

## We Celebrate Summer



**ROUGHING IT** — Marna Powell and her trusty sidekick, Walter, out on the road in her tricked-out teardrop trailer. Susan Ellison photo.

## Teardrop Glamping in My Blood

*By Marna Powell*

Two years ago, I was thrilled to find photos of my Grammy camping in her teardrop trailer in 1958 — the year I was born.

So many thoughts, but mostly, “GRAMMY HAD A TEARDROP?!!”

The photos have meaning for me because I grew up camping every summer, and I own a teardrop trailer, too. Most of my birthdays were spent inside a canvas tent hiding from monsoons.

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## Those Were the Days

*By Bob Felter*

My dad was transferred to Richmond, Virginia, when I was 11. Although Richmond is not far below the Mason-Dixon Line, there was plenty of Southern influence. This was 1962; I remember asking what the “Whites Only” sign on the restaurant door meant. Nowadays we would have gone elsewhere, but back then, welcome to the South.

We owned shoes, but we were usually barefoot when we stayed in the neighborhood. When you walked down the road on a hot day, you had to stay on the gravel off to the side; scorching tar bubbles on the smooth tar paths where car tires ran would stick to your feet.

The dump was a great destination, a couple miles away, down back roads and through forest. This was before landfills, and there was great stuff everywhere. We once found a minibike. But after pushing it for miles to get it home, my buddy’s little brother said, “That’s so-and-so’s and it was stolen!” Parents called the police, we were interrogated, and the minibike was returned to the owner. Another time we found an aerial practice bomb and brought it home. Once again, the police were summoned. The dump was always an adventure.

When the June bugs came out, we’d raid mom’s sewing cabinet for thread to tie to one of the bug’s legs. Around and around they’d fly while you held the end of the thread. They were big bugs, maybe an inch long with a pretty, iridescent hard carapace over the wings.

I was an avid Boy Scout, so that meant

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ASK THE DOC

HSRC

LETTERS

Published since 1981 by  
**HUMBOLDT SENIOR RESOURCE CENTER**

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# Sr. News

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## TEDtalks: Welcoming Summer

I was born in June — my “Natal Day,” as great-aunt Aggie called it — but that’s not why this has always been such a special month.

However old we get, do we ever escape the happy rush we felt as kids when school ended and the summer began? A helium balloon in your chest, a happy secret in your heart, that explosion of a fresh strawberry on the tongue. For me, just the thought of Popsicles, sunburn or sandy bare feet transports me to the summers of my youth.

My father taught high school, which freed up the entire family to spend sparkly (or fogbound) summers on the Maine coast in boats and scrambling along the granite coast, digging clams and wandering piney woods.

This month’s Senior News celebrates summers past and present with experiences that produce those happy June bubbles. We lead off with two prime examples of summers past and present. Marna Powell has already headed off for an extended “glamping” tour in her teardrop trailer, recalling that her Grammy had a teardrop, too, back in the 1950s. And next to her on page 1, Bob Felter remembers wild summer adventures in Virginia that sound like a coming-of-age movie.

Inside this issue, you’ll also find blueberries in Fieldbrook, river rafting, a dreamy lighthouse cottage, life on a Eurail pass, the lushness of the Humboldt coast, one woman’s Summer of Love, gardens and more summer smorgasbord. Enjoy!

...

June 19<sup>th</sup> marks the day in 1865 that word of the Emancipation Proclamation reached Galveston, Texas. Juneteenth finally became a federal holiday only last year. We join the Black Community of Humboldt in celebrating this year with events June 16-20 (page 24).

Aptly, columnist John Heckel makes a plea for greater appreciation of diversity in Humboldt County (page 10). This is an issue important to me — most of my 30+ years of academic writing and research is about people of color and the news business (overall, not a tale of success or pride).

Our current ugly national debate over race and immigration obscures and ignores the ethnic, racial and cultural variety that enriches America. Here at Senior News, we want to celebrate that richness with more stories about Humboldt diversity. One classic definition of a newspaper is “a nation talking to itself.” Help us broaden the conversation.

...

Senior News is proud to host Jim Dodge, one of Humboldt County’s most respected poets, in this month’s Poets’ Corner (page 22). “As a poet and novelist who has gained fame in writing inspired by this region, no one has a bigger reputation or following,” says Poetry Editor Peter Pennekamp. “He is in the deep space between ecology, back to the land and great wordsmithing.”

Welcome to summer.

*Ted Pease is editor of Senior News. Page 1 top photo: Evening from the bluff above Trinidad State Beach. Ted Pease photo.*



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### COMING NEXT MONTH The Road Not Taken

Trusts & Estates  
Conservatorship  
Dispute Resolution  
Medi-Cal Planning  
Special Needs Trusts

# Climate Change Threatens Fieldbrook Blueberries

By Ted Pease

Climate change has hit Dave Wilbur hard this year.

Out at Noble Berry Farm, an organic U-Pick-'Em blueberry patch in Fieldbrook, Dave gazes out over a field of more than 925 bushes, some quite a bit taller than he is, in 15 different varieties.

On this sunny spring day, swarms of foraging bees are loud among the berry blossoms, but Dave shakes his head.

“Climate change or global warming,” he said. “I haven’t figured out what term hits home to the average idiot human. What are we going to do about it?”

Dave started his blueberry farm in 2008, and last year sold more than 8,000 pounds of berries, but he says he sees signs all around him of how changing climate conditions are affecting not only his bushes, but the very redwoods that surround his berry patch and home.

This winter, Dave has had to dig up and replace about 50 mature bushes, victims of various pathogens and infestations.

“It’s really a lot warmer and lot drier, so I’m already watering where I normally wouldn’t — especially this year,” he said. “It’s changing the micro-



**SURROUNDED BY BLUEBERRY BLOOMS** in his Fieldbrook berry patch, Dave Wilbur looks ahead to a hot season. Ted Pease photo.

biology in the soil.” The former building contractor has had to become something of a self-made soil scientist.

“I have a root pathogen running free in here now, botrytis” that has spread from stressed redwood roots to his berry field, he said. “All these fungi and diseases are rampant out here because of the in-

creased heat, and the bugs that come with it.”

But that’s farming, he said. “When I get control of one thing, it’s another thing.”

“The Blueberry Man of Fieldbrook” grew up on Long Island, New York. He is a “big talker,” he admits, which is part of the attraction for the hundreds of local residents, and tourist blueberry fans who flock to his farm every season.

“Thousands of people come out from all over,” he said. Some pick 10, 20, 30 pounds at a time. “It’s a family tradition when people come to visit, and there’s the regular crowd of health-oriented people interested in organic blueberries — the antioxidant king.”

“I love the people who come here. I’ve learned how to say ‘thank you’ in a lot of languages.”

One way that Dave loves saying “thank you” is by sharing his blueberries.

“Blueberries will save your life,” he said.

The 2022 season opens at Noble Berry Farm, 3563 Fieldbrook Road, in mid-June. Check Facebook for updates or call 707-834-6299.

**Ted Pease** is a blueberry picker from way back.

## THOSE WERE THE DAYS . . . From Page 1

summer camp — the mile swim, long hikes and merit badges in rowing, archery and canoeing. At Camp Shawondasee, the maintenance man had the only good water well, but it was barely sufficient, so the scouts had to use the bad well. The height of disgust was a long hike on a hot day with only a dribble of hot sulphur water in your canteen. We came back from a campfire one night and the next guys over charged into their tent in the dark and surprised a skunk. They went home early.

Up the James River from Richmond lay Boshers’ Dam, which we’d jump off. It’s one of those things that make you wonder how you survived childhood. The water ran over the dam ankle-deep. Out toward the middle was a rusty rebar pin, and if you jumped off right there and relaxed, you’d drop 10 feet, and

then the heavy stream of water pushed you feet-first down through a cave in rocks. You’d hold your breath and pop back up 25 feet down river. Who was the first kid to discover that trick? And what if a log had lodged inside during winter?

Then there was the new water tower near the old coal mine, where you could find fossils. It was 100 feet tall, way above the treeline. We’d climb the long ladder, which had a sort of cage around it so at least you wouldn’t fall backward. Once up on the catwalk, we had a view of the world, but then came the scary part. We’d climb the ladder up and over the top and open the hatch. It took them a year before they filled it, so we could climb down inside and run around and around like inside a ball. One time we climbed a high-tension tower. After about

20 feet, you’d feel a tingling in your hands, and the higher you went, the more uncomfortable it got.

Before my mom passed away at 91, I was telling her one such story and she said, “Now you tell me, at such a vulnerable age.”

**Bob Felter**, shown here as a Life Scout in 1967, relives his adventures and marvels at having survived them in McKinleyville.





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## ASK THE DOCTOR

BY JENNIFER HEIDMANN, M.D.

# Hate Is Bad for Us

**H**ate is bad for health. It is obviously bad for people on the receiving end. It also affects people on the giving end. It leads to adverse physiologic changes in the brain and the arteries. It leads to trauma that we internalize and pass on to our children.

Although I know that being hateful to others causes trauma to the self as well, I am having a hard time drumming up compassion for the givers of hate.

We have this joke phrase in our vernacular, “Haters gonna hate.” But imagine being afraid to go to the grocery store, the only one in your neighborhood, because it might be a target for a terrorist attack?

That was the scene on a Saturday in mid-May, when a hater opened fire at a Tops Friendly Market outside Buffalo, NY, killing 10 people and wounding three others. Eleven of the victims were Black.

There is nothing even remotely amusing about hate. It is used as a political weapon to divide communities with fear. Hate is a choice we make, and something that we are given freedom to choose in our country while we take away basic human rights from women, immigrants and people of color.

LGBTQQIAS2S+\* people are treated to institutionalized hate, often in the name of religion, and queer children are at risk for bul-

lying, homelessness and suicide. People who are hated by our society are more likely to end up in prison, more likely to be killed by police, and less likely to receive the medical care they need.

There are so many public health emergencies happening simultaneously that I have trouble focusing on which one is on the top of the list. Climate change? Pandemic viruses? Racism? Misogyny? Refugees displaced and not welcomed anywhere?

It seems like hate is at the center of the Venn diagram of all the things that threaten our health. We need to take a moment to consider that the suggestion that people of color threaten the existence of “white people” is an intentional way to use hate to incite violence.

Our social constructs of race, marriage and nationalism are based largely in keeping people in their place so that others can be in a position of power.

Am I out of my lane as a physician in talking about this? No. Every day I see the health effects of hate on my community. It feels ridiculous to treat someone’s cholesterol with a statin when people are getting shot for the color of their skin.

What do you think the doctors of the families of those lost in Buffalo were saying at their next appointments? Eat better and exercise more? Sure, these things are important, as always, but the elephant in the room is how on Earth can people do this to each other in this world

\*LGBTQQIAS2S+ refers to Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, Two spirit.

Continued on Page 19

## Re-Elect Steve Madrone Experience ♦ Integrity ♦ Results

*“I am a very strong supporter of Steve Madrone, because he has shown us, the people, clearly that he is a leader who operates from the heart. I believe this is what 5th District and, the whole world, needs now.” Allie Lindgren, Yurok Elder, Culture Committee, Yurok Tribe, Trinidad*

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**HOME GROWN** BY JULIE FULKERSON

## Impermanence

I think I am not attached . . . and then I surprise myself.

It is easy to give away an ice cream maker or a bread machine to someone who will benefit. I buy bread from local bakers and I don't need to eat ice cream.

I take sheets, towels and clothes to Betty Chinn because I know there are many in need. I now have two quick-drying towels and a relatively bare linen closet.

It is embarrassing to have extras of anything. For years, I have taken vases with flowers and cakes on plates with the hope the recipient will keep the containers.

I walk into estate sales and am overwhelmed by the piles left behind. Years ago, these doo-dads were useful. Now, it is nearly impossible to find a buyer, so "Free!" boxes line sidewalks for days. It is discomfoting to watch strangers pick over birth-to-death collections that were once valued, sometimes for generations.

I am grateful for every day that I play music, go for a walk and be with friends. I will not be here forever. I am pretty good at packing for short trips; I realize now that I am unpacking for the rest of my life.

Somebody took a Larry Gray painting from my office hallway. Though I was sad to lose an old friend's art from a KEET auction, it was easy to skip past the anger. I am more worried about people in Ukraine without homes, food, family photos or generations of collectibles. Still, I am not ready to give away my Humboldt art yet.

On a much deeper level, friends are dying with grace or planning ahead for unknown departures. Last month, I attended a birthday celebration on what will be a future burial plot.

Another friend requested a memorial celebration before death because he did not want to miss time with friends. "I can't be there later."

Then, I received a sweet note of gratitude from a friend who is leaving this life. I visit another friend whose memories fade in and out, mostly out. For her caretaker, I fill in the blanks of a life lived with extraordinary contributions and outlandish relationships, and the many lessons I have gleaned from her.

Even harder are the losses my younger friends face.

Sometimes the Dalai Lama helps: "We are under the influence of an illusion of permanence. The substances that make up the objects around us disintegrate moment by moment; similarly, the internal consciousness with which we observe those external objects also disintegrates moment by moment. By seeing that the true nature of things is impermanence, you will not be shocked by change when it occurs."

Honestly, I am still grasping reality and unknown possibilities. For now, I will play more music and know that it will resonate into the future.

**Julie Fulkerson** lives in Eureka.  
For now. Contact:  
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## 'We Are Up' to Serve Disabled

By Mary Keehn

I would like to share a community-building project in its infancy here in McKinleyville.

For almost four years, I have had guardianship for my 14-year-old granddaughter, who has autism. I will be 75 this year and concerns about what might happen to her if I were no longer able to care for her sometimes keeps me up at night.

I am fortunate that I have the resources to get her to therapies and plan for her future. But many parents/grandparents in similar situations do not have the same resources, may not have had a single day of respite care in years, and worry day and night about the future of their loved one.

More than 80% of adults with developmental disabilities in California live with aging parents who eventually will no longer be able to care for them, and the housing market can't meet the needs of this population.

So we have created We Are Up, a non-profit 501c3 to create inclusive, independent and affordable rental housing for residents with disabilities, low-income seniors and students. We have purchased a 15-acre parcel behind Grocery Outlet in McKinleyville to give adults with autism and other disabilities an integrated, community-based place to call home. We have

an active board of directors and have even planted a 30-tree apple orchard.

Our campus is being designed to create safety for our vulnerable family members and opportunity for housing, learning and giving back to all its residents. It will include a community center with commercial kitchen, housing, greenhouse and farm clustered close to Central Avenue within walking distance to grocery, bank, health care and public transportation.



**WIDE-OPEN SPACES** — 'We Are Up' president Mary Keehn stands in the McKinleyville pasture where a residential campus for the developmentally disabled is planned. Ted Pease photo.

More than half of young adults with autism haven't interacted with a friend for over a year. Building a community of people with and without disabilities will decrease stigma and build relationships that benefit all our residents.

We envision a true community, where neighbors help each other in the greenhouse, garden and community center, and that will also engage the larger McKinleyville community.

We Are Up is now in the fundraising stage, and we hope you will help share your questions, ideas and skills. Learn more at [weareup.org/get-involved](http://weareup.org/get-involved) or email [weareup.nonprofit@gmail.com](mailto:weareup.nonprofit@gmail.com).

**Mary Keehn** of Fieldbrook is president of We Are Up and founder of Cypress Grove Goat Cheese.

# Rock Me on the Water

By *Debbe Hartridge*

My love of river adventure started when I was a kid.

Our family moved to Eureka from Montana when I was 10. Dad had been to Los Angeles once, and I think he envisioned California being all palm trees and warm sea breezes and body surfing.

We arrived here sight-unseen, not ready for the foggy summers, and my folks soon discovered that the way to find some weekend sunshine was by enduring the snaking curves of Highway 299 with a Buick full of carsick kids and a queasy dog.

Later they bought a cabin up-river from Willow Creek, and thus began our family's lifelong love of the Trinity River. It's a love I passed down to my daughters, especially Anne, the oldest, who, after many summers of floating in inner-tubes down the Trinity, decided to go to river guide school. Thirty years later, she still occasionally guides for her work crew on expeditions on the American River.

I have so many memories of care-free days on the banks of the Trinity, but my most memorable river adventure was on a different river, the Kern near Bakersfield. It was the early 1990s, and I had signed up to take the first rafting trip guided by my college student daughter. Luckily, I hadn't heard the Merle Haggard song, "I'll Never Swim Kern River Again," at the time.

Anyway, there I was in Kern County, by the side of the river, listening to my very own daughter explain to

us passengers how to stay safe on the overnight float that would include several Class 3 rapids and even a Class 4. This was different from our many expeditions down relatively gentle stretches of the Trinity.

Anne was in charge of my raft, which held three passengers — a father, his teenage son and me. After hearing about how to avoid tree roots and being admonished to do exactly what she said, we set off paddling and soon entered the top of a long, rocky,

Class 3 rapid. At that point, our guide, the person who would keep us safe from peril (who happened to be my daughter), was bounced out of the raft into the swift choppy water. Yikes!

There we were, three complete novices, having to think fast or we'd be on our own dodging boulders. Luckily, Anne's safety talk kicked in and, before she'd been swept too far away, we threw her the rescue buoy and reeled her in, hefting her back aboard by the shoulders of her safety vest.

Once back on the raft, Anne took charge like nothing had happened and guided us through two days of fun in the sun, splashing our way past rocks and around tree roots.

Besides having had an unforgettable adventure in a gorgeous setting, as I drove home I reveled in the experience of seeing my daughter's cool-headed, take-charge persona.

**Debbe Hartridge** of Arcata is former education director at Six Rivers Planned Parenthood.



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# PAINTING THE OCEAN

BY MARGARET KELLERMANN

## Lighthouse Cottage

When I was 9, my favorite book in the whole world was “The Pink Motel” by Carolyn Ryrie Brink. A boy and his little sister find their normal lives upended when their eccentric grandfather dies, leaving their parents an old (pink!) motel on a perfect Florida beach.

Daily beach adventures, unconventional motel guests, and a mystery about the kids’ grandfather kept me — a fourth grader — reading to the end, turning back to the first page, and re-reading. Since I was living in the cold Northeast at the time, I dreamed about having a highly unusual Florida beach motel willed to my own family.

Five years later, my dream was just about fulfilled. My Coast Guard father learned about a vacation spot in South Florida. Back then, only one Coast Guard family at a time could stay there: the Hillsboro Inlet lighthouse cottage in Pompano Beach.

It was the mid-1970s, an era, as you’ll recall, having very little home redesign sensitivity. I’m putting it mildly. Grand turn-of-the-century houses were often either left to the elements or (horrors!) redecorated with orange shag carpeting and avocado kitchens.

Blessedly, the old lighthouse cottage was part of the former design decision. The rambling white home with green trim, bare wood floors, and hardly any furniture had been left alone. Built about 70

years before, it sported only minor upgrades, such as indoor plumbing. Air conditioning meant opening windows to the salt-sea air.

A large welcome basket filled with tropical fruits scented the rooms. We kids ran around the place, finding a secret upstairs passageway, a porch facing the palm trees, and best of all, a path to the beach.

The white-sand beach was all ours, too. Shells I had never seen in real life dotted the sand: whelks, conchs and cowries. All week we beachcombed, swam in the bathwater-warm ocean, or sat reading in the quiet under the palms, ’til one of us figured we should probably have a meal.

One afternoon during a family lunch on the porch, we heard banging, yelling and breaking glass in the direction of the lighthouse. The light keeper walked over from his house to explain, “Excuse the noise. Mickey Rooney’s shooting a movie in the lighthouse.”

“Oh? When will he be done?” asked my father, unruffled in his Adirondack chair.

The keeper shrugged. “Only a few hours, sir. Sure, it’s Mickey Rooney, but he can’t stay here.” He walked home. My family continued on with our picture-perfect vacation.

**Margaret Kellermann** is an artist and writer. Contact her at [bluelakestudio.net/contact](http://bluelakestudio.net/contact).

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Paid for by Kamada for District Attorney 2022 - FPPC #1443993



# Youthful Travel: Experiencing Life as a Vagabond

By Jane P. Woodward

The day after school ended in May 1968, I boarded a plane for Europe with a suitcase, a map of Europe and a three-month Eurail pass (\$300 at the time).

Chatting with two Canadians (old school friends) in line at the hostel, I ended up joining them (they had a car) and a somewhat shell-shocked U.S. Vietnam vet for six weeks — hosting through southern Europe — Belgium to Portugal, east to Greece and Turkey, back through the Baltic states to Luxembourg.

Memories abound: three days on an excursion boat in Greece, compliments of the owner; sleeping outside with a curious herd of sheep; the running of the bulls in a small Spanish town; a warning not to walk alone

in Istanbul, then being followed by a persistent Turk to the hostel door.

Crossing the Pyrenees, we saw a man standing on a wooden plow, hanging onto the tail of his ox while plowing a small, boulder-surrounded plot. In rural Turkey, oxen turning a grinding stone in a field of grain took me back to Bible school. Was this real in the 20<sup>th</sup> century? The mosques were extraordinarily beautiful, as was the scenery throughout.

After returning to Luxembourg, I set off alone with my Eurail pass. First to Frankfurt, where I dropped off my oversized suitcase with the family of one of my German students, exchanging it for a small travel bag, my sleep sac and a book (“The Sleeping Prophet,” about Edgar Cayce, expand-

ed my view of life’s possibilities).

European hostels are wonderful. In 1968, for 50¢ a night, I got a bed and blanket, access to showers, and a continental breakfast — plus conversation with fellow travelers. With the rail pass and overnight sleeping compartments on the train, I traveled almost free all over northern Europe and the British Isles.

I stopped anywhere I wanted, stayed for as long (or short) a time as I wanted, and visited museums, cathedrals, mosques, palaces, the Alps, the forests of Norway, and too many large and small cities to list. A horse lover, I rode ponies on the beach in Ireland and visited an incredible Spanish riding school.

Ultimately, my travel cup runneth

over and I went to West Berlin, where I worked for seven months before returning home to graduate school.

What I learned? That you need very few personal belongings to live well, so long as you have food, shelter and community. Experiences matter more than things. People worldwide are open to meeting strangers interested in them and their cultures. And I learned that all young people should try to travel abroad and experience other cultures, allowing them to understand that, although they may be different, each has its own merits and traditions. Ours is not necessarily superior.

**Jane P. Woodward** broadens her worldview every day in Arcata.

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**Ben McLaughlin**  
**Candidate for Judge**



AGING IS AN ART — BY JOHN HECKEL

## We Need Diversity

I was recently asked to give a presentation about the Humboldt County Civil Grand Jury to an AP (Advanced Placement) government class at Eureka High School. I was enthusiastic and grateful for the invitation.

An opportunity to share my knowledge of county governance and the role of the civil grand jury with young people is rare. I was ready. Room 222, no less!

A funny thing happened in the midst of my pontificating in that classroom.

I think I first took notice of the students' mask-wearing practices. Somewhat less than half the class was wearing masks. I then noticed all the mask-wearing students were Asian. For several self-reflective moments, my pontificating stopped, and the exhilaration of the experience of diversity took over.

Why the exhilarating energy? Maybe the visual impact of the masks, and that only the Asian students were wearing them. But even without the masks, I would have felt the energy. I recognized that energy. It was the energy of diversity.

Standing there in Room 222, and allowing myself to take it all in, was momentarily overwhelming.

I was envious!

I was envious of the everyday experience of diversity in that room. As elders, it is easy to forget the power of that energy and to lose contact with moments of diversity; we tend to live in our own bubble. For me, it took that experience with

the young people of Eureka High School to reignite my desire for the experience of diversity.

Which brings me to Senior News. With your help, we can tell stories that honor and illuminate the diversity that is Humboldt County.

I don't worry for the young. I know their stories are being heard and shared. As Eureka High School becomes a majority-minority school (51% minority students), its faculty and staff are finding new and innovative ways to share stories of racial, ethnic and cultural diversity.

But I worry for their parents and grandparents.

As elders, having our stories heard, shared and honored with people outside our immediate bubbles could allow us to feel more a part of a larger community. Our stories define us; having our stories heard places value on who we are, and that, as we age, contributes to our mental and physical health.

Tell us your stories; expand our experiences of diversity, and all of us here at Senior News will do our part to ensure that the voices of Humboldt County's diverse communities will be heard.

Let's broaden the conversation.

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

Contact: [jh2@humboldt.edu](mailto:jh2@humboldt.edu).



## Integrity | Ability | Experience

“Stacey has worked under three District Attorneys with very different perspectives and approaches to their jobs and she managed to stay committed to her work throughout. She has a quiet persistence and focus that speaks to her character and to the kind of public official we can expect to see.”

—Susan Seaman, Mayor of Eureka

“Stacey Eads has my support to be Humboldt's next District Attorney, and she's supported by more than ten other prosecutors in this office, including every prosecutor with more than five years experience.”

—Roger Rees, Deputy District Attorney

“I support Stacey Eads because she takes the time to understand people's concerns, and she has a deep commitment to community well-being. She has been dedicated to this work for the past 20 years and will bring her even-keeled sensibility to her role as DA.”

—Leslie Castellano, Eureka City Council Member

“As a former employee of the District Attorney's office who worked with both Stacey Eads and Adrian Kamada ... It is her professionalism, experience and leadership abilities that make her the right choice, so please join me and cast your vote for Stacey Eads!”

—Tedd Childs

[staceyeads4da.com](http://staceyeads4da.com)

Stacey Eads for District Attorney 2022 Committee | FPPC #1443857



# Is Exercise Important?

By Judy Wyland

Exercise has always sort of drifted in and out of my life. I regarded the word “exercise” as a fun/social time spent with other women and, of course, movement. It definitely boosted my overall good feeling. But, it was always door open-door closed. Exercise was for fun, conviviality. It wasn’t the focus on building and sustaining good health.

My mid-life was busy-ness with work, family and community involvement. It would have been selfish to try scooping out time centered on just myself. The folly of that mindset has since been tanked. Get cancer and get real.

I now realize that pulling out time for regular exercise wouldn’t have been selfish; it would have been care of one’s self. What a shift in mindset.

Luckily for me, as I reached middle-age, my familial duties relaxed, focus changed and I joined daily workouts with a same-age exercise group. I really saw marked improvement in stability, strength and agility. Our group grew quite large in numbers and vigor. Then life dramatically changed for me — the “Big C” hit. I wasn’t slowed down; I was stopped.

My body’s erosion was palpable as stability and strength leaked away. I tried to incorporate exercise during my treatment, but chemotherapy zapped my endurance. Landlocked as I was for several months, I had lots of time to feel and ponder my situation.

Emerging from treatment, and with encouragement from the Breast

& GYN Health Project (BGHP) in Arcata, I knew my recovery was in great part to be found in regular exercise. I had previously experienced its profound impact on my well body, now I wanted the same for my recuperating body.

I tried rejoining my previous exercise group, but they had become too advanced and vigorous for me. I remembered and sought a senior exercise group — Stay Active for Independent Living (SAIL), traveling from Fortuna four days a week for the next few years to the SAIL group at the Humboldt Senior Resource Center.

Strength and balance began to return slowly. After a couple of years, I integrated a more advanced group of SAIL to my plan, attending both my original group and the sturdier group that had been together for more than a dozen years.

Am I still wobbly? Yes, a bit — a chemo after-effect for life. But my stamina and strength are awesome. I just crossed the five-year recovery line!

Is exercise important? You bet! To connect with the Breast & GYN Health project, visit bghp.org. Their next benefit event is a “Pretty in Pink Mini-Zumbathon” on Saturday, June 4, 10:30 a.m. to noon at the Sequoia Park Gazebo.

Get out. Get moving!

**Judy Wyland** of Fortuna is a Breast & GYN Health Project volunteer.

“Smell the sea and feel the sky.  
Let your soul and spirit fly.”

—Van Morrison, singer.



## Mike is endorsed by Virginia Bass and Natalynne DeLapp and the following community leaders:

**Bruce Rupp** Humboldt Municipal Water District Boardmember, Former Humboldt County CAO

**Loretta (Nickolaus) Sands** Former Humboldt County CAO

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**William "Billy" Honsal** Humboldt County Sheriff

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**Ben Shepherd** Former Humboldt Co. Planning Commissioner

**Frank Jäger** Former Eureka Mayor

See more supporters on my website

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If you share my vision of Eureka and Humboldt County where families can flourish and government works for the people, vote for me June 7th.

**newman4supervisor.com**

Paid for by Newman for 4th District Supervisor 2022 FPPC# 1444066



# Earth Day is Everyday

Just because Earth Day is over, doesn't mean that we should stop being eco-conscious to create a healthier and happier planet.

**\*Recycle**

**\*Buy Local**

**\*Buy Non Toxic Cleaning Solutions**

**\*Reduce Waste**

**\*Volunteer for Cleanups**

**\*Buy Bulk Foods Using Reusable Bags**



## The Coast Is Calling

*By Zoë Ziegler*

This spring, I found myself constantly distracted by the astounding lushness of the Trinidad coast. Spruce tips and budding-out alders caught my gaze, newborn birds and seal pups made me gasp in delight, and the smell of rain seeping into the duff inspired mindfulness through all my senses.

The wildlife are bursting upward, outward and onward into the expanding days as we creep toward summer solstice. Biologically, our little slice of the world is operating at full speed. It's quite easy to get caught up in the race to maximize sun and fun. Moreover, long summer days give us the opportunity to run head-on toward our ambitions (and our obligations).

But if there is one thing that the coast has taught me, it's that summer is also the perfect time to zoom in on the world around us. Catching a glimpse of the last migratory gray whales of the season requires patience and attention. Sometimes, summer berries are tucked behind leaves, just out of sight. A ceanothus shrub full of pollinating bees can produce a great vibrational hum if we stop to listen. Life is teeming in every corner, if we slow down enough to see. Making a personal connection with a place is often a deliberate process.

Along the North Coast and throughout our coastal mountains, there is ample opportunity to plug in to our environment. The forests, rivers and beaches wave their placards reading "Welcome!" They have a performance prepared that tells the story of layered landscapes and brilliant biodiversity.

I hope you let nature blow you away this summer! And I hope you

connect with this place in your own way and add your own experiences to the memory of the land itself.

In Trinidad, you'll find public access to some of the most wild beaches, forests, and rocky shorelines on the west coast. The Trinidad Coastal Land Trust (TCLT) works alongside multiple local partners to conserve and manage multiple beaches and trails so that everyone can find their place along the magnificent and unique Trinidad coastline.

If you seek guidance on your adventures, the Land Trust has you covered:

- Saturday, June 18: TCLT Director Michelle Kunst will lead a fun tidepool investigation and community science bioblitz.
- Friday, July 17: bilingual Spanish-English exploration of the sandy and rocky shoreline at Houda Point, TCLT and Friends of the Dunes.
- Thursday, Aug. 14: geologist, oceanographer and TCLT Ambassador Danny O'Shea will lead a journey through geological time along the Trinidad shoreline.

As we make the transition between spring and summer, TCLT is also shifting internally to reimagine our strategic plan and improve public access and inclusivity. We invite you to join us and make your voice heard.

For more information on our strategic planning, summer events, and all things TCLT, visit [trinidadcoastal-landtrust.org/](http://trinidadcoastal-landtrust.org/). See you in Trinidad!

*Zoë Ziegler is coastal stewardship coordinator at Trinidad Coastal Land Trust.*



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# HSRC News

## ‘It’s More Than a Meal’ — Enjoy Friendship with Lunch

*By Janet Ruprecht*

The staff at Humboldt Senior Resource Center’s Senior Nutrition Program are fond of saying, “It’s more than a meal.” That’s because the social opportunities at HSRC’s Heritage Cafés are as important as nutrition for the health of older adults.

HSRC’s three Heritage Cafés — formerly known as the Senior Dining Centers — are open for in-person dining in Arcata, Eureka and Fortuna.

When the pandemic shut down the senior dining centers for two years, many of our participants were at risk for the negative effects of social isolation. In fact, researchers warn, social isolation and loneliness in elders can be as damaging as smoking 15 cigarettes a day.

Lack of social connection has been linked to the increased risk of long-term illness, dementia, alcoholism, lung disease, high blood pressure and impaired mobility.

Probably no one knows this as well as Shelly Heber of Eureka, who before the pandemic came daily to HSRC’s Eureka dining site to eat lunch and enjoy the company of her friends. She said of the



**FRIENDS & FOOD — From left, Finn Laringan, Kym Watts, Jayn Walker and Joanie Martien are glad to be back together at lunchtime at the HSRC Heritage Café at Arcata’s Community Center.** Ted Pease photo.

pandemic, “The loneliness has been bone-chilling.

“Because I don’t drive and I’m having increasing mobility problems, I became dependent on others,” Shelly said. “I rarely left my home. I was petrified

of leaving my safe cocoon. If I didn’t have to feed my cat every morning, I might never get out of bed.

“But people need people,” she said. “We are not supposed to live in isolation.”

HSRC CEO Melissa Hooven encourages local older adults to come check out the Heritage Cafés.

“It is a place to gather, enjoy a meal, and also have the chance to benefit from other resources, such as social work assistance, information about healthy aging, and access to helpful services,” Hooven said.

Much more than a meal.

More information — including Heritage Café hours, contact info and menus — can be found on the HSRC website ([humsenior.org](http://humsenior.org)) or in each issue of Senior News (see page 14). Please note that meal reservations are requested, preferably seven days in advance.

**Janet Ruprecht** is HSRC development coordinator.

## ‘The Longest Day’ Takes on New Meaning

*By Andrea Bruhnke*

Each year on the summer solstice, the Alzheimer’s Association hosts “The Longest Day,” a fundraising event for Alzheimer’s and dementia care and research.

I have been familiar with The Longest Day for several years. To me, the name brings “sundowning” to mind, a common behavioral symptom of dementia. It refers to a state of confusion usually occurring in the afternoon and into the evening that can feature agitation, frustration and, sometimes, aggression.

Sundowning can be a challenging symptom of dementia for both caregivers and those who suffer from it, and certainly makes the days seem long. It

is important for caregivers to recognize when sundowning occurs and to have the tools and support to manage it.

This year on The Longest Day, June 21, the Humboldt Senior Resource Center’s (HSRC) Adult Day Health & Alzheimer’s Services will partner with the Alzheimer’s Association in co-hosting a free virtual educational workshop from 2:30-3:30 p.m. “Understanding and Responding to Dementia-Related Behavior” will provide information on this and other dementia-related behaviors. Visit [tinyurl.com/humseniorjun21registration](http://tinyurl.com/humseniorjun21registration) to register.

In addition to education, Adult Day Health & Alzheimer’s Services offers affordable licensed

care by trained professional staff in our Eureka and Fortuna day centers. Services include activities, individual and group exercise, social services, nursing care, nutrition, transportation to and from the center, and much-needed respite services for family caregivers. Multiple payment options are available, including caregiver respite grants.

For more information about our programs or for help registering for this educational online event, call 707-443-9747, x2217.

**Andrea Bruhnke** is director of HSRC’s Adult Day Health & Alzheimer’s Services.

Call for reservations.  
If possible, call 7 days in advance.

**Arcata**  
321 Dr. Martin Luther King Jr. Parkway  
707-825-2027



**Heritage Café**  
HSRC Nutrition & Activities Program

**Eureka**  
1910 California Street • 707-443-9747 ext 1242  
Hours: M-Thurs: 9 am-4:30 pm, Fri: 9 am- noon

www.humsenior.org

**Fortuna**  
3000 Newburg Road  
707-725-6245

June 2022 Menu					
<p>\$3.50 is the suggested contribution.</p> <p>No senior 60 and over will be denied a meal. For those under 60 there is an \$8 fee.</p> <ul style="list-style-type: none"><li>• Lowfat or nonfat milk is served with each meal.</li><li>• Menus are subject to change without notice.</li><li>• A vegetarian alternative is available daily by reservation.</li></ul>	Monday	Tuesday	Wednesday	Thursday	Friday
			BBQ Pork Rib 1	Taco Salad 2	Braised Beef Brisket 3
	Meatloaf w/Gravy 6	Split Pea Soup 2/Ham 7	Green Chili Egg Bake 8	Soul Smothered Chicken 9	Shepherd's Pie 10
	Biscuit & Sausage Gravy 13	Hot Roast Beef Sandwich 14	Cheese Tortellini 15	Fish w/Sundried Tomato 16	Chinese Chicken Salad 17
	Chicken w/ Fire-Roasted Tomato 20	Beef Stroganoff w/ Egg Noodles 21	Chili Verde Tacos 22	Spinach Lasagna 23	Teriyaki Chicken 24
	Spaghetti W/Meatballs 27	Brunswick Stew 28	Lemon Herb Fish 29	Chicken Fried Steak 30	

Heritage Café Dine-in Days • Meal Pick-up Days • Activities					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Arcata</b> 11:30 a.m.-1 p.m.	Closed	Café closed Meal Pick-up Day 11:30 am-12:15 pm	Café open Tai Chi Continuing Practice 10-11 am Tai Chi For Beginners 11:15 am – 12:15 pm	Café open	Café open
<b>Eureka</b> 11:30 a.m.-1 p.m.	Café open Ping Pong 9:30 am-12:30 pm	Café open Ukulele Group 3-4 pm June 28: Stamp Club 6-9 pm	Café open Beginner/Improver Line Dancing with Sue 2:15-4 pm	Café closed Meal Pick-up Day 11:30 am-12:15 pm	Café closed Chi Qong & Sun Style Tai Chi for Arthritis 10-11 a.m
<b>Fortuna</b> 12 noon-12:30 p.m.	Closed	Café open	Closed	Café open	Café closed Meal Pick-up Day 11:30 am-12:15 pm

Now Enrolling



## Behavioral Health Services Program

Our clinicians take a holistic approach to help individuals 55+ understand how social, emotional, and physical health are impacted by our environments. Counseling services are personally tailored to help clients reach their wellness goals.

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Humboldt Senior  
Resource Center

Behavioral Health Services



## McK Sr. Center Director

For Scott Binder, taking on the role of executive director of the McKinleyville Senior Center is both a labor of love, and of self-interest.

"I have a vested interest in the Center because, Number 1, this place helped my mom — a lot," said Binder, a McKinleyville native. "Number 2, 'I'm getting up there, and one of these years I'm going to be using these services myself.'"

Connect with the McKinleyville Senior Center on Facebook or call 707-839-0191.



**Are you interested in shaping the future for older adults in Humboldt County?**



If yes, please consider serving on the HSRC Board of Directors. More info can be found at [humsenior.org/about/board-of-directors/](http://humsenior.org/about/board-of-directors/). If interested, call 707-443-9747 x1213 or email [adm@humsenior.org](mailto:adm@humsenior.org).



**Humboldt Senior  
Resource Center**

### Commodities Distribution

#### Arcata

Thursday, June 16, 10:30-11 am  
Arcata Community Center, 321 Dr. Martin Luther King Jr. Pkwy.

#### Eureka

Wednesday, June 15, 10-11:30 am, HSRC, 1910 California St.

#### McKinleyville

Thursday, June 16, 11 am-1 pm, Family Resource Center, 1944 Central Ave.



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## Humboldt Senior Resource Center

***Our programs and services help older adults be as healthy and independent as possible.***



**Activities Program** – Recreation, classes, socialization, and more. Open to all ages. Most have no fee.

**Adult Day Health** – A therapeutic day program for adults age 18+. Accepts Medi-Cal / PHP, VA, & Regional Ctr., or private pay.

**Alzheimer's Services** – Provides resources and information about dementia conditions to families and caregivers.

**Behavioral Health Services** – Counseling with a holistic approach to mental wellness for any Humboldt County adult age 55+. Many insurance plans accepted, as well as Medicare.

**Multipurpose Senior Services Program (MSSP)** – Helps manage needed services for frail adults age 65+ on Medi-Cal.

**Senior Nutrition Program** – Nominal contribution suggested for those age 60+. \$8 per meal for those younger than 60.

- Senior Dining Centers in Arcata, Eureka, and Fortuna
- Home Delivered Meals program for homebound seniors in Arcata, Eureka, Fortuna, and McKinleyville

**Redwood Coast PACE** – Provides health care and support services to help qualified adults age 55+ stay independent and at home. Cost based on Medi-Cal/Medicare eligibility.

**Senior News** – Featuring articles and info for those age 50+

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## Summer of Love

*By Jane Parks-McKay*

I was a tad young for *THE* Summer of Love in Haight-Asbury in 1967, but I had my own. It was at summer camp during our annual visit to my grandparents' home in North Carolina. I was about 12.

I don't remember much about it except for the harried camp leader trying to corral a dozen pre-teens.

These were also the days of adults being able to use their own cars for field trips — in this case, a rickety station wagon full of rambunctious kids. The girls were seated while the boys were scrunched in the way-back of the fake wood-paneled wagon.

One time, the camp leader took us fishing. North Carolina was beautiful with lots of fishing holes. I didn't know a thing about fishing — it was my first time.

I do remember two boys fighting over who could bait my hook with a worm. One of them won out, and he won my heart, too. His name was Sean. Throughout the afternoon, he paid so much attention to me that I swooned. He was so in charge and so confident and . . . so cute!

On the drive back to my grandpar-

ents' house, I was in love. That night, the camp leader was going to take us all out to dinner. I sat at my grandmother's dressing table, primping for *SEAN*! I even put on too much of my grandmother's perfume. I felt pretty grown up.

I never saw Sean again after that summer, but on every visit to my grandparents' house for several years, I would walk through the park and look up there to his house, hoping to catch a glimpse of him.

My grandparents passed away and we all grew up; the family home was sold. Many years later, I was on a business trip to North Carolina and stopped by the spot where I had stood in the park and looked up at his house, remembering my first love.

You can never go back again, but when I think of summertime, I remember my first innocent love, the tingles that went up and down my spine and the gentle breeze that was in the air and in my heart.

**Jane Parks-McKay** of Santa Cruz got over Sean and married a great guy nearly 45 years ago.

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# The Garden of Writing Delights

By Louisa Rogers

*“Ommm at Home: Can Humdrum Housework Be Holy?”*

*“The Lure of the Painful Childhood”*

*“It’s Not Just Hammocks and Margaritas: My Life As An Expat in Mexico”*

*“6 Life Lessons From My Month In Post-War Bosnia”*

*“How Bicycling Along a Dusty Country Road in Morocco Saved My Marriage”*

Great variety of themes, eh? Such is the richness of my writing life. Oh, what fun I’ve had the last few years returning to my early writing roots.

I sold my first article in 1976 — about traveling around England with my then-boyfriend Barry Evans — to an airline magazine for \$75. I’ll never forget the afternoon a month later, sitting on the steps of my co-op house in Vancouver, B.C., speechless: Glamour magazine had just offered \$750 for my article on running.

I kept writing when Barry, by then my husband,

and I lived in Bellingham, Washington, where I also led weight-loss groups (I sold “Self-Esteem: The Best Diet Pill There Is” several times). But when we moved to Palo Alto and our rent jumped from \$265/month to \$1,400, I needed to earn a serious living for the first time in my life. It didn’t take me long to discover that corporate training paid far better than writing.

So writing faded away until about five years ago, when, while sitting at a café in Guanajuato, Mexico, where Barry and I live part of the year, an editor at International Living (and fellow expat) explained that the magazine had five editors, each with separate budgets. I had already sold one article to them, but didn’t realize how many editors there were.

I fired off a query to the “Postcards” editor called, “Help Your Wallet and Your Waistline: Tips for Cooking on Airbnbs.” When he accepted it, I was off and running.

When COVID hit, I decided to dedicate myself to my writing. I’m now writing articles on topics such

as language exchanges, where I practice Spanish and my *compañero/a* practices English. Other articles include annoying myths and misconceptions about Mexico; insights from 50 years of backpacking; Lamphere Dunes, and how my centenarian dad spends his days.

Compared to the ’70s, today’s freelancer pay sucks. The most I’ve been paid recently was \$540 for an article on elder care. I’m lucky if I get \$200, whereas in 1989, the now-defunct New Woman paid me \$1,000 for an article on communication.

*Así es\**. I’m happy to be writing, merrily thinking of ideas in the shower, on my bike, in my dreams.

Hey, I have to get cracking. My article on backpacking is due tomorrow. Off and running, again.

**Louisa Rogers** is a writer and speaker who offers workshops and coaching on pitching, marketing, writing and speaking. Visit [louisarogers.contently.com](http://louisarogers.contently.com) or email [louisarogers51@gmail.com](mailto:louisarogers51@gmail.com).

*\*Así es = That’s right.*



## Cheryl Dillingham

The support of most county department heads,

city officials, supervisors, non-profit agencies, state agencies and businesses attending Cheryl’s announcement is powerful testimony that there are serious problems with the current Auditor-Controller’s performance. Cheryl Dillingham is stepping up to offer solutions.

**Cheryl is our chance to fix three years of mistakes by the Auditor-Controller**  
**Vote for Cheryl Dillingham for Auditor-Controller June 7th**

Paid for by the HBE PAC, Humboldt Builders Exchange Political Action Committee FPPC# 1321055 Not authorized by a candidate or a committee controlled by a candidate



# Arcata Tai Chi Classes Resume

After months of solo and Zoom tai chi, instructor Kathy Seror says, “It’s time to go live!”

Beginning June 1, Kathy will teach two Humboldt Senior Resource Center-sponsored tai chi classes on Wednesdays at the Arcata Community Center on Martin Luther King Jr. Parkway. “Continuing Practice” for more advanced folk meets at 10 a.m., followed by a beginners’ class at 11:15.

Exercises can be performed sitting or standing, and are specifically designed for better balance, increased stability and flexibility, and are aimed at helping practitioners to relieve the effects of arthritis and injury.

To ensure a healthful environment, classes will be held in a spacious, well-ventilated area. Participants must wear masks and bring proof of vaccination to class.

The classes run for 10 weeks. For more info, call HSRC at 707-443-9747, visit humsenior.org, or email Kathy at taichiworld20@gmail.com.

**Carol McFarland** is a longtime tai chi student.

## Fortuna Senior Center

A membership organization for every person 50 and over.

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707-726-9203 • fortunasenior.org • Monday-Friday 9 a.m.-4 p.m.

- DAILY**  
**MONDAYS**  
8 a.m. Walk the Riverwalk Levee (meet at the Riverwalk)  
10-11:30 a.m. Tai Chi, Main Room  
11 a.m.-noon Computer Class  
1-2 p.m. Beginning Ukulele, Main Room  
2-3 p.m. Book Club, Main Room (1st Monday only)
- TUESDAYS**  
8 a.m. Walk the Riverwalk Levee  
10-11 a.m. Aerobics for Seniors, Upstairs  
1:30-3 p.m. Recorder, Art Room  
2-3 p.m. Seated Tai Chi, Main Room
- WEDNESDAYS**  
8 a.m. Walk the Riverwalk Levee  
10-11:30 a.m. Tai Chi, Main Room  
12-1 p.m. Brown Bag Lunch (bring your lunch) followed by sing-along with music  
1-3 p.m. Art, Art Room (supplies provided or BYO)
- THURSDAYS**  
9-11 a.m. Cribbage, Upstairs  
10-11 a.m. Aerobics for Seniors, Upstairs  
12:30-3:30 p.m. Mah Jongg, Upstairs  
1-4 p.m. Pinochle, Main Room
- FRIDAYS**  
9 a.m. Bike Club (call Pat Greene, 707-725-3602)  
9 a.m. Hiking Group (call Lynn Crosthwait, 707-725-7953)  
9:30 a.m.-12:30 p.m. Pinochle, Main Room  
1-3 p.m. Scrabble, Main Room  
7-9:30 p.m. Camera Club, Art Room (last Friday only)

The Fortuna Senior Center is a non-profit membership organization, active for more than 18 years. We are not part of any governmental agency.

Located in Fortuna, we invite all seniors 50+ in the Eel River Valley to join us. We have more than 525 members, and offer class free to members. Membership is \$36/year. There are also opportunities to support the organization at higher donor levels.

Over two years ago, we realized that our space at the Gene Lucas Community Center was not working for us, and started planning for our own building. Using funds we had saved and stewarded over the years, and with generous donations from our Eel River community, we now own the land at 3811 Rohnerville Road, and we own the building we recently erected on the land.

We need help to complete the project. Everyone knows that inflation has hit the construction industry hard, and our project is no exception. We are actively fundraising to complete the project, and hope for a grand opening by the end of this year.

**Joan Woodcock** is a member of the Fortuna Senior Center Board of Directors

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\*The production of this document was supported, in part, by grant number CFDA 93.554 from the US Administration for Community Living (ACL), DHHS, Washington, DC, 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration of Community Living policy. \*\*Its contents are solely the responsibility of AIA/HICAP and do not necessarily represent the official views of ACL.\*

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Crossword Puzzle on Page 27

B	I	B		B	A	S	I	C		H	Y	A	T	T		
O	D	E		A	S	P	C	A		O	U	T	I	E		
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T	A	P	E	S		S	T	E	E	D		S	P	A		



## ASK THE DOCTOR . . . From Page 5

we are creating?

I am angry, but ever more focused on the only answer there is: compassion for each other. Compassion must be a word of action, not just a nice thing for rich people to go to retreats and meditate on. Compassion means going into our neighborhoods and addressing inequities, and demanding that our politicians stop weaponizing fear of the “other.”

It would be nice to acknowledge our history — good and bad — and move forward with intention so we can actually walk the walk of a democratic society that believes in the life and liberty of all. I love my country, but am fearful that the illness of hate has infected us in a way that even Coronavirus cannot match.

Please, love your neighbor as yourself. Every single neighbor. If we can do this, we will all be healthier. Our children and children’s children will be healthier. If we ignore the hate that is the basis of so much of our suffering, no amount of medication or medical procedure or money or power will save us from ourselves.

**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](mailto:seniornewseditor@humsenior.org).



Trisha Ostermeier, Au.D.  
Doctor of Audiology

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---

For link to join or more info contact: Erin McCann, MSW, Family Consultant  
Mobile: 707-582-2360 Email: [exm@redwoodcrc.org](mailto:exm@redwoodcrc.org)



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## Wise Human Beans

*By Mary Ann Madej*

I'm no expert garden-er, but I do find joy in coaxing seeds to sprout and bringing flowers and veggies from dirt to dinner table.

Many years ago, when I was quite new to gardening, a friend gave me a handful of seeds. "Pole beans," she said. So I lashed a few 6-foot bamboo poles together and planted the seeds around the teepee.

After a couple of weeks of sun and water, the beans sprouted. And grew. And grew. They soon overtopped the teepee. I tried tying the tendrils back to the stakes, only to discover they continually escaped to spread to the blueberries, the porch, even to the clothesline. No controlling those unruly vines.

That same summer, my cheerful child transformed into a perplexing puzzle. I'd say white, she'd say black. I'd say cool, she'd say hot. "Be home by 10." Cue the eyerolls. You get the picture — our household now included a teenager.

For weeks, we battled with choices. It was emotionally exhausting, but I took refuge in my garden, savoring the fresh strawberries and snow peas, and still trying to control the wild bean stalks.

One day as I strolled out into the garden, I noticed crimson blossoms on the vines. Aha! These weren't just pole beans, but scarlet runner beans, notorious for their rambling nature.



**IT'S GROWING TIME** for Mary Ann Madej, shown here in her spring garden. Submitted photo.

Even though they overran a good chunk of the garden, they ended up producing bounties of blooms, attracting hummingbirds, and, later, gave us plenty of beans.

And so I realized that my daughter's nature was not at all my choice, and it would not be tethered to our house constraints any more than the scarlet runners could be confined to a few short bamboo stakes. Given more freedom that summer, she bloomed as well, producing bounties of joy and creativity in ways that I could never have imagined.

To this day, I still thank the plants for their wisdom.

**Mary Ann Madej tends her beans and her family in Arcata.**



To better reflect the community we are building and to avoid confusion with other Life Care Communities, the Board of Life Care Humboldt has changed our name to

**LIFE PLAN  HUMBOLDT**



**A message from Ann Lindsay,  
LPH Board President**

To all our friends and supporters,

What a groundswell of grassroots support for Life Plan Humboldt!

Life Plan Humboldt has raised \$780,000 in donations, pledges and grants. We are almost half-way to our initial goal of \$2 million. As of May 2022 we have received donations and pledges from 254 people, 977 receive our monthly newsletter and 400 have completed the "Move-In" survey. Over 70 people have had a guided tour of the Arcata property (and you can too by emailing [ann@lifecarehumboldt.org](mailto:ann@lifecarehumboldt.org)).

**With this strong support and the growing number  
of older adults in our community there is clearly  
a need to build Life Plan Humboldt.**

**But we cannot do it without meeting our financial goals.**

To help us reach the \$1 million half-way point this summer, please make an additional contribution if you can, or make a pledge over 3 years. Pledges make less impact on your finances month to month, but make a big impact over time.

Our grassroots effort is really growing!

Ann Lindsay



**We especially want to  
thank our business donors...**

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Sunrise Rotary of Arcata

**You can help! LEARN MORE and DONATE ONLINE at [www.lifeplanhumboldt.org](http://www.lifeplanhumboldt.org)**

## TEARDROP GLAMPING . . . From Page 1

I guess that's what I get for being born in a hurricane. The rains still follow me wherever I camp. These days everyone thanks me for showing up and bringing them rain in drought areas.

I always knew my mother's family camped, going back to a 1926 photo of the

Model T with the tent room attached.

Muz loved to camp

and Grammy often joined us.

When we only had one car,

Daddy would take us all to a campground, set

up, spend the night, then leave us for the week. He'd return the next weekend to take us home.

When I shared the Grammy teardrop pics with my brother, he said, "It's in the blood."

I knew about Grammy's camping, but not about the tiny trailer. I wish someone was alive who I could ask about it. When I turned 60, I had a teardrop trailer custom-built for my birthday. It's called "glamping," combining "glamor" and "camping," because this kind of great outdoors comes with luxuries not found in your average pup tent.

I designed my teardrop with a ton of creature comforts that Grammy and Muz could never have imagined, and have added a bunch of refinements. It's amazing what one can do with power tools and a sewing machine!

Although life has gotten in the way,

I've managed to get out and enjoy some teardrop camping adventures, and find I'm part of a huge quirky tribe of other teardroppers. Most of us are seniors — we want to be able to camp but can't physically enjoy tent camping.

I just got back from an annual teardrop gathering, and I'm about to go on a "Teardrop Crawl," where 28 of us will spend a couple weeks going from one campground to another.

Some of us have actual travel trailers or RVs, but the thing with camping and teardrops is that you're outside. The RV folks are inside. Yes, teardrops can be challenging in winter, but that's why I have a bunch of accoutrements that attach for different conditions. Heck, I can fill a big pull-through RV space or I can fit in a small tent site. It's an off-road trailer and has solar panels. I can boondock anywhere. How in the world did I ever camp out of my kayaks and sleep on the ground?

Just like my real home, I'm always modifying and improving my camping home. I get ideas from others and share mine with them. But be forewarned: like other hobbies, once you get that addiction, it's hard to want to do anything else!

**Marna Powell, in between camping trips, enjoys napping in her teardrop trailer at home in Orick.**



**GRAMMY IN THE WILD** — The author's grandmother, Esther Milton, "glamping" in style in 1958. Submitted photo.

## Poets' Corner

### Field Guide to the Weeping Spruce

Even at a great distance,  
the tree is easily identified by its form

which closely resembles  
that first collapsing moment of heartbreak

when you know something is wrong  
but you don't know what it is

or how to stop it.

Jim Dodge

**The Poets' Corner** welcomes submissions of original poetry. Submissions may be 21 lines max, including title, open lines and author's name/town; each line may be 50 characters max, including spaces and punctuation. Send submissions to Poetry Editor Peter Pennekamp, Senior News, 1910 California St., Eureka, CA 95501, or by email (preferred) to [henkswords@gmail.com](mailto:henkswords@gmail.com). Please include full contact information.



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## LETTERS . . . AND MORE LETTERS ON PAGES 24-26

### Judicial Temperment

To the Editor:

I am honored to support Ben McLaughlin for judge. I first met Ben in the halls of the Humboldt County Courthouse. I was struck by his dedication to the clients and his willingness to collaborate with all parties in the criminal legal system.

Ben is always eager to help, whether it is assisting colleagues with coverage or being a sounding board for various legal issues. Ben has a vast range of experience as an attorney. Ben has conducted countless

trials as a district attorney and a public defender. I know I can always trust Ben's advice and guidance.

Additionally, I have witnessed Ben volunteering his time mentoring new attorneys at the Public Defender's Office.

Ben has the experience and temperament I trust in a judge. This is why I will be voting for Ben McLaughlin for judge.

**April Van Dyke, Eureka**

### Re-Elect Madrone

To the Editor:

I am writing in support of 5<sup>th</sup> District Supervisor Steve Madrone. I have worked with Steve on many projects and urge you to re-elect him on June 7.

Public safety and access to clean and safe drinking water are among the top priorities of the City of Trinidad, and this is where we benefit from having Steve live in our community and represent us on the Board of Supervisors. Steve has been in the 5<sup>th</sup> District for decades and has given much to our community even before his election as supervisor.

Having safe drinking water has been a persistent topic for the Trinidad City Council for many years. For the first several years of my time on the Council, the topic stalled and stuttered, and we did not make significant gains in improving our safe water resiliency.

Steve has extensive knowledge and experience in water in our area and

has been a major contributor to how we are improving our resiliency in the face of changing rainfall patterns. In partnership with Steve, the city has taken major steps, such as securing millions of grant dollars to fix our aging and leaky pipes, adding tanks to store water for the low-flow summer/fall months, and in developing an emergency intertie partnership with our neighbors in the Westhaven Community Services District.

Trinidad and the surrounding communities need services that protect us from fire. Through Steve's efforts, we are benefitting from a partnership with Northern Humboldt Fire District, volunteer fire companies, CalFire and Humboldt County for fire protection. In a world of limited resources, helping each other not only feels good, but is the responsible thing to do.

The 5<sup>th</sup> District needs Steve Madrone.

**Steve Ladwig, Mayor of Trinidad**

### Four Good Candidates

To the Editor:

We are lucky that in the race for Humboldt County district attorney, as in the race for judge, we have good people running. I've written previously of my support for Ben McLaughlin for judge, and the key deciding factor for me in that race also applies in the DA race.

All of the candidates in both races are experienced prosecutors, as all four have worked as deputy DAs. What I feel sets two of these candidates apart — Ben McLaughlin for

judge and Adrian Kamada for DA — is that these two are the only candidates who have also worked as public defenders. It is all too rare a quality in judges — and especially rare in district attorneys — to have been both a prosecutor and ALSO have had experience as a public defender.

I hope you'll join me in voting for Adrian Kamada for district attorney. You can go to his website (ak4da.com) to learn more.

**Richard Salzman, Sunny Brae**

### McLaughlin for Judge

To the Editor:

For over 15 years, I have had the pleasure of knowing and working with Ben McLaughlin as a police officer and investigator. After retiring from law enforcement, I worked with Ben as a professional investigator.

I have personally seen Ben work vigorously for all of us — victims, defendants, survivors, witnesses and the public in general. I've observed Ben's expertise and work ethic as a prosecutor. People are safer because of his time as a prosecutor.

Prosecuting crimes was just a part of Ben's work. I have worked with and watched Ben obtain fair outcomes for clients and the community as a defense attorney. I worked with him and

watched him putting in the long hours to make sure each defendant, including those without money or means, obtained a fair day in court.

When Ben put in his candidacy for judge, I reached out and asked if there was a famous quote that may shed light on his judicial philosophy. He replied, "We apply law to facts. We don't apply feelings to facts." — Justice Sonia Sotomayor. Ben will apply the law to the facts and I know he will apply the law with equity, insight, intelligence and fairness.

**Adam Laird of Arcata is a professional investigator and retired Eureka police sergeant.**

### Plastic-Free!

To the Editor:

Once again it is time to get ready for Plastic Free July. The challenge is on!

Even though household trash has increased due to COVID test kits, we

can still reduce other plastic. For inspiration, the Aussies have a website with free posters to download: plasticfreejuly.org

**Carole Moné, Trinidad**

#### 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.

## MORE LETTERS . . .

### ‘Universally Respected’

To the Editor:

As a civil litigator in Humboldt County for the past 24 years, I have come to know our local judges and what it takes to be a good judge. Steven Steward will be an excellent judge.

I have had the unique experience of being neighbors and friends with Steve and his family for several years. Steve is a dedicated family man with a commitment to our community and the ethical practice of law. He is tough and disciplined, but also approachable. He is experienced and decisive. His integrity and character are beyond reproach. He is universally respected by those who know him personally and work with him professionally.

These are the qualities a judge must have to manage a courtroom efficiently and fairly. These are the qualities Steve will bring to our judiciary if he is elected on June 7<sup>th</sup>. I endorse and support Steven Steward for judge of the Humboldt County Superior Court.

**Nick Kloeppel, Arcata**

### Protect Medicare

To the Editor:

Many thanks to Wendy Ring for her excellent appraisal of the problems facing traditional Medicare [“Medicare in Danger,” May Senior News, page 27]. The corporate forces that candidly and publicly aspire to completely privatize Medicare by the year 2030 are making serious inroads, with Medicare Advantage alone already enrolling nearly half of all Medicare recipients, and Direct Contracting Entities (DCEs) now active in 38 states.

It is up to us to stop this for-profit juggernaut. Please call your congressman (for our 2<sup>nd</sup> District, that’s Jared Huffman, 202-225-5161) and President Biden (White House switchboard: 202-456-1111) and demand that all forms of privatization of Medicare stop now. No more Medicare Advantage, DCEs or ACO REACH — stop the plundering of the Medicare Trust Fund!

We want you, we need you, and we’d love for you to join our efforts to end profiteering from our health care. Contact [healthcareforallhumboldt@gmail.com](mailto:healthcareforallhumboldt@gmail.com). For more information, go to [healthcareforall.org](http://healthcareforall.org) or [PNHP.org](http://PNHP.org).

**Patty Harvey, Willow Creek**

## Steward for Judge

To the Editor:

I have come to know Steve Steward as a neighbor, friend and family man. Steve grew up in Southern California but came up to Humboldt to graduate from Humboldt State before launching his career as a legislative assistant for Congressman Brad Sherman in Washington, D.C., followed by law school there.

After graduating, Steve joined a private practice in criminal defense work in Los Angeles. His attachment to this area brought him back to work in Humboldt as an assistant district attorney.

He and his family have established

themselves in this area, with his two delightful daughters attending our local public elementary school. In our conversations, I have been impressed with Steve’s work ethic, integrity and recognition of inequities in our society — all necessary to stand by justice for all.

His professional background as a former defense attorney and a current assistant district attorney has contributed to an understanding of the complexity of human nature. I believe that he will apply this knowledge when making judicial decisions with intellect, probity and compassion.

**Corinne Frugoni, M.D., Arcata**

## A Vote for Ben

To the Editor:

I am very excited to endorse Ben McLaughlin for Superior Court judge.

Ben has significant ties to the community in Humboldt County, having worked for both the Humboldt County District Attorney and Public Defender offices. That experience of advocating on both sides of a criminal case gives him a unique perspective that our local bench could benefit from.

As one of the most experienced attorneys in the Public Defender’s

Office, Ben generously offered his time to serve as a mentor to me when I was newly licensed to practice law. What I appreciate about Ben as an attorney and a mentor is that he is intellectually curious, and never hesitates to reach for the penal code or the evidence code to help solve a complex problem.

What we need are judges who understand the law and approach the work with compassion and lived experience, as Ben does.

**Rosemary Deck, Eureka**

## Celebrate Juneteenth!

June 20 marks the 157th anniversary of Juneteenth, the commemoration of the end of slavery in the United States, marking the day in 1865 that slaves in Texas learned they were free, thanks to Abraham Lincoln’s Emancipation Proclamation 18 months earlier.

In 2021, Congress finally made Juneteenth a national holiday.

The Black Community of Humboldt County will host celebrations of the day, freedom, Black culture and diversity in a five-day festival of events, Thursday, June 16-Monday, June 20.

Offerings include art exhibits, films, speakers, workshops and a community party on the Arcata Plaza from noon-7 p.m. on

Sunday, June 19. Black Humboldt invites the support of volunteers, donations, sponsors and items for the Plaza party.

Check out @BlackHumboldt on social media for more information and the schedule, visit [BlackHumboldt.com](http://BlackHumboldt.com), or email [BlackHumboldt@gmail.com](mailto:BlackHumboldt@gmail.com).





## MORE LETTERS . . .

### Vote for Experience

To the Editor:

When the Times-Standard asked basic questions of candidates for judge in Humboldt, Ben McLaughlin cited his 23 years as an attorney, including seven years as a prosecutor and six as a public defender.

McLaughlin recounted his more than 100 trials, mostly serious felonies, and how his talent in court led to an impressive record of achievement. He went on to offer how his experience would be put to work in our courts, with the many details where his experience shows and matters.

McLaughlin's opponent, lacking courtroom experience, says he is qualified because he "will be" a good judge. He goes on to say what honorable qualities he will "exemplify" as a judge. Under experience, he cites the fact that his wife is a teacher. Lamely, McLaughlin's opponent gave political answers asking us to trust him.

The difference could not be more stark. Ben McLaughlin has all the necessary experience to run a courtroom now. He has a proven record of maturity, fairness, integrity and excellence.

Meanwhile Mr. Steward wants us to believe he "will be fair," and repeats all the buzzwords a political candidate would say.

I'm voting for Ben McLaughlin, whose thinking is complex, thoughtful and respectful, and who has a demonstrated command of the law.

**Michael Evenson, Petrolia**

### About Medicare

To the Editor:

I want to thank Dr. Wendy Ring for her article in the May 2022 issue of Senior News ["Medicare in Danger," page 27].

Now I am really beginning to understand why we keep getting all of those phone calls pushing what I just thought was Medicare Advantage. The insurance companies keep wanting to make money off Medicare and are trying to destroy our program.

I want traditional Medicare and nothing else. I recently even received three letters in the mail from Providence pushing their version of the REACH Program, and what I assumed was Medicare Advantage. Now, I am realizing that the insurance companies have changed their focus to the REACH program. I was so offended by Providence trying to shove REACH into my life that I actually posted my complaint on Facebook.

This REACH program also appears to be a goal of the Republican Party if they win back control of the House and Senate in the Fall 2022 elections. I am sending an email to [Health and Human Services] Secretary Xavier Becerra telling him that I don't want profiteers REACHing for my Medicare. I will also contact Open Door Clinic with the same message, since they are one of my Medicare providers.

Thanks again to Wendy Ring for her very clear article.

**Kathleen M. Pelley, Eureka**

## Elect Larry Doss

To the Editor:

Supervisor Steve Madrone's promotion of Luffenholtz Creek development as Trinidad's sole water source was a monumental disservice to Trinidad water customers. His passionate attachment to his college thesis from many years ago seemingly got in the way of careful consideration of professional opinions that contradicted his opinions, including current climate science and drought data.

Larry Doss understands the challenges of balancing our community's need for housing and fears of overdevelopment by working on environmentally sound plans for limited growth.

Steve promotes environmentally sensitive plans for limited growth for McKinleyville and other areas in District 5, but not in his neighborhood of Westhaven or Trinidad.

Madrone's false rhetoric fed fears of rampant development, water price hikes and environmental impact if Trinidad acquired water from Humboldt Bay Municipal Water District (HBMWD), the resilient water source that has serviced Eureka, Arcata, McKinleyville and other communities for decades.

Examples of Steve lobbying the Trinidad City Council with false claims against HBMWD include "lots of excess water that is untreated water that the pulp mills used [but] treated water is not in large excess supply." He inflated the possible costs of a pipeline to Trinidad to "as much as \$10-20 million dollars . . . would likely raise rates for customers."

Over a year after Madrone lobbied the Trinidad City Council, his Luffenholtz development plans of creating 25-50 ponds (never independently studied for environmental impacts or costs) are on hold.

Engineering reports going back 60 years consistently recommend that Trinidad hook up to HBMWD for water resiliency. The sooner Trinidad contracts with HBMWD, the better — for grants, firefighting capacity and a dependable water source.

Let's give Larry a chance to work on affordable housing and environmentally sensitive controlled growth for all of Humboldt.

**Paula Levine, Trinidad**

## Humboldt Transit Authority - HTA

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**—Seals & Crofts, singers**

## ANOTHER LETTER . . .

### Re-Elect Madrone

To the Editor:

Steve Madrone has been the most effective representative for the 5th District since I moved to the Trinidad area in 1983.

Prior to his election to the Board of Supervisors, Steve had a long and successful career in watershed management and trail construction, with his efforts contributing to the expansion of Redwood National Park and, in 1978, the completion of three sections of the Hammond Trail. He also helped create a "Jobs in the Woods" training program at the Redwood Community Action Agency that brought in millions of dollars and created jobs for more than 40 timber industry workers affected by the reduction in timber harvesting on national forests.

He was instrumental in the City of Trinidad receiving a \$1.8 million grant to relocate a main haul road in timberlands in the upper watershed of Luffenholtz Creek to protect the city's drinking water source.

As supervisor, he has supported

salary increases for sheriff's deputies and county employees, and served on the North Coast Resource Partnership steering committee to ensure that Humboldt County's municipalities and community services districts are well represented in deciding where limited funds will be spent.

He secured funding for the Westhaven Volunteer Fire Department when it was unable to hold the annual Blackberry Festival, their main source of funding. He has supported tribal sovereignty and advocated to use Humboldt County's 50,000-acre-foot allocation of water from the Trinity River to cool water temperatures in the lower Klamath River in late summer, when warm water has caused disease outbreak and fish deaths.

If you need to talk to him in person, go out to the Hammond Trail when the Humboldt Trails Council has a work day and you'll find him with the volunteers maintaining the trail.

Please re-elect Steve Madrone 5<sup>th</sup> District supervisor.

**Don Allan, Westhaven**

## Hit the Trail!

The Humboldt Trails Council urges everyone to get outside and hit the trail in celebration of National Trails Day, Saturday, June 4.

The Council will set up three activity stations between 11 a.m. and 3 p.m. to raise public awareness of the importance of protecting and promoting trails.

The stations will be at the Arcata Marsh Interpretive Center on G Street, the Eureka Waterfront Trail North near Blue Ox Mill (accessed via the end of Y Street), and on the Hikshari' Trail (at Hilfiker Road).

Activities will include a Trail Treasure Hunt, ways to share what trails mean to you, and a drawing for a \$50 gift certificate from Pacific Outfitters. Also available: information on trails, light refreshments, bike maps, and ways to support our local trails.

Community members can also participate in the June 4th Volunteer Trail Stewards work day, 9-11 a.m., and be entered in the drawing. Contact Stacy at [sbecker@reninet.com](mailto:sbecker@reninet.com) to sign up.

For more information, visit [humtrails.org](http://humtrails.org).



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**—Ralph Waldo Emerson (1803-1882), essayist.**



Crossword Puzzle

Sponsored by Sherman Schapiro

Mixed Doubles by Gary Larson

Edited by David Steinberg

1	2	3		4	5	6	7	8		9	10	11	12	13	
14				15						16					
17				18						19					
20							21			22					
				23		24			25				26	27	28
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46									47						
				48				49			50		51	52	53
54	55	56					57			58					
59							60						61		
62							63						64		

ACROSS

1

Garment that looks the same backward?

4

Easy to understand

9

Marriott rival

14

Poem of homage

15

Pet protection org.

16

Protruding navel

17

In a way

19

Change, like the Constitution

20

Allegation

21

Word before “bar” or “drink”

23

Come down to Earth

25

Great Basin natives

29

Social campaign started by Tarana Burke

31

Classic game consoles

33

Some simians

34

Kissing in public, e.g., briefly

35

Metallica drummer Ulrich

36

Stethoscope users: Abbr.

37

“Witness” director Peter

38

PC pioneer

39

Greenish blue

41

Show the ropes to

43

Excessively virtuous person

46

What has rules at school?

47

Saudi Arabia neighbor

48

“It’s \_\_\_\_ Time” (beer slogan)

50

Joltless joe

54

European capital with a baguette-baking competi- tion

57

Famous last words in “Julius Caesar”

59

Select group of celebrities

60

Salary boost

61

Poker prize

62

Records for later

63

War horse

64

Wellness retreat

DOWN

1

Brownish pear

2

Person you look up to

3

\_\_\_\_ blocker (heart medi- cine)

4

South Asian rice variety

5

Venomous snake

6

Swimsuit brand

7

Optimist’s words

8

Bite-size desserts on sticks

9

Heros’ aliases?

10

“So tasty!”

11

Had a bite

12

Metal in bronze, often

13

Type of talk on the internet

18

Edmonton hockey team

22

Party at a club

24

Refusals

26

Some historic Plains homes

27

\_\_\_\_ a tie (necessitate over time)

28

Boot up

29

Outdoor clothing brand, or a squirrel

30

Thomas of “That Girl”

31

True up

32

Not to be discussed

36

Slowpokes

37

Hot dog

39

Keyboard operators

40

Bibliographic list abbr.

41

Resistor measure

42

Street surface

44

Downfall

45

Foray

49

Coup d’ \_\_\_\_

51

Golf targets or events

52

Surmounting

53

Greek salad cheese

54

Touch on the head

55

\_\_\_\_ carte menu

56

Upholstery problem

58

Play for a fool

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5'x8'

6'x9'

8'x10'

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- **JULY's** Senior News asks, "If you could do it all over again, what would you do differently?" Was there a fork in your road not taken? What was it? Instead of being a \_\_\_\_, do you wish you'd become a \_\_\_\_? And why?
  - **AUGUST** — This month, share the best advice or life-lessons you received . . . from your grandma, first boss, childhood friend, father, fishing buddy, dog. How has that lesson stuck with you and (maybe) changed your life?
- Contact SN editor Ted Pease: [tpease@humsenior.org](mailto:tpease@humsenior.org). Call 707-443-9747, x1226.

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