



February 2009

Volume 15 Number 6

Happy Ground Hog Day!

Only the Shadow knows...



The past month was filled with activity. All of the various aspects of the community Center were involved in planning or delivering services.

The Bridgeville Volunteer Fire Company is using their new equipment by responding to real emergencies. Their outfit includes helmets, wildland fire turnouts, gloves, oxygen packs, defibrillator and a range of medical supplies. The volunteers are trained and getting more experience as calls are responded to.

In order to keep the engines rolling, the BVFC is holding their first annual raffle. The prizes are a new Savage 30-06 rifle with scope, a 21" Husquavarna chain saw and a truck full of firewood. The grand prize is the one that everyone in the community receives. It being the BVFC crew that is on call 24 hour a day, seven days a week to help you, your family and your neighbors during real emergency situations like highway collisions, house fires or medical response ambulance calls. Considering where we live, this is without a doubt the most valuable volunteer service ever offered in our community. Now is the time for everyone to step forward with \$100 to buy some tickets in support. Contact the Community Center for credit card purchases or any of the volunteers with your check or cash purchases.

Catherine Stanley is our new community liaison. She keeps the center running by organiz-

ing the office, making the contacts and conducting many of the programs that we described in the January newsletter. In addition, she continues to volunteer by organizing the Bridgeville Quilters to design and sew the quilt that has been offered as the grand prize in our BridgeFest Raffle. I welcome and thank her for doing a great job.

The Van Duzen Watershed Fire Safe Council is presently working on a road side clearance project. The crew will brush out about ten miles of private roads adjacent to National Forest lands. The Council is also in the midst of preparing proposals for this year's grant cycle due February 20th. There is good reason to bring more of this work forward given the fire hazards that are prominent in this area. The additional benefits include the jobs provided, the support for the Community Center, and the improvements made for the landowners.

The teen group is off and running with a schedule of events planned. The weekly Senior Lunch is back in action, and some are meeting daily for strength and better balance exercises. The 0-5 year-old playgroup has monthly events planned. The Adult Education Program is still taking new students. Please call the Community Center for more information on these and other programs offered.

Where peace begins,
Michael Guerriero



Inside this Month

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WHY I BOUGHT MY RAFFLE TICKETS FROM THE BRIDGEVILLE VOLUNTEER FIRE COMPANY

By Randy Krahn

1. I appreciate having highly trained and motivated people in my community that will come to my assistance should I be the one sliding off Highway 36 in a snowstorm.
2. I like feeling proud of my neighbor, when he stops by to say hello and still has his fireman's coat on because he is just coming off a double call for help.
3. I know I can't donate my time, but my financial support will assure that the men and women of the Bridgeville Volunteer Fire Company will be there for all of us, 24/7.
4. The BVFC is creating a strong-binding weave throughout our widespread community and a strong community is good in so many ways.
5. And I especially appreciate anyone that will cook my breakfast at least one Sunday a month!

Bridgeville Community Center Mission Statement

"The Bridgeville Community Center is dedicated to improving the quality of life for all our community members. We are committed to bringing people of all ages together to encourage good health, self-esteem, creativity, and personal development."

Bridgeville Community Newsletter

Published monthly by the Bridgeville Community Center

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NEWS FROM THE HIVE

By Skylar Blue

The new year has brought a lot of new and exciting life to the community. A new president and a new community attitude are on the horizon. The message Jimmy Carter tried to instill in us many years ago has now become the reality. Work together, be honest, and be kind to all....seems easy enough but needs constant effort to become a reality. We have the community center available for get-togethers and meetings. Let's use it to stay in touch with one another and start working honestly for the entwinement of love and character to keep us all together. I don't need to tell you all how important unity is right now.

Speaking of which, on a lighter note, BCC is hoping to have a 4th Annual Chili and Cornbread Cookoff on Thursday night, February 26th, at 5pm, in the community center. You've plenty of time to tweek your recipes and get your hot peppers together! Woo-Wee! As last year's winner, (cough, cough) I will be happy to host the event but will not be entering chili this year. I may try cornbread, but we all know about my baking! Please come in or call the BCC (777-1775) to sign up as a contestant. I don't know what the prizes are yet, but we will come up with something good! Mark your calendars!

Come on down for Senior Lunch on Tuesdays at noon. We always have a lot of fun and laughter is great for the soul! Keep cool and keep in touch!

And to quote our new president, "Yes, we can and, Yes, we will...As long as we are working together". All of my love to you all....Sky



Humboldt County Bookmobile



Read A Book They Deliver

Security is mostly a superstition. It does not exist in nature . . . life is either a daring adventure or nothing. ~ Helen Keller

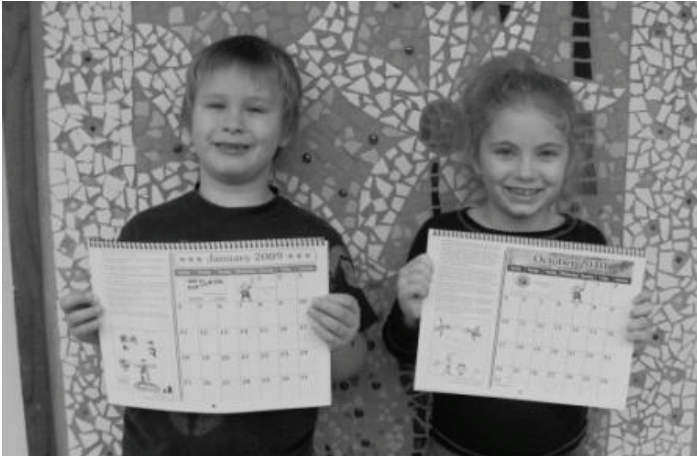
REDUCE, REUSE, RECYCLE
Printed on recycled paper.

Comments and corrections are always welcome. Management is not responsible for any errors, omissions, or other editorial mis-statements, intentional or otherwise. The views expressed by the authors do not necessarily reflect the Bridgeville Community Center or its staff. If you have any other concerns, please submit them in triplicate.



School News

by Corinne Fearrien



Happy Valentine's Day...our class was very busy making valentines not only for their own loved ones but they also made valentines to send overseas for those serving our country. These small acts of kindness brightens someone's day who is very far from home and our students make a thoughtful gesture using their writing and art skills. For sometime now our class has made holiday greeting cards, bookmarks and placemats to send overseas. Recently the Socks For Soldiers group held a contest for drawing pictures they would use in their calendar that is sold to raise funds for the wonderful boxes (over 1000) full of much needed items, they send to those serving overseas in the military. Some of the Bridgeville students entered the contest and we were so pleased that our very own Kayla McKinnon and Neil Morris won and their drawings were among the pictures used in the calendar. All the winners were invited to a calendar "kick off" party. We were very excited ! Congratulations to you both for your winning pictures. If you would like to know more about Socks For Soldiers you can visit their website at www.socksforsoldiers.com.

February not only brings Valentine's Day but our class has been keeping track of how many days we have been in school. As a daily math activity we count to the 100th day of school. According to our tally, February 10th will be our special day! We will be celebrating the day with special math activities using the number 100 and reading stories, like Wolf's Chicken Stew, that deal with 100 things to eat. As a point of interest, we are over half way through the school year !

I can't help but reflect how much growth the

students have made since the first day of school in September. Many needed to learn new rules and some who couldn't read are excited to be reading now. I love watching the growing interest in students that are choosing chapter books to read from the Bookmobile. It's fun to see them excited to read the books that come in a series like *The Tree House Mysteries* or the Cam Jansen books. Handwriting has improved and work habits are getting better--if only you could turn off the talking!! Many have started to put a lot of effort into their work and the scribbles and blobs in the journals are turning into stick figures and even show hair, shoes and clothes even though a few still have the legs coming from out of their heads. Progress sometimes comes in little steps! Students are learning that homework is something that needs to be turned in--over the years that I have taught, I wish I had a nickel for every time work wasn't turned in and I heard "I did it" or "I'll bring it tomorrow"--especially when "tomorrow" is Saturday!

Growth in our students can be attributed to many factors --teachers, staff, parents, the determination of the students themselves and the volunteers that so graciously give of their time either at the school or from their homes. In our classroom we say thank you to dedicated people like Gloria Bruce who come faithfully twice a week to help students. A big thank you to Joyce Church and Julie Stephens and the parents who send food and drinks to our class parties and provide the school with annual Christmas tree--not to mention the great fieldtrip to cut it. And a special thank you to Jeanie who provides extra fun and creative ideas to make learning creative.

I'd like to share this with you:

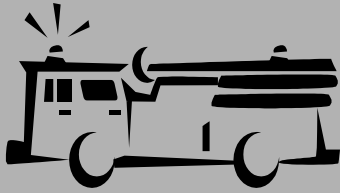
- coopEration
- coordInation
- commUNication
- expeCtation
- inspirAtion
- partIcipation
- apprecIation
- infOrmation
- imagiNation

Quality education takes everyone's dedication – teachers, staff, parents, and community!



TEEN NIGHT
Friday, February 6th, 6—9 pm,
other dates to be announced.

ONE JOY DISPELS A HUNDRED CARES. -CONFUCIUS



**Bridgeville
Volunteer
Fire Company
News**

BVFC NEWS

Hello Neighbors, friends, and Fellow Firefighters,

One door has closed and another has opened. Our goals for the last year were achieved and now we must look forward to meeting our new challenges. Of course, right at the top of our list is our budget needs. This is where you and your family can do your part as a Bridgeville citizen.

Believe it or not, the BVFC covers an area of 396 square miles. And the last census showed that there are 7,700 of us spread out in this community.

We have 500 "Crayton C. Sauers" Rifle Raffle tickets available now for sale. Second Prize is a 21" Farmer Husqvarna Chain saw, and third prize is a load of wood.

PLEASE HELP us keep your emergency needs a priority. We are here for you. So you live back on the 40 acres off that dirt road over there, we will find you and we will work with our Command Center to be sure that we get any other Agency there to assist. Remember, we do no investigating and our mission is to save life and property. The Command Center are the folks that call in other agencies for investigations. That is the law.

BVFC EXPENSES:

- "Barn" (building where we store our Engines and equipment.) We lease it through County Roads. As a donation to the BVFC, a co-worker of my husband wired it for electricity, at no cost. Many thanks to him.
- We have the engines on generators at all times to be sure that our Engines are ready to go. (so, we have electric bills)
- Gasoline - well, we all know the cost of that. It takes over \$100.00 to fill the tanks, and we have three. (Some incidents can cost up to \$500 for gasoline. Vehicles are not turned off while on a call because of pump usage.)
- Parts, Tires, and Insurance for the two Engines and Rescue Wagon.
- Office Supplies and Telephone.
- We have purchased a new defibrillator, which will be invaluable considering our long estimated time allowances up here.

Folks: IMPORTANT NOTE: Anyone who is on medication, fighting a disease, have allergies or a

condition, PLEASE write them down and have them handy for our First Responders...it can make a difference.

Once again we must thank the Family of Crayton Sauer's and hope that honoring their loved one will keep the American and Pioneer Spirit flourishing for years to come.

Raffle Tickets: Tickets are available at Swain's Flat Store, from members of the BVFC First Responders, Mike Gladding, or at the Headquarters at 25620 Hwy.36. Flyers will be posted soon with more information.

Respectfully yours, *Candy Fleek*



In 1963 I was a Junior at Franklin Pierce High School in Tacoma, Washington. Our Class was fortunate enough to be a part of history in the making when we crowded into the Baseball Park and were honored to hear JFK speak. The excitement was unbelievable and President Kennedy was a very charismatic man. He spoke of happiness, freedom for all and his hopes that every man be paid a fair wage in order to support his family and make a better life for his children. It was awesome. I was an Air Force Brat so was raised to be respectful and patriotic to our flag and country. We travelled Europe and most of the States, which was very educational. I understood what freedom meant and realized, at an early age, that we cannot let our guard down. Our strength as a nation comes from within our own family unit. President Kennedy said "Ask Not what Your Country can do for You, but what You can do for Your Country".

The Volunteers have worked hard and have achieved all the goals we set for our program. Now it is time for You to do your part as a citizen of this community to make sure that we do whatever is necessary to continue supporting the BVFC. I Say " Ask not what Bridgeville can do for You, but what You can do for Bridgeville". Please support us with a money donation or purchasing tickets for the "Crayton C. Sauers" Rifle Raffle.

Candy Fleek, BVFC Coordinator

S.T.A.R Dispatcher Classes



S.T.A.R will be holding Dispatcher classes. S.T.A.R depends on volunteers like you. Dispatcher classes start in February. Call STHS at 574-6616 for information.

BRIDGEVILLE QUILTING VOLUNTEERS

We are meeting at the Community Center on Tuesdays at 5 PM. Everyone is welcome to join us as we build the 2009 BridgeFest raffle quilt.

We have chosen a simple, but very pretty, pattern to make, and we'd love to have your help! There are a lot of fabrics on hand, so just bring a sewing machine.

 **Guinevere's Candles**
www.flowercandles.com

We will be hosting a Candle Party at the Bridgeville Community Center Friday 13, the day before Valentines day. From 1-4pm This is our end of the season 20% off sale and also 10% of our sales will go to the Bridgeville Community Center.

So stock up on your supply of candles, give your sweetie a low cal lovely gift. Or just come see the beautiful flower arrangements.

*Hope to see you there,
Guinevere*

Tai Chi Class



Tuesdays, 5:30-6:30
Mad River Community Center,
Van Duzen Rd. Across from
Southern Trinity School
Contact Dottie Simmons for more info
at 777-1920

Rejoyce Designs

The Art of Healing Jewelry
Joyce M. Remenowsky
Private Jewelry Parties, Weddings, Customize
Holiday Sales

410 Ackerman Lane
Carlotta, California,
95528
707-777-1901 808-989-6460

TRCCG RECIEVES GRANT FROM THE MORRIS-DEMOTTE HERITAGE FUND

Two Rivers Community Care Group is very excited to announce that we got a grant from the Morris-Demotte Heritage Fund, a fund of the Humboldt Area Foundation to pay for the fingerprinting of our volunteers and for brochures outlining our philosophy and services. We held a volunteer training in October and have been meeting monthly to hone our skills as helpers. Getting fingerprinted (so we can get insurance) is the last hurdle before we can officially start offering our services.

Beyond Swains Flat there are no home health or hospice services along the Hiway 36 corridor so we anticipate filling a gap in the care available to those who want to stay in their homes despite life challenging illnesses. We meet monthly on the 2nd Tuesday and invite anyone interested in volunteering to give us a call. If you know of anyone who could use our services please urge them to contact us at the Bridgeville Community Center – 777-1775.

Again, a BIG thank you to the Morris-Demotte Heritage Fund. And also thank you to Dottie Simmons for doing such a nice job on the brochures.



Therapeutic Massage

by Heidi Zoodeedo

Nationally Certified ♦ 21 Years Experience

133 Van Duzen Road, Mad River
By Appointment (707) 574-6764

Take It Off – Keep It Off!



"Attending weekly TOPS meetings has been the key to my success," says Linda Beyer. "Sharing info and motivations with other members gave me good insight." Linda Beyer lost 108 pounds!

Get healthy with TOPS!

- Friendships and fun
- Incentive and recognition programs
- Low membership fee



There is a chapter near you!
Call 1-800-932-8677 or visit www.tops.org

Bridgeville Community Center, Tuesdays at 4:00

~ Healthy Spirits ~

It would seem that psychiatric disorders are increasing. Though I haven't seen the data I don't believe that the major mental disturbances like schizophrenia or bipolar disorder are increasing but it sure seems like depression and anxiety disorders are on the rise. I can think of two explanations for this though I'm sure there are many. One is the overload of sensory information we are exposed to in our 'civilized' lives. Surely having to build and send out all the neurotransmitters to deal with this is taxing on the body. Another explanation may be our food. Prepared foods/fast foods have poor quality nutrients in them. Plus, commercially grown foods lack many of the micro and even macro nutrients we need for neurotransmitter and hormone synthesis. Then again, it may just be that people feel freer about expressing themselves than they used to. Maybe in the past you just hid away and didn't tell anybody about your 'crazy' feelings. Another explanation, at least for women 'of a certain age', is menopause. Hormones are out of whack and neurotransmitters are running rampant.

Anxiety disorders are situational or generalized. Fears of heights or of crowds are examples of situational anxieties. But some people can at times be overtaken by tremendously debilitating feelings of generalized anxiety. The anxiety can be so overwhelming it constitutes a panic attack or it can just be a vague feeling of needing to do *something* without being able to identify what that something is.

Situational anxieties may be triggered by past events, for example you fell off a bridge when you were two and now you can barely climb stairs. But, sometimes they appear out of nowhere for no discernable reason. There may be a past event that didn't make a real impression on your conscious mind but did on your unconscious, or was so traumatic that you can't remember it consciously without falling apart, but enough of you remembers it to feel panicked in a similar situation. Skillful counseling should be able to uncover this and cognitive training with desensitization is usually quite successful for situational anxiety.

Sometimes there really is no findable cause for the fears. If you believe in real Woo Woo stuff you may believe that these mysterious fears are holdovers from another lifetime. I've seen people successfully deal with long time problems by past life regressions. Maybe it was real or maybe being able to deal with the problem symbolically allowed them to process and let go of the trauma. If it works, use it.

Generalized anxiety is harder to control. First of all you have to recognize it. Some of the first and subtle signs are physical, a tightening of the chest, heart palpitations, tension in the jaw or neck and vague sense of anxiety and foreboding. When you recognize these feelings the best thing to do is to stop, take a deep breath and take a realistic look at your brain. Do you really have anything to be anxious about? Sure you might have a deadline, or a long list of must do's but is the level of your anxiety appropriate to the problem or is your brain just running in circles? Is there really any problem at all or are you just looking for an excuse for your brain flipping out? Whatever - just stop, breathe deep and let go. Physically drop your shoulders, open your chest, soften your jaw and do some mental imagery of letting go. I imagine angel wings brushing lightly around my head and the inside of my head getting lighter. And I remind myself that I am NOT Hercules, I don't personally hold the world up. If I don't get my task done it won't really matter 5 years from now or probably even next week. I mean get over yourself, you share about 80% of your DNA with a banana. Reminding yourself of this helps.

Laugh. Even fake laughing with deep chesty HA-HAs and HOHOs changes the neurotransmitters you are running. Exercise using the large muscles also helps dissipate stress, even long held stress. If you are feeling stressed jump around like a giant on a stovetop, stomp, stomp, stomp (and ho, ho, ho).

Of course there are medications like Ativan or Xanax (pharmaceutical companies know a gold mine when they see it) but they only suppress the symptoms, they don't really change your physiology like learning to deal with the feelings on your own does.

It is important to know what it feels like to relax. Take time out for meditation or a massage and consciously scan your body so you know what relaxation feels like, sounds like and even tastes like. Make sure you are getting enough sleep and cut back on caffeine and alcohol. Get regular exercise to cleanse the body. Supplements to help 'the nerves' include B-vitamins, GABA, and the Omega-3 fatty acids (fish oil and flax seed). Cut back on

(continued on next page)



Guinevere's Candles
www.flowercandles.com

Beautiful candles featuring delicate flowers, carefully pressed to preserve their natural, vivid colors.
Handcrafted in a solar-powered shop in Bridgeville.

(continued from previous page)

sugar, if you are having anxiety problems you will notice that within half an hour of eating sugar you anxiety is climbing.

Some non-pharmacological therapies to help in your learning process include aromatherapy with essential oils, especially lavender, lemon, orange, rose and marjoram. Here is an anxiety formula from Kathi Keville: 12 drops of lavender, 6 drops orange, 3 drops marjoram, 3 drops cedarwood oil in four ounces of a vegetable oil (but you'll want to go in with a friend or have someone make you this because each vial of oil is quite expensive) A lavender pillow is cheap and effective. There are Bach Flower remedies and homeopathic remedies and there are herbal remedies like hops, passion flower, chamomile and valerian. All can be helpful to relieve free floating anxiety. But, the cheapest and most effective is learning to stop, drop your shoulders, breathe deep and imagine something that stimulates love in your heart. Sounds sappy but it works!

Love Long, Forgive Often, Work Hard
Lauri Rose, RN BSN HNC



**Bridgeville Community Center
Adult ED Classes**
We Fit Your Schedule

ESL ■ Driving Test ■ Adult Basic Ed

Private classes are available by appointment to start working toward your GED, Basic literacy, or other educational goals.

Bridgeville Community Center Adult School is having classes. Class times are flexible and designed to fit into each student's time constraints. If you are interested in getting a GED or in basic adult education classes, please call the BCC at 777-1775 to register. We will contact you to set up class times.

All Adult Ed (GED, Basic Ed, and ESL) classes are held on Wednesdays and by appointment.

Call 777-1775 for more info

Food Matters

By Ann Matula Gyenis
Certified Nutritional Consultant

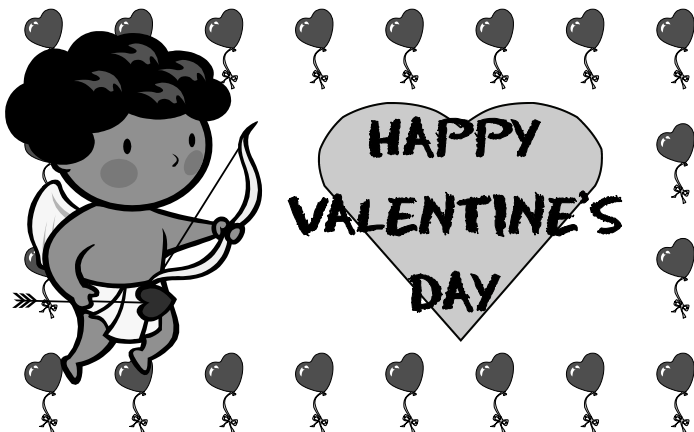
SUPER SEVEN

Dr. Neal Barnard, nutrition researcher and author of seven books including, "Turn Off the Fat Genes" and "Breaking the Food Seduction," offers seven steps toward optimum health and making our bodies disease resistant. As founder of the Physicians Committee of Responsible Medicine, Dr. Barnard backs all of his recommendations with extensive proofs.

1. Plan breakfast to block cravings and snacking. Regular (not instant) oatmeal, cantaloupe and whole grain toast, for example.
2. Choose blood sugar stabilizers-sweet potatoes, lentils, peas, and green vegetables.
3. Leptin, which quells hunger pangs, can be boosted by eating low-fat foods, exercising and by 'not' over-restricting your calorie intake.
4. Keep a journal of your craving cycle and find activities to break it.
5. Get lots of sleep and work exercise into every day—walking is tops.
6. Get your family and friends on board so peer pressure and social get-togethers do not undermine your efforts.
7. Eating a plant based diet will cut cancer risk, maintain healthy weight, lower blood pressure, give you more energy, promote longevity, enhance your taste buds, strengthen your immune system-so eat small portions of meats and dairy products.

Dr. Barnard states that his work was prompted by frustration by doctors who would rather write a prescription for cholesterol, weight loss, high blood pressure, diabetes and other maladies than to advise a smart diet.

*"It's OK to eat candy on Valentine's Day though!
Special Days call for exceptions!"*





Van Duzen Watershed Fire Safe Council

Report to the community from the Van Duzen Watershed Fire Safe Council

by *Jean-Louis Carmona*

Greetings everyone and happy winter. It was a good year in 2008 for the Fire Safe Council and fire prevention work in our neighborhood. In March 2008, we began the "Homeowner Defensible Space Project." The funding was provided by the Bureau of Land Management through the California Fire Safe Council and a chipper was provided by CALFIRE.

This grant originally called for 100 foot clearance, fuel reduction work for thirty homes, but thanks to the work of our brilliant crew, we were able to complete beautiful, park-like defense perimeters around forty-one homes and seventeen shops and barns, at an average cost of \$720.00 per home. Many praises and thanks to our crew on this project: Robert Vance, Danny King, Matt Asbury, Jubal Tuey, Tammy Farmer and Teresa Stewart.

During the course of the project, I kept track of the resulting biomass generated by the project. Biomass is the term for the branches and wood cut for clearance. Burning is usually the most cost-effective way to deal with biomass, but it affects air quality and wastes resources (wood products). Thanks to CALFIRE, we were able to use a 12-inch self-feeding MorBark chipper, paying only for fuel and transportation. The use of this chipper was invaluable: it allowed us to work through the summer when burning is not allowed and it produced a product for the homeowners-chips. Special thanks to Kim and Arney at CALFIRE Fortuna. Most of the brush was chipped and any wood large enough for firewood was left for the homeowner. Chips are being used to make garden paths, erosion control, animal bedding, and even mushroom growing. This project created over 179 cubic yards of chips and 114 cords of firewood, for an average of 4 cubic yards of chips and 2.5 cords of wood per home.

In addition, fir poles were used for construction purposes, and brush and logs were also used for erosion control: 'lop and scatter' which is spreading material evenly and flat on the ground over steep areas to slow runoff; splash protection for culvert outlets to prevent down cutting; in-stream sediment control; and stream bank armoring are just some of the uses we found for a lot of our biomass.

I must also mention the wonderful lunches served to the crew by many of the homeowners, including over a dozen different types of delicious potato salad. Thank you all!

This project ended in August and in November we started our new grant: the "Dinsmore Regional Clearance Project." This work is funded by Six Rivers National Forest through the California Fire Safe Council and once again we have the use of the CAL-FIRE chipper. The goal of this grant is to do roadside clearance for ten miles of road, fifty feet on both sides. Roads are to be located in the Dinsmore/Buck Mountain area. The purpose is to create shaded canopies, firebreaks, make the roadside safer, and allow easier access during emergencies. We were able to do two miles of road before the snow shut the work down. We will resume when as soon as possible. We still have five miles of road available to do, so if you live anywhere in the area mentioned contact the Community Center for a free assessment visit.

We also have a new crew: Robert Vance, Danny King, Tammy Farmer, Teresa Stewart, Jeff Schroeder, Able Adams, Shawn Miller, Justin Weir, Brendon Sauers and Julie Tuey. Thank you all for the excellent, professional work.

Thanks to all the landowners for their cooperation and support.

And, of course, we especially want to thank the people paying for it all:

- California Fire Safe Council
- Bureau of Land Management
- Six Rivers National Forest
- CALFIRE

And our parent group the Bridgeville Community Center because without their backing we could not be doing this.

Now, its grant writing time for next year, and you can count on us trying again for more projects. If you have any ideas for fire prevention work give us a call.



Notice the days getting longer? Ahhh...



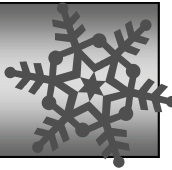
The Bridgeville Baptist Church

*We are on Alderpoint
Road, just past the
Bridgeville Bridge
off Hwy 36.*

Sunday School- 9:45-10:45 am
Morning Worship- 11:00-12:00
Mid-Week Service- Wednesday 6:00 pm

FLAKE FACTS

(and I ain't snowing you)



- In the western United States, mountain snow pack contributes up to 75 percent of all year-round surface water supplies.
- Based on National Weather Service records for 1961 through 1990, Rochester, New York averages 94 inches of snow annually and is the snowiest large city in the United States.
- Buffalo, New York, is a close runner-up in terms of U.S. large cities with the most snow. A 39-inch snowfall in 24 hours in early December 1995 cost the city nearly \$5 million for snow removal.
- Almost 187 inches of snow fell in seven days on Thompson Pass, Alaska in February, 1953, according to the National Snowfall and Snow Depth Extremes Table provided by the National Climatic Data Center.
- Each year an average of 105 snow-producing storms affect the continental United States. A typical storm will have a snow-producing lifetime of two to five days and will bring snow to portions of several states.
- In the early 1900s, skiers created their own terminology to describe types of snow, including the terms "fluffy snow," "powder snow," and "sticky snow." Later, the terminology expanded to include descriptive terms such as "champagne powder," "corduroy," and "mashed potatoes."
- Practically every location in the United States has seen snowfall. Even most portions of southern Florida have seen a few snow flurries.
- Snow kills hundreds of people in the United States each year. The primary snow-related deaths are from traffic accidents, overexertion, and exposure, but deaths from avalanches have been steadily increasing.
- The greatest snowfall officially reported at the Phoenix, Arizona National Weather Service Office was one inch. That occurred twice. The first time was January 20, 1933. It happened again four years later on the same date.
- Nationwide, the average snowfall amount per day when snow falls is about two inches, but in some mountain areas of the West, an average of seven inches per snow day is observed.

<http://www.nsidc.org/snow/facts.html>



RANDOM THOUGHTS

By Attila Gyenis

It's Just A Game



Those words, *'it's just a game,'* are said by the following types of people. Those that are losing and have given up gracefully (or so they pretend), and those that don't care about the game (like many wives on Super Bowl Sunday).

Sometimes those words are uttered by the winning team in an effort to appear well-mannered and courteous, but rest assured, in their minds they know that the game they just won is more than *'just a game.'*

If you wind up on the losing team in the Super Bowl, it is no consolation when someone, in an attempt to be sympathetic or understanding, tells you *'it's just a game.'* Hearing a statement like that will make you want to take the football and... Well, let's just leave it at that.

I come from a competitive family. We all played sports, argued about politics, and played cut throat cards until 3 in the morning (with the loser wanting to cut the throat of the winner). While I don't think I'm competitive, I do believe in winning at all costs.

The most competitive 'game' I ever played was a game of chess against an ex-convict. Fortunately I wasn't in prison when this game took place so the consequences of losing were not as bad as they might have been. I did play with the Chess Club in High School. Whenever I lost (which was often) I always said, *'hey, it's only a game.'*

Then after a 20 year hiatus, I started playing again at a local coffee house. I still knew which way the pieces moved, and occasionally won. It was around this time that I ran into 'Ricky' (not his real name). He was a friend of my brother, and a pretty nice guy with an edge. I didn't ask what he was in prison for.

When he found out that I played chess, he challenged me to a casual game (with a real serious look on his face). He played a lot of chess while in prison. He probably considered me a fluff player so he thought it would make the game more interesting by letting me win a few pieces before he won the game. He was a very good chess player. He was cunning, strategic, and deliberate. But I ended up winning.

He immediately challenged me to another game. This game would be my most competitive challenge in life. It was serious. There would be no *'do-overs.'* I had never focused my total concentration on a single undertaking like I did that afternoon. To make a long story short, I won the game. I don't know how I did it, but I know that I played the best game of chess in my life. I surprised 'Ricky' and I surprised myself. I guess it's how you play the game that counts. You win some and you lose some. It was just my turn to win. But believe me, it was more than *'just a game.'* Peace!



NEIGHBORHOOD MEETING



On January 22nd, over 75 community members gathered in the Bridgeville School gym for a town meeting with newly elected Second District County Supervisor Clif Clendenen and County Planner, Martha Spencer. The subject was the proposed homeless shelter to be built in the town of Bridgeville. The story was originally reported in the *Times-Standard*.

The homeless shelter is being proposed by the prospective buyers of the town of Bridgeville, an organization called *Nabhood Community Development, Inc.*, a Pomona-based nonprofit organization. According to newspaper reports, they want to build a homeless shelter for 200 men and women from the Southern California area. They have opened escrow, but have not placed any money down as of press time. The 'town' of Bridgeville, which consists of approximately 80 acres, has a \$1.3 million asking price.

While the sale of the property is a private matter between the seller and the buyer, what the new owners do with the property may come under review from various county offices if they significantly alter it from its current use. County Community Development Services Department Director Kirk Girard, in a message left for the *Times-Standard*, said Nabhood's plan will be subject to a variety of public processes before it can come to fruition.

In reality, the Nabhood's plan has a mountain of reports, permits, zoning regulations, environmental impact studies, and water and sewer considerations to climb before it could go forward with building the housing for 200 people. That was the evaluation presented by Supervisor Clif Clendenen and County Planner, Martha Spencer, at the meeting.

Mr. Clendenen added that the idea for easing the homeless problems in other regions of the state by

sending them up here does not set right with him. He said, "After all, we have our own homeless problems, and this plan would only overload the social services that we now provide."

Community members also spoke and the universal theme was that while helping the homeless is a noble cause, placing 200 homeless people in a rural setting without the support structure needed to provide adequate services was "not a good idea." Concerns included: placing a homeless population with drug problems next to a school; the additional fiscal responsibility and cost placed on Humboldt County which is already facing budget concerns; what happens to the homeless after they get rehabilitated; water and sewer issues; ability to provide adequate medical and police services; and having Bridgeville used as a dumping ground by Southern California communities to rid themselves of their homeless problem while ignoring the local homeless problem.

Nabhood Executive Director Darryl Johnson said his organization, which is U.S. Department of Housing and Urban Development (HUD)-certified, has big visions for the small town -- visions that may come with a \$75 million price tag. Johnson said he encourages anyone with questions or concerns about the project to contact him by e-mail at sandlewoodrehab@aol.com.

Humboldt County is currently updating its General Plan which in part determines which parcels get zoned commercial, agriculture, unclassified etc. If you want to get involved please contact the County Planning Office or visit www.plannedupdate.org. These land use concerns will continue to be an issue whether or not this particular sale goes through. One way to get your voice heard on this issue is by being involved with the General Plan .



ALLERGY ALERT

Got the sniffles? Could be allergies. Alders have started blooming early because of the beautiful weather we've been having. Pollen from Alders is rated a number 9 on a scale of 1-10 of allergy-causing plants.

Coyote Brush (*Baccharis pilularis*) is another allergy-causing plant that we have in great abundance. They are rated a number 10 on the allergy scale. What looks like blooms right now are actually seeds that will float on the breezes. They were blooming in late September. Did you get the sniffles then?

Some people develop more allergies as they get older, and some have less. If symptoms are severe, seek medical help.

Thank You

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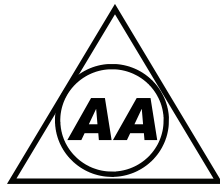
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We appreciate the past sponsors. The newsletter is supported by grants and sponsors like you.



The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm
Wednesdays @ 5:30 pm (except 3rd Wednesday)
Where: Community Center, Mad River (on Van Duzen Road)

Strong and Better Balance

Classes Monday thru Thursday
10:30—11:30 (free)

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Bridgeville Trading Post

For Sale: Fantastic Knitting Studio for sale! The entire contents of a spinning and knitting studio are for sale including, knitting machines, linkers, steamers, knitting needles, books, fleece, various natural colored home grown wool yarn, organic white, and colored cotton yarn. For more information call 777-3280

For Sale: Dodge Ram 2500 Mega Cab, nice condition. \$ 25,000.00 Tammy SOLD

For Sale: 1973 Motor home. Runs great! 4-speed Dodge fireball. \$ 1500.00 OBO 574-6797

Needed: Recliner, in good shape. Dan 777-3278

Work Wanted: Cleaning Bee Housekeeping. Fast, friendly, and efficient. Call for a quote and make your appointment today with Melissa. Call 443-5773 6-9 PM. Have your house cleaned by the bee!!!

Available: Smoke Alarms available at BCC.

Arlan "Arnie" Peirce King passed away peacefully at his friend Jeannie's home on Tuesday January 20, 2009, from complications of lung cancer. Arnie was born on July 25, 1930, in San Diego to Rene and Vaune P. King.

He started first grade in 1936 and graduated from Ramona High School in 1948. After graduation Arnie attended college in San Diego. He then enlisted in the U.S. Air Force and served as a Medic during his Air Force career. He was discharged in September 1953.

Following his military service he moved to Northern California and enrolled at Humboldt State College, where he would graduate with a degree in Forestry and Wild Life Biology. While in college he met his future wife, Joanie. They eventually married and had two daughters. Joanie predeceased Arnie in 2002.

Arnie is survived by his long time special friend, Jeannie Chamberlain, two daughters, Susan Pond and Laurie King, a granddaughter, Katrina Pond, a grandson, Dane Pond, one great grandson, Blayne, and one great granddaughter, Jaycee. .

At his request there will be no service. Cards or letters may be sent to Betty Phelps at 1480 Webber St, Fortuna, CA 95540. Memorial contributions may be made to Hospice of Humboldt, 2010 Myrtle Ave., Eureka 95501.

[see complete Obituary in the Times-Standard.]

February Calendar

- 1st – Sunday, **Breakfast with Six Rivers** 8 - 11am
2nd – Monday, **BES board meeting** 5:30pm;
Strings Jam @ 7pm @ BCC
4th – Wednesday, **Bridgeville Boys Basketball (BBB) @**
Rio Dell @ 4pm
5th – Thursday, **Harp Class @ 3pm;**
4-H meeting @ 6pm
6th – Friday - **BBB @ Van Duzen @ 4pm:**
BVFC @ 6pm;
Teen Night, 6 – 9pm @ BCC
7th – Saturday, **Arts Alive! in Eureka**
8th – Sunday - **Breakfast @ Carlotta Grange** 8-10am
10th – Tuesday - **Bookmobile @ 10:30am;**
BBB: Home @ 4
11th – Wednesday, **Writers Group** at 6:30pm – LAD
12th – Thursday, **BCC Board meeting**
13th – Friday, **Guinevere's Candle Party** 1-4pm at BCC
14th – Saturday, **Happy Valentine's Day;**
BBB @ Orick Tournament
15th – Sunday, **Breakfast with BVFC** 9am - 1pm
16 - 20 **PRESIDENTS' WEEK - NO SCHOOL**
23rd – Monday, **Strings Jam @ 7pm**
20th – Friday, **Commodities** 10am—3 pm
24th – Tuesday - **BOOKMOBILE @ 10:30am**
Bridgeville School Science Fair Judging
25th – Wednesday - **CURRICULUM FAIR** 5 - 6:30pm in
the BES gym. Refreshments Served
26th – Thursday – **BBB Home @ 4pm;**
Chili & Cornbread Cook Off 5pm @ BCC

Weekly:

- Every Monday to Friday—Strength and Balance @**
BCC 10:30-11:30
Every Tuesday—Senior Lunch, Noon @ BCC, fol-
lowed by Cribbage at 1pm
Every Tuesday—Medical Clinic from STHS @ BCC,
10-4 ~ For appointment call STHS @ 574-6616
Every Tuesday—TOPS meeting at 4pm
Every Tuesday—Quilting at 5pm
Every Thursday—Van Trip to town - reserve by call-
ing BCC



Bridgeville Community Newsletter
PO Box 3
Bridgeville, CA 95526

If you wish to be added or removed
from the Newsletter mailing list,
please contact the BCC.

4th Annual Chili & Cornbread Cook-Off



Thursday, Feb. 26, 5 pm
@ BCC. Chili & Cornbread
Cook-Off. Come on
down, you be the judge!

ATTENTION- ALL CONTRIBUTORS!

Email, snail mail & hand deliver your articles and announcements to the Bridgeville Community Center. On computer disk or email is preferable. **Submissions are due by the 20th** of each month. Thank you. Support the Newsletter, contribute.

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