs and calves, cured meats, sewing and knitting, canned green beans and more.

Add cotton candy, Ferris wheels, corn dogs with all the trimmings, merry-go-rounds and whirl-a-gigs, massive tractors, live music and

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ASK THE DOC

HSRC

MAILBAG

Published since 1981 by

HUMBOLDT SENIOR RESOURCE CENTER

What's on My Plate
Page 5

Our Drivers Deliver
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Fan Mail & July 4th
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Humboldt Senior Resource Center

TEDtalks: Our Village

I've been thinking a lot about community lately, and about neighbors pulling together and getting by with a little help from our friends.

For me, a prime example of people pulling together is this newspaper. Appearing since 1981, underwritten by the Humboldt Senior Resource Center and the unwavering support of local advertisers, Senior News is all about community.

Every month, friends, neighbors and complete strangers pitch in with their stories and letters, reaching out to each other with humor and compassion, sharing their lives and interests.

Say what you will about the failing newspaper business, Senior News connects people, and makes a difference in people's lives.

A woman named Eileen recently sent a note: "I changed my subscription to the Times-Standard last year to digital-only," she said. "Since then, I have sorely missed holding the Sr. News in my hands — since I also haven't gone out and about shopping in the community, like so many of us seniors.

"I guess it's time to subscribe. Thank you for continuing this wonderful newspaper."

It's people like Eileen herself who deserve the thanks. This newspaper wouldn't happen without friends who volunteer to fill our

pages. Last year, 133 writers, photographers and artists donated their talents — somewhere between 12,000 and 14,000 words and 12-15 photographs per issue.

Senior News is a nonprofit and doesn't have a budget to pay freelancers, so all we can offer is our thanks, starting with our four regular columnists — Julie Fulkerson, Jennifer Heidmann, John Heckel and Margaret Kellermann — who deliver their words of wit and wisdom like clockwork each month.

This month, we also thank 15 other friends and neighbors who shared their stories about county fairs and other topics. Their work both reflects and helps build community.

A regular contributor who adds so much to Senior News is photographer Mark Larson, longtime friend and emeritus Humboldt State journalism professor. This month, his photos tell stories of the Humboldt State Fair (pages 1 & 9).

Single-handedly, Mark is the Senior News Photo Department. When I thanked him for making us look good each month, his typically modest response was, "It takes a village."

He's right, of course. We couldn't do it without you. All of you.

Ted Pease is privileged to be editor of Senior News. Bob Doran photo.



Mark Larson



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COMING NEXT MONTH
Jobs

Ralph, Plumas County's 1959 Champion Hog, on the Lam

By John Meyers

The announcer's deep voice rumbled over the loudspeaker. "And the Grand Champion pig for the 1959 Plumas County Fair is . . . Ralph! Owned by John Meyers."

That's right. My pig, Ralph. As Grand Champion, he was to be showcased in a special pen right at the front gate of the fairgrounds alongside the champion lamb and champion steer.

You can imagine how proud I was in my freshly laundered, spotlessly white 4-H uniform, with my green hat at a jaunty angle on my little head, as we loaded him up in a honey wagon for a ride up to the front gate.

Well, I say we loaded him. We *attempted* to load him. Ralph wasn't having any of it.

I patiently explained to him the great honor was being bestowed upon him, but I think maybe he had heard rumors about the livestock auction on Sunday and was having second thoughts.

Then I had one of the best ideas of my life: I would *walk* him to the front gate. Hadn't we also won first place in the showmanship division? I could just see the photo on the front page of our community newspaper with me proudly herding Ralph to the Champions' pen.

We let him loose and I took my position with my herding cane.



SPOTLESS — A 12-year-old John Meyers in his immaculate 4-H uniform at the 1959 Plumas County Fair with his champion, Ralph, who is pretty clean, too. Submitted photo.

And that was the last we saw of Ralph for at least a half-hour. He took off right between my legs, causing me to ride him facing backward for several yards before I fell off, face down in the dirt in my previously spotlessly white uniform. I looked up in time to see him booking it for the carnival rides. A pig in a carnival . . . who would have thought?

We chased Ralph through the carnival and then down to the flower exhibits and around the side of the main exhibition hall. It was easy to follow his trail by listening for the whoops and hollers of the fair-going crowd.

He made a pass by the horse barns and then headed for the PTA barbecue hut, and that's where we cornered him. Looking back now, I can see the irony of taking him down at the barbecue hut.

It took four or five kids to hold him down until some adults showed up with another honey wagon. Ralph spent the night in the front gate pen, taking a big nap after his grand adventure. I changed my clothes and vowed to raise a lamb next year.

John Meyers, 72, of Trinidad can be a little pigheaded himself, at times, and also occasionally runs off.

An American Tradition — Fairs, Farmers and Baby Goats

No surprise — in rural early America, county and village fairs were originally all about agriculture and trade.

Pittsfield, Massachusetts, is credited with holding the first American fair, organized in 1807 by Elkanah Watson as a sheep-shearing event. The idea expanded to other farming and small-town enterprises, and caught on throughout rural communities, growing into the first state fair in Syracuse, New York, in 1841.

Today's county fairs have branched out to midways and entertainment and much more, but many maintain agriculture as their fundamental core. True to these roots, the Humboldt County Fair features competitions and livestock auctions for adult farm-



ers and kids.

The Junior Livestock Auction caps a week of events for future farmers who raise beef and cows,

goats, poultry, rabbits, sheep, swine and other farm critters, many headed for the junior auction on Sunday, Aug. 22. Senior livestock events are Aug. 27-29.

A glance at the competitive events page at humboldtcountyfair.org reveals long lists of categories reflecting the fundamental rural character of the county fair — from livestock to arts, woodworking to "decorated potatoes," floriculture, clothing, canning and drying, fabric arts and sewing, horticulture, scarecrows and many more.

To get in touch with your own rural roots, swing by the livestock exhibits at the Humboldt County Fair (Aug. 18-29 in Ferndale).

—Ted Pease

America Loves the Freakish, Weird & Wonderful

By Peter Mehren

The most important and valuable course I took in secondary school was typing, at my mother's insistence.

But the second most was semantics, the study of the meanings of words, beyond the mere dictionary meanings. It was taught by a fine fellow who refused to sign UC Berkeley's Loyalty Oath, which said, in part, "I am not now and have never been a member of the Communist Party." So he walked down the street from Cal to Berkeley High School. The Fifties were dangerous times.

One element of semantics is recognizing the emotional impact of words, beyond their simple definitions. As Shakespeare put it, "There is nothing either good or bad but thinking makes it so." A word is just a sound, with its meaning somewhat agreed upon; some sounds are categorized as Bad. Recall George Carlin's "Seven Words You Can't Say on Television."

And so it is with the word "freak." "Freak Shows" — or "Expositions of Nature's Mistakes" or "Oddities" — used to be almost as popular at the fair as the tent shows of "dancing girls" ("Fifteen girls, only fourteen costumes!").

Ah, those days of mindless innocence.

But look at American "entertainment" even now, with the misshapen no longer able to earn a living by being stared at. "The World's Shortest Man," who sang, in his squeaky voice, about being a Boy Scout looking for a girl, now sits at home, unemployed, watching television.

The lady with the parasitic twin ("One head, two

bodies, three arms, four legs!") would have had to go back to college and learn a trade.

Freaks? All it means is people who are somehow at an extreme, different from the norm, the average, the mediocre. It explains the popularity of the Kardashians.

"America's Got Talent" showcases people doing

butter on a stick, anyone? And scary rides, assembled and disassembled by young men employed by the company that went from fairground to fairground, spending their time making them go faster while flirting with schoolgirls fascinated by these tattooed "bad boys," sometimes hanging around after the rides shut down.

Anything "extreme," anything singularly unusual, is a "freak."

As with so many other sounds, someone decides what can and can't be said aloud, what carries "emotional baggage" beyond the dictionary meanings. It is amusing to watch the migration of words from one category to another over the centuries. "We first condemn, then condone, then embrace," as the saying goes about so many social stylings.

When I was young, when we'd visit my paternal grandparents, the first thing I'd do after hugging each of them was rush to the bookshelf and take

down the orange volume, "Ripley's Believe It or Not," and sit quietly reading the captions and looking at the drawings of "Exceptionalities."

Nothing is "normal," particularly the deeper one looks. Now the freak shows — the oddities — are absent from the county fair midways.

Deep-fried butter on a stick is still there, though. Please explain.

—
Peter Mehren, 80, contemplates words and the world's oddities from his home in Toronto, Canada.



WORLD OF WONDERS — This 20-foot sideshow banner for a 1930s traveling circus illustrates America's long fascination with the sensational and unusual.

amazing, even frightening dance moves, singing in ranges beyond the norm, making dummies seem to talk. And America's also got shows requiring unusual "knowledge," like "Jeopardy!" Those people are freakishly knowledgeable (although their great recall is often like an oil slick on the Mississippi: colorful, broad and shallow).

Even professional sports, which in addition to extraordinarily large people, feature those who are exceptionally — freakishly, if you will — athletic.

The Midway at the old State Fairs, even county fairs, used to feature strange foods — deep-fried

What's in a Word? How Language Evolves Over Time

As Toronto writer and actor Peter Mehren observes above, there can be a lot of freight in a single word. Meaning is often a moving target.

"Freak" is one of those. Today, it can be considered extremely pejorative when used to describe individuals.

Like many words, however, its meaning has shifted significantly over time. In the 1500s, it

meant "a sudden change of mind," as in, "The Queen's smile fell from her face, 'Off with his head!' she bellowed in a freak of anger."

Later, "freak" came to mean "prank" or "trick." In the 1785 edition of the Oxford English Dictionary, "freak" was defined as something wonderfully imaginative, and thus out of the ordinary.

A 1970s dance, "Le Freak," was banned in

many high schools as lewd. And there are "freak accidents," "freak outs," things that are "freaking awesome," "health freaks" and "freaks of nature." Children of the 1960s and '70s who were "freaks" were cooler than hippies.

And some of us happily self-describe as "word freaks."

— Ted Pease



ASK THE DOCTOR

BY JENNIFER HEIDMANN, M.D.

What's on My Plate?

This month, for a deeper dive into the health importance of diet, I interviewed our registered dietitian at Humboldt Senior Resource Center, Andrea Crittenden, for more in-depth information on nutrition and health.

Q: What is the current thinking about the “food pyramid”?

A: “The food pyramid was created in 1992, and replaced [by the U.S. Department of Agriculture] with the MyPlate model in 2011, updated in 2020.”

“The advice is to be creative with fruits and vegetables, choosing a different color at each meal or snack to get a variety of vitamins and minerals. Make half of

your total daily grains whole grains, like brown rice, whole wheat bread, quinoa or corn tortillas. Choose lean sources of protein and/or protein high in healthy fats. Options include eggs, poultry, salmon, nuts and beans.

“For the dairy side, choose something that has extra benefits such as Greek yogurt, which is high in protein and promotes gut health. For more information and recipes, see Visit myplate.gov online.”

Q: How can someone work on losing weight in a safe and successful manner?

A: “If possible, they should seek advice from a registered dietitian,

who can provide expert nutrition advice and a personalized approach tailored to each person's needs. Many insurance plans cover dietitian consults, especially around management of chronic conditions such as diabetes.

“If seeing a dietitian is not possible, choose a reputable dietitian's website that clearly shows the person's affiliation and credentials as a registered dietitian.



“For weight loss, balance food groups and eat consistently throughout the day, focusing on overall health and not just the scale. Food should not be labeled ‘good’ or ‘bad,’ and fad diets are often unsuccessful.

“It is best to include all foods in your diet but in moderation, concentrating on the MyPlate model for healthy choices. A small healthy snack or meal every three to four hours will help with energy levels and regular bowel movements.

“Dietitians encourage long-term sustainable changes rather than quick fixes or rapid weight loss guide.”

Q: What foods are best for people with diabetes, high blood pressure or heart disease?

A: “Try to eat less processed and packaged foods. Instead, aim for nu-

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Alzheimer's Drug Questioned

In last month's Senior News, Dr. Jennifer Heidmann wrote about the federal Food & Drug Administration's (FDA) controversial decision in June to approve a new drug called Aducanumab for Alzheimer's disease [“More Rigor Needed,” July 2021, page 5].

The drug is the first approved by the FDA that aims to slow the progression of Alzheimer's, which would be a breakthrough in treating the disease.

In her column, Heidmann cited critics' claims that the medication was rushed onto the market without rigorous enough testing. The FDA's own independent scientific advisory committee opposed it, and said there was too little evidence that the drug even works. Three of advisors resigned in protest of the approval decision.

Now, after their own review of the scientific data, three major U.S. health

systems — including Providence, which operates St. Joseph Hospital in Eureka and Redwood Memorial in Fortuna, and the Cleveland Clinic and Mount Sinai in New York — have refused to administer aducanumab, marketed under the brand name Aduhelm.

“The FDA's approval of Aduhelm has raised serious concerns and questions by clinicians, patients and caregivers, and a cautious approach is required,” a Mount Sinai spokesman said.

All three healthcare systems said they support continued research of this approach for treating Alzheimer's, and will reevaluate their decision as more study warrants.

On July 9, the head of the FDA ordered an independent federal review of the drug, which will cost \$56,000 a year, and its fast-track approval.

—Ted Pease

No Fountain of Youth

News flash: Scientists in England have determined that humans can't live forever.

That would be a big disappointment to Spanish conquistador Ponce de León, if he were still alive. De León, who accompanied Christopher Columbus on his second voyage to the “New World” in 1493 and later became a tyrannical colonial governor of what is now Puerto Rico, spent years fixated on the fountain of youth.

More recently, researchers, businesses, academics and their investors spent an estimated \$110 billion last year on genomics and artificial intelligence to find ways to stop the aging process, reports The Guardian.

But scientists say, “Sorry, there is still no fountain of youth.”

“We compared birth and death data from humans and non-human pri-

mates and found this general pattern of mortality was the same in all of them,” said Oxford University's José Manuel Aburto. “This suggests that biological, rather than environmental factors, ultimately control longevity.”

Aburto and an international team of scientists confirmed a theory that species' rates of aging don't really vary. Although people do live longer now than in Ponce de León's day, that's thanks to improved medicine, health and living conditions.

“More and more people get to live much longer now. However, the trajectory toward death in old age has not changed,” Aburto said. “This study suggests evolutionary biology trumps everything and, so far, medical advances have been unable to beat these biological constraints.”

—Ted Pease



HOME GROWN BY JULIE FULKERSON

I Think I Need a Job

I see signs in nearly every storefront — “Help Wanted” and “Hiring Now.” I’m beginning to think it is my duty as a citizen to get back to work . . . at something.

Our nation’s economy is at stake. There is a lot I could do. I’ve been a waitress, drug store clerk, babysitter, door-to-door sales girl, teacher, counselor, fishing tackle assembler, gas pumper, apartment cleaner, planner, organizer.

I notice that if I want to go out to eat, it is nearly impossible to get a reservation or a table. One restaurant sign said, “We open between 12 and 1 due to staff shortages.” Another read, “Due to difficulty of hiring qualified staff, we will close every Tuesday until further notice.”

Predictability is not a part of our daily lives and never has been. It is just amplified now.

I went to a dollar store a few days ago and the shelves were in complete disarray. I imagined myself working there for \$8/hour in trade. Every hour, I could pick out eight things. In one day’s work, I could set up eight households with the basics.

First day: eight cans of cleanser, eight bottles of shampoo, eight Scotch tapes, note pads, etc. Day Two: a complete set of dining service of silver, plates, glasses, napkins, candles, and Spaghettios.

After two months, I envision I could help an entire neighborhood clean up and entertain.

But I’m not likely to go back to work in trade for \$8 an hour, but

it is a good way to get through a sleepless night if I don’t start worrying about how and where all that stuff was made, who suffers in the making, its impact on the landfill, the fossil fuel used to get it here, global warming . . .

When reality kicks in, I get pretty excited about the opportunities now open for job seekers. Years ago, colleagues and I developed a very successful job search program. Not all, but many of our clients were recovering alcoholics, addicts and felons. The State had deemed many to be unemployable and sent them to us.

We had an 86 percent success rate because the program was based on the belief that everyone has talent and dreams. Participants had to agree to stop looking for “a” job or “any” job until they completed the workshop that helped them dig down to early dreams, possibilities and personal talents.

We dealt with so-called handicaps, but in the end, job seekers were very successful in finding their “perfect” jobs. I’d love to be doing this program again. The possibilities are truly unlimited.

Now, add universal health care and child care, and we really will create a healthier, more resilient and happier world.

Julie Fulkerson’s friends also think outside the box — like the 80-something who just landed a great job. Contact: juliefulkerson@mac.com.

The Women’s Vote at 101

By Kay Escarda

Early in 2020, three friends — Nancy Kay, Judith Stoffer and I — brainstormed how to celebrate the 100th anniversary of passage of the 19th Amendment, which granted the vote (finally!) to women in 1920.

We floated the idea to the public and some 40 organizations indicated interest.

Encouraged, we enlisted the help of the Eureka Chamber of Commerce, Old Town Main Street and Eureka Mayor Susan Seaman. We secured a permit for a parade with marching bands, offered tables for groups to promote their organizations, and planned to end the parade with a celebratory program at the Gazebo in Old Town Eureka.

Then came COVID-19 and the pandemic.

We postponed, revised, postponed and revised again. August 18, 2020, the 100th anniversary of ratification of the 19th Amendment, came and went. However, community groups let us know they still wanted to commemorate the occasion.

Finally, we have scaled back from a parade to a celebration of the vote for women at the Gazebo at F and 2nd streets in Eureka on Saturday morning, Aug. 14, 2021. The event will include music, short speeches, a “selfie suffragette” booth, and 20 widely diverse community groups at

tables to provide information about their organizations.

We have invited two honored 100-year-old-plus women to be our guests in the horse-drawn carriage. Everyone is invited to visit Old Town shops or restaurants following the program.

With all the attention on voting these days, we are more convinced than when we began planning this a year-and-a-half ago that celebrating 100 years of women’s suffrage is a worthy effort.

As a former teacher, years ago I was a guest speaker at a high school civics class. After encouraging the students to register to vote as soon as they turned 18, I commented, “Remember, if you don’t vote but I do, I get to make all the decisions that affect your daily lives.” The whole class groaned and pledged to register right away. We all laughed, but I hope they vote — and still do.

So mark your calendars. Come Celebrate the Vote on Saturday, Aug. 14, at the Gazebo in Old Town Eureka. The music starts at 10:30 a.m., followed by speakers from 11-11:30. The community tables will be staffed until 12:30.

Kay Escarda of Eureka is a retired teacher and lifelong community volunteer.

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex. Congress shall have power to enforce this article by appropriate legislation.”

—The 19th Amendment to the U.S. Constitution (Aug. 18, 1920)

Big Prizes at the State Fair

By Sue Blick

I had lived in Wisconsin for about 40 years before I attended my first spectacular State Fair in Milwaukee.

My daughter, Sheli, suggested we go. She and her “little sister” Kelley (they connected through Big Brothers/Big Sisters) were making plans for an outing together and invited me to go along.

We drove to a bus stop near the fairgrounds and then were shuttled to the front entrance. It was like a mini-version of Disneyland — somewhat overwhelming.

Our plan of attack was to enjoy the vast variety of rides before we ate anything. I watched Sheli and Kelley enjoy that segment while keeping my feet safely planted on the ground.

The food vendors offered “delicacies” I had never heard of — like deep-fried chocolate-covered bacon, deep-fried butter pieces, deep-fried Snickers. The vendors seemed to compete every year to invent a new menu item, but for those with a sweet tooth, the famous cream puffs were always a favorite.

To rest our weary bodies, we sat in pavilions that offered a variety of entertainment. The one that we enjoyed the most was watching the Clydesdale horses put on a spectacular show.

Then we walked among booths offering raffles and drawings for lots of “stuff.” I have a weakness for contests, raffles or games offering prizes.

In the days following our visit to the State Fair, I was notified that I had won two prizes. The first was a house energy audit by the Wisconsin Gas & Electric Company. Perhaps everyone that visited their booth “won” that special prize.

The second prize was from a county-sponsored booth from Northern Wisconsin — an ice auger! What in the world was I going to do with this piece of equipment? My husband Jim and I didn’t fish in winter or anytime of the year.

When UPS delivered it to our door, the delivery person was very impressed. “This is a really nice

auger!” he said.

I still wasn’t impressed, but my brother, Dick, who lives in northern New York State, was when I sent it to him. He and his son and grandson go ice fishing and they send pictures of their frozen catches of the day.

Knowing the joy they had with this tool makes me I feel like I won a super nice prize.

Sue Blick, 73, lives in McKinleyville, comfortably far from the nearest ice-fishing hole.



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“Common sense ain’t common.”

—Will Rogers (1879-1935)



PAINTING THE OCEAN

BY MARGARET KELLERMANN

Newport to Seattle

The time: Summer 1969. The Newport (Rhode Island) Folk Festival was in its 11th year, same as me.

My family: Nixonians.

Me: covertly entranced by colorful groups of beaded, sandaled people ambling along our main road to the festival.

I set up a chair on our lawn to view these people flowing toward the nearby venue, where I could hear strange, forbidden music. Stealthily — since my family snorted at “hippies and yuppies” on TV news — I sometimes flashed the walkers a peace sign.

It’s hard to convey to younger people now what a simple peace sign meant to us all. How near-treasonous it seemed. Dad had strongly told us kids not to wave the peace sign to soldiers our family saw in our travels. Many of the festival-goers returned the conspiratorial signal, as the soldiers had.

What did I miss by not cutting my Republican ties and running toward the music? According to an August 1969 Rolling Stone festival review, I missed only “the same old” thing, a judgment that doesn’t age well.

There was only young Van Morrison. Only Johnny and June Carter Cash, Joni Mitchell, Muddy Waters, Taj Mahal . . . you know, the usual. “The star performers of the weekend” (festival organizers weren’t always prophetic about musical tastes): the Everly Brothers. Meanwhile, a promising newcomer relegated to the Young

Performers stage, James Taylor had his show cut to only 15 minutes by the announcement of the first moon landing.

Sure, the same old thing.

Fast forward to Summer 1996, Seattle Center, Northwest Folklife Festival. Me: a staunch Democrat in a fairy dress, pipe-cleaner antennae and butterfly wings from the hobby shop. I’d formed the acoustic band Wishing Stone with four guys (all computer engineers, dressed as bugs). Plugging our album, “Bugs Unplugged,” we played for an overflow crowd of very young kids and their tagalong parents in the Children’s Amphitheater.

We performed a lively set of bug songs, climaxing with a marching singalong, “We Are the Ants.” Sample lyrics: “We are the ants (x4); we’ll eat your lunch.”

At one point I gargled water at the mic for 30 seconds while vocalizing harmony with the grasshopper and mosquito guitarists, while the beetle fiddler and the dragonfly stand-up bassist played away. It wasn’t Joni Mitchell plus four James Taylors, but the kids went wild.

One 3-year-old sidled up to me afterward. With prodding from her dad, she whispered, “Are you a real butterfly?”

“Yes, I am,” I said, giving her the secret butterfly signal, which I shall never divulge.

—
Margaret Kellermann offers new Art Hikes Around Humboldt, starting Aug. 28. Find out more at bluelakestudio.net/contact.

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Hazy, Lazy, Crazy Days at the Humboldt County Fair



HAT DAY AT THE RACES — This year marks the 125th anniversary of the Humboldt County Fair since it took up permanent residency in Ferndale in 1896. The life and tradition of this fair take many forms (see “A Humboldt Tradition,” page 1), but none is as much fun as Ladies Hat Day at the races. Here, clockwise from upper left, some hat ladies cheer the passing racers; Velma Root’s birdcage creation, “Reversal of Fortune,” won in the Funniest or Most Outrageous category in 2019; track bugler Paul Estabrook of Santa Rosa sounds the call to the starting gate; hat ladies Ruthann Codina and Stephanie Beauchaine, both of Fortuna, and Sandra Cooke of Lincoln, cheer on their picks. At lower left, a well-dressed Humboldt Fair crowd in 1903; and racers and their mounts throw up the dirt as they round the first turn. Mark Larson photos; 1903 scene from the Ferndale Museum and Humboldt State University Special Collections.





AGING IS AN ART — BY JOHN HECKEL

Guilty Privilege

I struggle with the relationship of privilege and guilt.

I know and openly admit that my life and economic wellbeing benefit from many forms of privilege. While the holy trifecta of white, male and heterosexual privilege may dominate my life, I have also attempted to understand lesser-known forms of privilege, such as able-bodied, religious, birthplace, transportation and couple privilege. They also play an important role in influencing the direction of my life.

Nothing seems to bring the experience of guilt associated with privilege into greater focus than when I research the economics and possibilities of my “getting old options.” So when I recently met with Ann Lindsay to learn more about Life Care Humboldt, I was not surprised when the conversation turned to guilt and privilege. I don’t think Ann was either.

Life Care Humboldt is a dedicated group of local folks determined to increase their “getting old options.” Their stated aim is “. . . to create a resident-led, aging-in-place community in Humboldt providing secure, accessible homes and environmentally responsible setting that supports independence, socialization, personal growth, community involvement, and intellectual stimulation. Life Care Humboldt will keep people close to their friends and families and provide a continuum of services to address changing needs over time.”

Life Care Humboldt is still in the planning and fundraising stage, but

check out their website at lifecare-humboldt.org for a detailed description of their plans and their work so far. Fill out their design survey, volunteer or, if you can, make a donation.

You might discover their work is really *your* work.

I support Ann and Life Care Humboldt. I support the notion of taking charge of my own “getting old options.” When the time comes and I can no longer live safely in my home, I want the options Life Care Humboldt will offer. I do not want to leave Humboldt County, a place I have called home for almost 50 years.

The guilt? I can afford it!

I am 74; my wife Janet is 68. If we plan carefully, we can afford the senior living and aging-in-place options that Life Care Humboldt envisions. We are grateful for the options Ann and her colleagues have planned. Our unknowable future feels slightly more secure.

That increased feeling of security is based in privilege, be it white, male or heterosexual. I know many cannot afford Life Care Humboldt’s options. As an ombudsman for the elderly in Humboldt County, I have seen and experienced first hand the deplorable conditions in which some of us age.

And I feel guilty.

John Heckel, Ph.D., of Eureka is a retired HSU theater and film professor with a doctorate in psychology.

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HSRC News

Drivers Deliver More Than Meals to Seniors

By René Arché

Many homebound elders in our community benefit from being enrolled in Humboldt Senior Resource Center's Home Delivered Meals (HDM) program.

For HDM clients who live alone, the drivers who deliver their meals are almost as important as the food they bring — often the driver is the only person they see on a regular basis. The drivers use each stop as an opportunity to do a quick wellness check on each client.

It takes a special person to be an HDM driver. Rusty Goodlive has been a volunteer HDM driver for more than five years, visiting up to 18 clients a week. He especially enjoys his interactions with people, both clients and staff.

Ashley Gouthier, a staff driver who has been with HSRC for about a year, sees even more clients — up to 95 weekly. She finds it rewarding to provide a service that helps seniors stay in their homes instead of being placed in a care facility.

For an elder who lives alone, a small gesture or favorite food can make their day. Ashley recalls a recent delivery to a client on his birthday. He greeted her at the door and asked, "Do you have birthday cake today?"

She was excited to be able to tell him that, yes, she did.

Rusty said he always tries to call each client by name,

and uses his brief time at each stop to treat each recipient as if they are his most important client that day. Pets aren't forgotten — HDM drivers bring them food, too, with help from the local Animeals program.



Rusty Goodlive

"After retiring, I was looking for community service opportunities," Rusty said, "and I really liked the idea of supporting homebound seniors with something as basic as food."

Tasha Romo, HSRC's director of Nutrition & Activities, said that in a recent survey of HDM recipients, 88% stated that the program is very important in keeping them healthy and independent, helping them avoid malnutrition and its associated illnesses.

More than 150 elders in Arcata, Eureka, Fortuna and McKinleyville are enrolled and receive meals weekly. "Without our drivers, we wouldn't be able to feed these clients," Romo said.

If providing an essential service and bringing smiles to the faces of elders interests you, HSRC currently has openings for HDM drivers. Visit our website at humsenior.org or call 707-443-9747 for more information.

—
René Arché is HSRC's director of Communications and Marketing.
Contact: rarche@humsenior.org



Important!
We Need Your Input

**Humboldt
Senior Resource
Center**

is planning for the future,
and we need your help.
Soon we will be launching
a short survey to get your
input about the types
of services and support
seniors, their families and
their caregivers may need
in the coming years.

Check out *Senior News*,
go to www.humsenior.org
and watch our Facebook
page for more info.

Renewing Care & Connections

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CONFERENCE PRESENTATIONS

Dementia Research: Past, Present, Future
Is This Age-Typical Memory Loss?

Combating Social Isolation in Older Adults
Movement, Music, & Dance: A Prescription

Behavioral Health Interventions in Minds with Dementia
Strategies for Optimal Brain Health

An educational community event

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For information & registration visit www.humboltdcc.org today!

Humboldt Senior Resource Center Is Open and Here to Serve You



Humboldt Senior Resource Center (HSRC) provides a wide range of programs and services to help older adults in our community remain as independent as possible. We now have Centers in Eureka and Fortuna. All HSRC programs are providing services with pandemic safety in mind:

- **Adult Day Health** – A therapeutic day program for ages 18 and older with chronic conditions
- **Alzheimer's Services** – Resources for anyone with a dementia-related diagnosis
- **Multipurpose Senior Services Program (MSSP)** – A care management program to help frail elders remain at home
- **Nutrition Program** – Offering meals for pick-up by senior diners or delivery to homebound elders
- **Redwood Coast PACE** – Providing comprehensive medical care and in-home support for qualified adults



Referrals are being accepted for all programs.
For more information, call us at 707-443-9747
or visit www.humsenior.org.



**Humboldt Senior
Resource Center**

1910 California St., Eureka CA 95501
3200 Newburg Road, Fortuna CA 95540

HSRC

Arcata

321 Dr. Martin Luther King Jr. Pkwy.

707-443-9747 • www.humsenior.org

Eureka
1910 California Street

August Zoom Activities

Find the description for each Zoom class and a list of supplies that will be used in each class on the Activities Calendar at www.humsenior.org.

For more information contact Tasha Romo,
director of Nutrition & Activities
at 707-443-9747 x1228
or email tromo@humsenior.org.



MONDAYS

Every	10-11 a.m.	Bingocize® (pre-registration required)
Every	12:30-1:30 p.m.	Senior Social Hour
August 2 & 16	2-3 p.m.	DIY Arts and Crafts with Vanessa (1st and 3rd Mondays)
August 9 & 23	2-3 p.m.	Armchair Travel (2nd and 4th Mondays)

TUESDAYS

Every	12:30-1:30 p.m.	Senior Social Hour
Every	3:30-4 p.m.	Poetry Reading easy listening
Every	4-4:30 p.m.	Open Mic

WEDNESDAYS

Every	10-11 a.m.	Bingocize® (pre-registration required)
Every	12:30-1:30 p.m.	Senior Social Hour
August 4	2-3 p.m.	CalFresh with Lena
August 11	2-3 p.m.	Ask the Expert
August 18	2-3 p.m.	Simple Cooking
August 25	2-3 p.m.	Mixology

THURSDAYS

Every	12:30-1:30 p.m.	Senior Social Hour
Every	2-3 p.m.	Thursday Trivia

COMMODITIES DISTRIBUTION

Arcata

Thursday, August 19, 10:30-11 a.m.
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy.

Eureka

Wednesday, August 18, 10-11:30 a.m.
Humboldt Senior Resource Center
1910 California St.

McKinleyville

Thursday, August 19, 11 a.m.-1 p.m.
McKinleyville Family Resource Center, 1944 Central Avenue

News

arcata

er King Jr. Parkway

www.humsenior.org

Fortuna

3200 Newburg Road

HSRC Programs & Services Update

All HSRC programs are open and operating as follows:

Administrative Services: Open as usual, but please call 707-443-9747 before coming to our Eureka campus or Fortuna Center and we will assist you remotely if possible. Our doors are locked, but staff are available for on-site assistance.

Activities Program: Zoom Activities are here! See the calendar at left or at www.humsenior.org. The firewood program has been discontinued. Senior Home Repair is 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.

Adult Day Health & Alzheimer's Services: 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: Open in Eureka and Fortuna. New referrals are being accepted.

Senior News: Open as usual. Free copies available at area groceries and businesses. Available online at humsenior.org. Subscriptions, \$25/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.

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. **Reservations: 707-725-6245.**

Information may change without notice. For questions regarding any HSRC program, call **707-443-9747.**

We thank community members for their flexibility during this time as we continue to offer modified services.

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James Hearn—Assistive Technology Professional at Broadway Medical



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Briefs . . .

Remember, Dial 707

The vast 707 area, which covers 11 counties from Sonoma to the Oregon border, is running out of phone numbers, so the state Public Utilities Commission plans to introduce a new overlay area code for new phone customers by the end of 2023. As part of the process, callers will have to include the 707 prefix on all calls beginning this fall.

Capitol Christmas Trees

The Six Rivers National Forest will provide "People's Tree" for the U.S. Capitol Building this holiday season, and 15,000 ornaments are needed to decorate the 80-foot tree and 130 smaller companion trees. Humboldtters are invited to create and send in decorations with the 2021 theme "Six Rivers, Many People, One Tree" by Sept. 1. For details, visit uscapitolchristmastree.com and click on the "Participate" tab.

Disaster Volunteers

The American Red Cross serving Humboldt, Del Norte and Trinity counties wants you. "We're in desperate need of disaster-response volunteers, specifically at the very local level," says disaster program manager Andrew Bogar. These volunteers provide support to victims of emergencies from house fires to wild fires. For information, see video at <https://youtu.be/-yamND-Ubsn0> or contact the Red Cross at 707-273-8481 or Andrew.bogar@redcross.org.

Food for People Sites

Food for People, the local food pantry, sponsors more than two dozen free food distribution sites throughout Humboldt County, from Klamath and Orick in the north, to Garberville and Redway in SoHum.

LightHouse Relocates

LightHouse of the North Coast, the nonprofit agency serving local low-vision and blind residents, has moved into new offices in Old Town Eureka at 317 3rd St. The agency provides a range of services and classes remotely and via Zoom. For information, contact Janet Pomerantz at jpomerantz@lighthouse-sf.org or call 707-268-5646.

Transportation Planning

Humboldt County's transportation planning agency is seeking residents' input as it updates its regional transportation plan. "We want to connect to people in Humboldt so they can tell us how the transportation system could help their quality of life," said Beth Burkes, executive director of the Humboldt County Association of Governments. To learn more, call 707-444-8208 or go to bit.ly/HumboldtRTP2021.

Crafters' Swap Meet

The Redwood Empire Quilters Guild will hold a Crafters' Swap Meet on Saturday, Aug. 21, in the Faith Center parking lot at 1032 Bay St., Eureka. Those with craft materials or items to sell — "unloved/unwanted/unfinished crafting supplies or tools" — can rent table space for \$20. Proceeds benefit the Quilters Guild. Space is limited. Call Martha Johnson for more information at 707-498-5390.

CalFresh: More Than Corn Dogs

If you're thinking of heading out to Ferndale to take in "the oldest continuously running fair and horseracing track in California" (Aug. 18-29), you might want to fortify your nutritional system ahead of time before entering the land of brats and cotton candy.

As tempting and delicious as carnival food can be, your body will thank you for a good reserve of crisp veggies and fruits available from Humboldt County farmers and growers each week at 10 farmers' markets from Shelter Cove to Willow Creek, and Garberville to McKinleyville.

The list of what's in season now runs from artichokes to zucchini, not counting the greens and meats, honey, mushrooms and root veggies that are available year-round.

Farmstands and market booths are displaying freshly picked berries — blueberries, strawberries, blackberries and raspberries — as well as figs, apples, melons, grapes, pears, plums and peaches.

The summer tomatoes are coming in, along with snap peas, tomatillos, cukes, corn and . . . well, the list goes on.

All 10 of the North Coast Growers' Association's certified farmers' markets are now open, blooming and booming with summer bounty flowing in from farm fields around the county. The "mother ship" of Humboldt markets is the Arcata Farmers' Market, of course, which was one of the first in the state in 1978 and now hosts 70 or more local farmers and food pro-

ducers every Saturday on the Arcata Plaza, year-round.

Other markets operate weekdays in Fortuna, Garberville, Henderson Center and Old Town Eureka, McKinleyville, Miranda, Shelter Cove and Willow Creek. The popular Friday Night Market at C Street Plaza in Eureka opens Friday, Aug. 5, and runs through mid-October. Visit northcoastgrowersassociation.org for the schedule.

And remember that farmers' markets accept CalFresh, the program to help lower-income Californians expand their monthly food budgets when they purchase fresh, healthy and nutritional food and produce.

Humboldt's farmers' markets have partnered with CalFresh since 2005. Check out their Market Match program, which doubles CalFresh dollars up to \$10 when using your EBT card at the farmers' market.

CalFresh provides eligible households with an electronic benefits transfer (EBT) card that works just like a debit card and can be used at most grocery stores and farmers' markets to ensure access to healthy foods. Individual adults and families may qualify for nutrition assistance based on factors including income and family size.

For information on CalFresh, visit cdss.ca.gov/calfresh. To apply for CalFresh benefits, go online to GetCalFresh.org, call 877-410-8809, or go to the DHHS CalFresh office at 929 Koster St. in Eureka.

—Ted Pease



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COVID: NorCal Is 'Vulnerable'

As new cases of COVID-19 have surged nationwide with the spread of the highly contagious Delta variant, public health officials worry about a new "pandemic of the unvaccinated."

The Rural Association of Northern California Health Officers (RAN-CHO) warns that this is a particular concern in 11 NorCal counties, which have among the lowest COVID-19 vaccination rates in the state.

"In sum," the health officials said, "we are vulnerable," particularly during tourist season and as the new, more infectious Delta variant has created sharp surges in COVID cases in California and nationwide.

More than 99% of new infections nationwide are among people who have not been vaccinated, so areas where residents have been slow to get their shots are in particular danger.

In late July, nearly 49% of Humboldt were fully vaccinated (compared to 51.4% statewide and 48.3% nationwide), but other NorCal counties lag. For example: Trinity County, 34.7%; Del Norte, 28.9%; Lassen, 26.4%.

"Vaccines are safe and effective," the region's public health officers said, "while the unvaccinated are highly vulnerable to the Delta variant."

RANCHO addressed several

"myths" about COVID-19 vaccination:

Myth #1: "I have had the virus, so I won't get it again." False. "Immunity from past infection is unpredictable."

Myth #2: "Getting the vaccine is worse than getting COVID-19." False. "Vaccination is much safer, more effective and predictable than the infection, regardless of your age."

Myth #3: "The vaccine is experimental." False. "The science used to create COVID-19 vaccines is decades old, is not experimental, and hundreds of millions of people who've received the vaccine are proof it is safe and effective."

Myth #4: "The vaccine will make me sterile" and "will mess with my DNA." False.

Myth #5: "We don't know the long-term effects of the vaccine." False. "Long-term adverse effects of the vaccine are unlikely, but we are definitely seeing long-term effects from COVID-19 infection itself, even in those who had mild to no symptoms."

"The time to wait and see has passed," the health officials concluded. "It is time to get your COVID-19 vaccine." To find free vaccination sites near you, go to myturn.ca.gov to book an appointment.

—Ted Pease

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My Last Date with Gordon

By Penny Whitehead

The year was 1959. My best friend and her boyfriend had fixed me up with Gordon — and his dazzling 1954 Chevy Bel Air.

The Chevy was fresh out of the customize car shop as we double-dated for a movie at the drive-in. The evening was warm, the radio was rocking with Little Richard singing about Lucille. I tried talking to Gordon, who was one of the “Cool Heads” — plus a *senior* at school. Not much conversation.

We didn’t really know each other. He knew nothing about me except that I was a hick from the sticks. The worst part, I was a dorky freshman.

Thank Gawd, when we arrived at the drive-in, the guys went to the snack bar for Cokes and popcorn. I turned to Dorothy and asked her if she was into messing with Mr. Cool. Of course, she was up for a good laugh — that was why she was my best friend.

I got out of the car, took the speaker out of the window, slid behind the steering wheel, started the car up, put it in reverse and parked it three rows away. Dorothy and I started laughing. This is going to be my best joke yet!

I had formulated a story and Dorothy was in on it. We hurried back to where the car had been parked and

sat ourselves on the ground. The guys came back with the Cokes, saw Dorothy and me sitting on the ground, and Gordon starts looking around with a stunned look on his freckled face.

Before he could say anything, I spoke up. “Butch Jensen came by. He said you told him he could take the car for a spin.”

Dorothy was nodding in agreement. I looked up at Gordon with the most honest composure I could muster and said, “Butch said he would bring it right back.”

Gordon the Cool One lost his cool.

Dorothy looks at me like she might run, but Dean knew me well. He looked at me and says, “Really, Penny?” That started me laughing, and I knew I had better come clean and the truth. So I pointed where I had parked the Chevy. Gordon the Cool became Antarctica.

That gag earned me the respect of many. Plus, I was the only living soul ever to drive Gordon’s ’54 Chevy Bel Air.

Sad to say, though, that was our last date.

Penny Whitehead, 74, remembers the good old days from her home in Rio Dell.



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A HUMBOLDT TRADITION . . . From Page 1

entertainment acts, high-stakes ring-toss, horseracing and miles of lights and neon.

It's county fair time in Humboldt!

There was a time in rural America when local, county and state fairs were the biggest show on Earth, the highlight of the summer, if not the year. Humboldt County revives that tradition every August with the oldest continuously running fair and horseracing event in California.

Born in 1861, the Humboldt County Fair would have been 160 years old this year (except for a four-year hiatus during World War II and last year's cancelation for COVID). First held in Hydesville, the fair rotated through various communities before landing permanently in Ferndale in 1896.

Some things haven't changed. All these years later, "fairgoers are still enjoying the same traditions as their ancestors, from farm animal exhibits and horse racing to carnival rides and corndogs," Ferndale's website observes.

Lynn Crosthwait of Fortuna has delicious childhood memories of the Humboldt Fair. "Many decades ago, the exhibit pavilion called Belotti Hall at the Humboldt County Fairgrounds displayed a vast array of women's favorite desserts during Fair Week in August," she said. "Long tables laden with an endless variety of mouth-watering entries seemed to stretch the length of the pavilion, some of them showing prize ribbons when she was a teenager. Crosthwait served as a clerk for the dessert judging. "Women judges spent long hours taste-testing everything," she said. Her job was to take notes of the judges' opinions as they sampled the desserts."

"On and on through the evening and past midnight it went as the

judges (not the clerks) nibbled from plates of breads, bars, cakes, cookies, cobblers, pies and candies," she said.

"It is still a mystery to me how impartial taste tasting could possibly have been maintained."

Pat Francesconi, 94, of Fortuna grew up in Scotia, where her dad was a pipefitter at Pacific Lumber Co. She started attending the fair with her family in the late 1930s.

"To me, the fair has always meant getting together with friends, some of whom we might only see at that special occasion each year," she said.

"As I recall, there were no food vendors before World War II, and each family brought their own lunch," she said. "Of course, these were pretty sumptuous — fried chicken, potato salad and great cakes. They were the tailgate parties of the '30s."

"The fair was not commercial, and the emphasis was on animals, flowers and home-canned fruits, vegetables, jams and jellies," she said.

For many Humboldters, the fair is a lifelong tradition. First District County Supervisor Rex Bohn told the Times-Standard he's been coming for about 50 years — since he was 7 or 8.

"I love the fair," he said. "Give me a corn dog and lemonade and I'm happy."

The Humboldt County Fair runs from Aug. 18-29 in Ferndale. Go online to humboldtcountyfair.org for schedules, information and tickets, and for info on Food Network star and local celebrity Guy Fieri's \$150 "Guy's Grocery Games" fundraiser, and a "Horses to Humboldt" GoFundMe effort to help bring horseracing back to the fair this year.

—
Ted Pease is editor of *Senior News*.

ASK THE DOCTOR . . . From Page 5

trient-dense foods, which tend to be lower in sodium, added sugars and unhealthy fats, but higher in fiber and healthy fats.

“For those with diabetes, adjust the MyPlate formula so that half of your plate has non-starchy vegetables (see “Load Up on Non-Starchy Vegetables” at verywellhealth.com), one-quarter has healthy starches (vegetables and whole grains) and a quarter is lean protein.

“Heart health relies on a balanced diet as well, but with less unhealthy fat (like fried foods and processed foods). Better fat sources include avocados, nuts, seeds and fatty fish.”

Q: How can people best enjoy food when they have problems chewing?

A: “You can still enjoy your favorite foods with minimal chewing by being creative. Make fruit or vegetable smoothies with added protein or heart-healthy nut butter. Have pureed soups with your favorite vegetables added in. Mince up food and add extra moisture to minimize need for chewing and to make swallowing easier.”

Q: It seems like calorie-dense fast foods are cheaper. What are some cost-effective ways to eat healthy?

A: “High-calorie fast foods have empty calories and are low in

nutrients, causing us to feel hungry shortly after consumption, so we can easily end up tripling the amount we eat on these ‘cheap’ food items. This can lead to weight gain and chronic diseases.

“Some tips to stretch dollars when buying healthy food include:

- buy seasonal produce
- buy frozen fruits and vegetables
- do research and find out which grocery stores are having sales
- buy in bulk and freeze or store items for later use
- create a weekly menu, reducing impulse buys, eating out and food waste.

Food is essential for our well-being as well as our enjoyment. Thanks to dietitian Andrea Crittenden for her excellent advice.

For more practical advice on eating healthier — including recipes, information from the experts, explanation of the MyPlate food groups, videos and other healthy resources — visit myplate.gov.

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

Hosts Sought for Homeless Youth

A new program for homeless youth in Humboldt County seeks local community members willing to open their homes to them.

Home Grown pairs youths 18-24 with community members who have extra space in their homes, for short-term transitional housing up to 12

months (3-6 months is average) while they work with Home Grown staff to achieve their independent living goals.

For information, email Joann Taijala at info@homegrownhosthomes.org, call 707-502-2228 or go to homegrownhosthomes.org.



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Fishing for Martha and Walfred, and Finding Peace

By Steve Pence

The trout waters of my summertime youth are not the rivers of my looming dotage.

These icy, 6-foot wide and 2- to 3-foot deep creeks, with their bounty of colorful speckled trout, have not generally thrived with widespread logging, suburban development and sporadic drought.

And, canopied by impenetrable tag alders designed to keep mosquitoes in and the summer sun out, these brooks also are not suited to a dry fly fisherman's back cast or his sense of the suffering he ought to endure in the pursuit of a trout he's likely to release.

When youth graduates from a spinning rod to a fly rod, a river, not a creek, is the logical place for plying the new craft.

Today's motivation for fishing is also not the same as it was in my youth. I am aware of the maxim, "Many men spend a lifetime fishing without realizing it wasn't the fish they were after." But that lofty sentiment held no truth for a boy who happily fished to put food on the table for his hard-working, but markedly poor, Finnish-farmer grandparents, Martha and Walfred.

Their 40-acre potato and dairy farm (a dozen milkers) adjacent to eternally frigid Lake Superior bore the remotest of resemblances to the rich dairy farms of Humboldt County. With only a 90-day frost-free growing season, their sandy, rocky farmland was a place best suited for growing older, colder and more defeated.

So while motivated to fish because of the beauty and solitude of the environs where brook trout

reside, I also loved the satisfaction of providing sustenance for my loving grandparents.

They had so little, materially, but never spoke of wanting more. No indoor plumbing until I was a teenager. Nor did they ever own a functional television, mostly due to the isolation of Michigan's remote Copper Country.

That they were bilingual and bathed in a freestanding, wood-heated building — a sauna — outside of the farmhouse, made them quite unlike my parents, who strove to abolish all manual labor. No wood heat for them and little home baking. The age of Wonder Bread was upon us.

Besides summers of almost daily trout fishing, I would spend a week or two on the farm making hay and picking raspberries and thimbleberries for preserves and for sale in local grocery stores.

So today, when I cast a fly on the 150-foot-wide Escanaba River in Michigan's Upper Peninsula or in the waters of Wyoming, fishing with my nephew, I recall the days of my youth, fishing with a different purpose, in different waters.

And when I retreat to my freestanding, wood-heated sauna, situated next to the river, it is my vibrant memory of the grace and love of these hearty Finns that warms me first.

Steve Pence, 70, lives in Arcata when not escaping back to the summer trout fisheries of his youth in the Upper Peninsula of Michigan.



ON THE FLY — Flyfishermen enter a zone when they are knee-deep in a river, totally focused on the current and the wind and the mind of the elusive brook trout, and how to land that fly just right to draw him out. Steve Pence photo.

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Letters to the Editor

Fan Mail

Good Day, Julie.

I was delighted by your article [Julie Fulkerson, “Depression-Era Benefits,” page 6] in the July Senior News. I was taken back to my childhood and my upbringing by a very thrifty mother and a hard-working father. My dad was a coal miner — a hard-scrabble way of earning money to put food on the table. My mother was not employed outside the home, so there was just the one income. I don’t know how she managed, but there was always enough to eat, clothing on our backs and gas in the ’37 Studebaker!

I remember being with my next-door neighbor, Donna, at her house. Her mother was ready to mix the small “glob” of red/yellow *whatever* into the white, yucky substance to make “butter.” I begged to be allowed to do the job! I washed my hands and dived right into the grease. With all the precision of a 6-year old, I blended the dyes until they were evenly distributed. Then I licked my hands. You should have seen the look on Donna’s mother’s face.

My dad grew a wonderful garden each year — corn on the cob, tomatoes, green onions, leaf lettuce, green beans, rhubarb, all those wonderful veggies we loved. Mom would make “wilted lettuce” with bacon and sliced green onions. I could hardly wait for it to wilt before diving in.

Mom had a hard-scrabble apple tree in the side yard. It was never sprayed — that just wasn’t done in those days.

Hence, the apples were gnarly and wormy. She would sit in the swing and cut up those puny fruits, discarding the worms and seeds, and make apple pies, apple dumplings, apple-sauce. It makes my mouth water to think of it.

There was a wonderful shady grape arbor. Each year, the crop would provide jelly for us, for our preacher and for other special friends.

I also remember our BIG 4th-of-July thrill. My dad would bring home a box of sparklers. Armed with oven mitts and cautioned over and over to be careful, my brother and I would gingerly hold the thin wire while our dad lit the end of each one. I don’t remember being especially thrilled by the sparkles as I was too afraid of being burned to death, or my hair catching fire.

We had chickens in those days that provided eggs and an occasional chicken dinner. Scraps from meals were thrown over the wire fence for the “girls” to feast on. I wasn’t especially fond of handling the beasts, but my brother would pick them up and talk to them. He had a favorite that he called “Chicky-pettest.”

I, too, turn out lights when I leave a room. However, I do use more than two squares of toiler paper. Thanks for the trip down Memory Lane!

—
Jane Moore-Snyder *looks back and reads Senior News at her home in Delaware, Ohio.*

July 4th History

To the Editor:

Katie Buesch lost me on the third paragraph of “Exploding Anvils, Parachuting Dogs & Other July 4th Traditions” [Senior News, July, p. 23]: “The first countywide 4th of July parade in 1861 was led by Humboldt settler, chair maker and entertainer Seth Kinman . . .”

Yes, the first countywide 4th of July parade was a mere year and a half after the massacre of over 200 Wiyot

folks and was led by none other than the supreme drunkard and Indian killer Seth Kinman in his buckskin suit, of course.

And celebrations were scaled down during the Civil War because “so many people were dying” and “settlers were anxious about conflicts with local tribes.” I imagine that local tribes reciprocated that anxiety.

Carol Moné, Trinidad

To the Editor:

I thoroughly enjoyed your July issue of Senior News, which celebrated the 4th of July. As touching as your writers’ memories of their childhood (or more recent) celebrations are, however, I wish someone had remembered what the Founding Fathers intended with the original Independence Day in 1776.

Virginia delegate Richard Henry Lee proposed the motion calling for independence on June 7, and the Continental Congress appointed a committee led by Thomas Jefferson and John Adams to draft a formal document. The Congress voted on July 2 in favor of Lee’s resolution, and on July 4 adopted the document that is one of America’s most sacred treasures, the Declaration of Independence.

Now, 245 years later, do we proud and rambunctious American descendants of those farsighted Founding Fathers remember what the Declara-

tion says? How many of us have read it since high school (or even then?)?

When I hear of “patriots” storming the Congress, I wonder if they have any idea what they risk, or how they dishonor the goals and dreams of those first real American patriots who conceived a nation that gives us the right to disagree. When I hear of “patriots” in our own government who seek to limit the voting rights of citizens, I wonder what has happened to this nation.

When I hear the meanspirited catterwauling that passes these days for “public debate” on issues of common interest and community importance, and the unwillingness of so many even to listen to those with whom they disagree, I despair that the nation can maintain—or if it even deserves—it’s Independence Days to come.

God bless America. God help America.

Jess Martin, Humboldt County

Letters to the Editor 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 Street, Eureka, CA 95501 or E-mail tpease@hum senior.org.

FEEDBACK —

Reader Ron Fritzsche commented on the Page 1 photo of the 2019 4th of July parade in last month's Senior News: "Mark Larson's photo is ironic. Arcata's American Legion no longer sponsors Boy Scout Troop 9. Installed a canteen (= bar) in the former Scout meeting space. . . . Very sad. Troop 9 was one of the oldest troops in Humboldt County, ~90 years."



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Crossword Puzzle

Twice as Nice
by Brooke Husic

Edited by David Steinberg

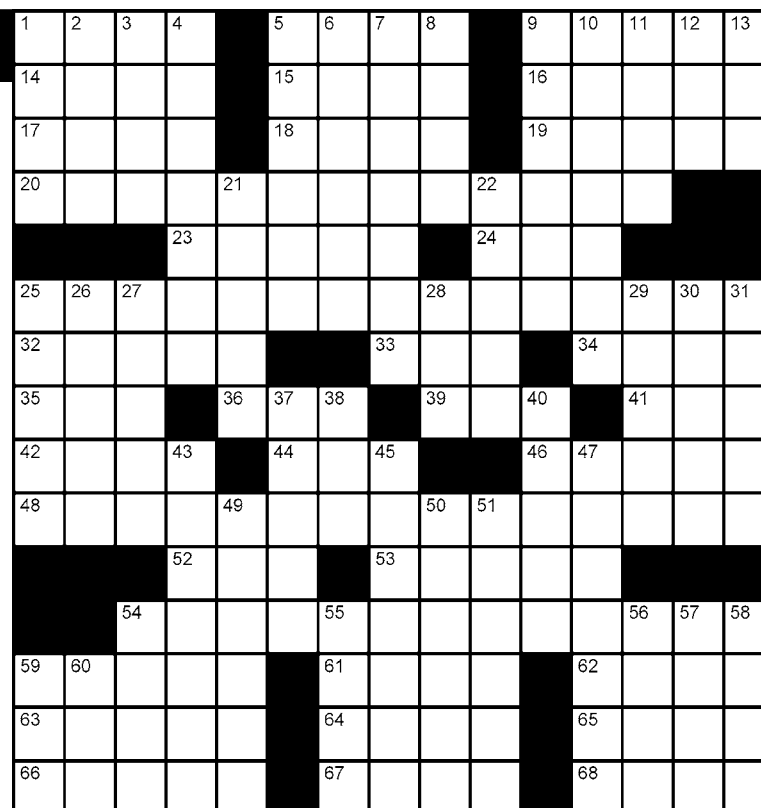
ACROSS

- 1 Unpaved road's surface, perhaps
- 5 Supervisor
- 9 Bands make T-shirts for them
- 14 Angkor Wat's continent
- 15 Gwen Ifill Press Freedom Award recipient Clooney
- 16 "Beloved" star Winfrey
- 17 Knitter's purchase
- 18 Transoceanic alliance, briefly
- 19 All-out brawl
- 20 Versatile softball players
- 23 Oblong tomatoes
- 24 Greek H
- 25 Feature of "To boldly go where no one has gone before!"
- 32 Segment
- 33 Encouragement for a drag king
- 34 City limit sign stat
- 35 Choose (to)
- 36 Deplete
- 39 Knights, e.g., in chess
- 41 Airport near JFK
- 42 Article with commentary
- 44 Question mark part
- 46 Instrument with pipes
- 48 Some rare books
- 52 Nickname hidden in "prevalent"

- 53 German surrealist Max
- 54 "I want something twice as strong," or a hint to 20-, 25- and 48-Across
- 59 Programming pioneer Hopper
- 61 Juicy, maybe
- 62 Opera solo
- 63 Run up, as expenses
- 64 "Retweet!"
- 65 Not as much
- 66 Reacts with shock
- 67 Hornet's home
- 68 Hit with a newspaper, e.g.

DOWN

- 1 Dog ____ of summer
- 2 "You weren't very stealthy"
- 3 Nickname for Fenty Beauty's founder
- 4 Like some Hindu scriptures
- 5 Vietnamese baguette
- 6 Resident of Malcom X's Nebraska birthplace
- 7 Make contented
- 8 Coin opening
- 9 Black Lives Matter co-founder Opal
- 10 Work, or do a surgeon's work
- 11 Web addresses
- 12 Issa of "The Lovebirds"
- 13 ____/they pronouns
- 21 Shelters for doves
- 22 Past, present or future
- 25 Thread holder
- 26 Longstocking with two braids
- 27 "They can do what they want"
- 28 "Yo soy," in English
- 29 "Send me instead!"
- 30 Plant-based
- 31 Faith in music?
- 37 "Hello" singer
- 38 Group of people or dolphins
- 40 Reply to something untrue
- 43 Sustainable period product brand
- 45 You probably don't need one for miniature golf
- 47 Sacred events
- 49 "Any ____?" ("Who's willing?")
- 50 Curtains
- 51 Hit the tab key
- 54 Apple computers
- 55 Persia, now
- 56 Make kombucha or sake
- 57 ____ Frank (big name in neon art)
- 58 Toward sunrise
- 59 Goal for a stand-up comedian
- 60 Messenger molecule



Crossword answers are on page 16.

Our Changing Coast: The Geology of Trinidad Beach

By Daniel O'Shea

The geology of Trinidad Beach is like a crystal ball that holds the origins of the coastline that can help guide our future.

The coast is shaped by the intersection of ancient seafloor rocks, land and sea-level changes, and present-day beach processes. The large rocks and sea stacks emerging from the oceans and beaches of the North Coast are part of the Franciscan Complex that formed as the now-extinct Farallon Plate dove (subducted) beneath the North American plate over the past 150 million years.

The collision of these tectonic plates continues to generate earthquakes, tsunamis as well as the uplift and subsidence of the Earth's surface.

Seafloor rocks form ocean crust at mid-ocean ridges in three distinct layers: basalt, gabbro and peridotite. As the ocean crust subducted beneath the North American plate, those layers were altered by the increased temperature and pressure and metamorphosed to greenstone, meta-gabbro and serpentinite — the California state rock. Sediments that accumulated on the ocean crust over many tens of millions of years were originally composed of siliceous ooze, sand and muds that became chert, greywacke sandstone, schist and slate as they, too, were subducted. These rocks were emplaced 50 million years ago and have since been pushed upward and exposed at the surface.



ROCK WALK TALK — Daniel O'Shea (center left) leads a tour of Trinidad State Beach, explaining the geological and other processes that form the Humboldt coastline. Monica Durant photo for Trinidad Coastal Land Trust.

Tectonic uplift of today's location of Trinidad State Beach began in earnest about 5 million years ago. Over the last 2.5 million years, global (eustatic) sea levels fluctuations of about 130 meters (425 feet) about every 100,000 years occurred, the result of the slow development of continental ice sheets and their relatively rapid melting.

During glacial times, sea levels are much lower and the coastline may have been seaward by several miles. As the large ice sheets melt, sea levels rise and then flood low regions and erode uplifted coastal areas.

The sea cliff that backs Trinidad Beach is a marine terrace that formed during the last glacial

period starting 125,000 years ago from sediments that accumulated near the shoreline, which were uplifted by tectonic processes. As sea levels began to rise about 20,000 years ago, the more erodible marine terrace deposits retreated, leaving behind large blocks of Franciscan bedrock. This process has sculpted the coastline and formed the coastal sea stacks we see today.

Over the millennia, winds, waves, tides and currents have shaped the shoreline into its modern configuration of bays and lagoons in low-lying areas, and sea cliffs where uplift of the marine terrace occurs. Each year, winter storms and high tides may cause erosion at the base of the sea cliff, removing sand from the beach. In summer and fall, smaller waves return the sand onto the beach, protecting the base of the sea cliff from next winter's storms.

Sea cliff erosion will continue as sea levels rise. We can use this knowledge to help guide our decisions of how to adapt to the future position of the coastline.

—
Daniel O'Shea, a lecturer with the Humboldt State University Oceanography Department, conducts "rock walk talks" on coastal geology for the Trinidad Coastal Land Trust (trinidadcoastallandtrust.org).



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• **OCTOBER** — Oct. 14 is National Face Your Fears Day, and Senior News will face its own fear of empty pages and no readers by inviting you to share what scares you, now or as a child. Spiders? Climate change? Let's face 'em and erase 'em. Contact SN editor Ted Pease: tpease@humssenior.org, or call 707-443-9747, x1226.

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