



October 2009

Volume 16 Number 2



## TRICK OR TREAT BUT HOPEFULLY IT IS A TREAT

I just read some recent U.S. census statistics that look at our nation's poverty rate. The figures show it steadily rising throughout this decade to nearly 40 million people. At the same time, the number of people with health insurance has remained the same, despite the overall climb in population. The function of our health care system now depends on the support of the ever diminishing population that continues to afford the insurance premiums along with the current government support for the aged and children. As median family incomes continue to drop, the nation simply has more and more workers that are uninsured.

The health reform bills, that Congress is now considering, aim to cover millions of American who lack insurance, strengthen employer coverage and Medicaid, offer new insurance choices and prevent insurance companies from denying coverage or charging too much. These changes will slow the growth of healthcare costs, expand coverage and reduce the number of people that are uninsured. The work could have far reaching effects, even out here in Bridgeville, and will show that we are a nation that is capable of placing health in a priority position in our national goals. There is no better time than now to voice your opinion to our Congress.

In my previous months effort to acknowledge all of the volunteers who worked at BridgeFest, I overlooked the preliminary work done by Skylar Blue; Stacey Pierce, with Camp Fire USA, for

her help with supervising the bouncy house and the children's area; and Bill Shockley, who help with take-down. On behalf of the Board of Director, to all involved, thanks for the help in making this a fun event and successful fundraiser.

We are daily reminded of a tragic loss of a community member this summer by a car sticker. They evoke the memory of a bright young man who was friend to many and loved. It is my hope that these stickers will also remind us all that responsible behavior is something that is learned from the loving example and instruction of family and friends.

Congratulations to the Two Rivers Care Group on their one year anniversary. On September 26, four gourmet spaghetti sauces were the feature of the fundraiser in Mad River for The Two Rivers Care Group. Particular recognition goes to LaVonne Warren and BJ Delaney for this creative idea and its coordination. Their reputation for quality cuisine is always a dependable crowd pleaser in this community. This is truly "Neighbors Helping Neighbors." TRCCG is very grateful and considerably awed by the depth and breadth of the support for our endeavors. Thanks to Stephanie's Side Street Salon in Fortuna for the door prize donation, and many more thanks to everyone who attended.

Where peace begins,  
*Mike Guerriero*



### **Inside this Month**

School News  
BVFC News  
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*Happy Halloween*

## THANK YOU BRIDGEFEST DONORS

Fortuna Fabrics, Spotlight Video, McClellan Mtn. Ranch, Ace Hardware, Pepper's Restaurant, Rite Aide Fortuna, Scotties Cutters Edge, Fortuna Art and Old Things, Round Table Pizza, Dave's 76 in Fortuna, Quality Antiques, Lithia Dodge, Don Brown State Farm Ins, Forbusco Lumber, Main Street Feed, Sport and Cycle, California Cuts, Fortuna Pet Shoppe, Taco Loco, Reel Video, Pierson's Building Center, M. Guerriero Serigraphs, Bridgeville Quilters, Benbow Inn, ReJoyce Designs, Melissa Stansberry, Sky Blue, McDonald's, Neatto's, Gift Express, Duane Plant & Shriners, Mr. Fish, Papa Murphy's, Bed Bath & Beyond, James Darin Jocellier, Simmons Natural Soap, Fortuna Music Mart, Les Schwab, Verna Phillips, Horizon Business Products, Burger King, Spotlight Video, Weebly.com, Shaw's Computer Service, AquaDams/Water Structures, Dinsmore Store, Greens Pharmacy. *And to all the other aliens & earthlings who attended!*

### Who are the members of the Bridgeville Community Center Board of Directors?

1. Rachel Owen, Board President
2. Jim Nelson, Treasurer
3. Lynne Reardon, Secretary
4. Tammy Farmer
5. Kathleen Guelfo
6. Skylar Blue
7. Rob Patton

### 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

Attila Gyenis—Editor

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## Facts about OCTOBER

October is the tenth month of the year. October was the 8th month in the early Roman calendar. October has had 31 days since the time of the Roman emperor Augustus.

The first frost usually happens in October in the North Temperate Zone. Leaves change to their brilliant colors, and begin to fall, making the ground a beautiful haven of color. The farmers have to finish harvesting of the crops, but winter isn't here yet. The cold won't stay. In fact, we will still have warm days ahead.

Most birds have left for the south by the first frost, but the sparrows love the weather. They are seed eaters, and eat many weed seeds that would otherwise damage the next field crops.

Farmers bring in the last of the fall crops and either store or ship them to other parts of the world. In some parts, apples and grapes are still on the trees and vines. Many apples are harvested at the end of October.

Football usually dominates the scene in October. Hockey also begins its season in October. And, the World Series will steal some of the spotlight from other sports. Oh yeah, time to get some firewood.



## Humboldt County Bookmobile



**Read A Book  
They Deliver**

 Music Lessons   
Guitar, Harp

Redwood Coast Music Studio

Michael Koster & Lynne Reardon

\*Some rental instruments available\*

Call for rates and details

707-777-1772

## REDUCE, REUSE, RECYCLE

Printed on recycled paper.

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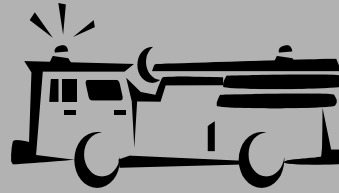
by Mike Mullan

Another school year has begun! Bridgeville School currently has 37 students which coincidentally is exactly the number of students we ended the school year with last year. We continue to offer our students the same variety of programs as in past years in spite of the current condition of the state economy. However some of the programs have been reduced in scope from previous years due to falling school funding. We have taken a large hit on our revenue limit monies which are the main source of school funding from the state. Our revenues from that source are down approximately 29%. Additionally we have taken a 19% cut in our transportation budget and a 15% cut in most of our categorical funds. The transportation and categorical cuts are slated to continue through this year and the next two school years.

In spite of these cuts we are still offering our students the following programs: 1) A free lunch, breakfast and after school snack program. 2) An after school program that runs until 6:00pm each school day. 3) Three regular classrooms. 4) Speech therapy. 5) A Resource Specialist Program. 6) Classroom aides. 7) Band. 8) Choir. 9) Enrichment music including harp and guitar. 10) A Reading Specialist. 11) Coed volleyball, girl's basketball and boy's basketball. 12) Home to school transportation. 13) Library services. 14) A variety of enrichment activities including a great annual eighth grade trip.

In addition to the above we made great strides in the annual standardized testing and reporting program conducted annually in all California schools. This program is more commonly known as STAR. The STAR scores are converted to a single number known as the Academic Performance Index or API. The Bridgeville School API for 2007-2008 was 627 our API for 2008-2009 was 775. An increase of 148 points! This was the greatest increase of any Humboldt County school. A big thanks to our dedicated staff for helping our students to this level of achievement. We are looking forward to another great year of learning here at Bridgeville School.

On another note the school has a self propelled Honda lawnmower for sale. This mower is about 4 years old and has had little use and runs well. The asking price is \$190.00. If you are interested please call the school and ask to talk with Mike Mullan.



## **Bridgeville Volunteer Fire Company News**

### **Welcome to Autumn, Neighbors, and Friends:**

It seems like summer just brushed through in a big hurry this year. Since I am Home Bound with my Oxygen and Emphysema and COPD, I probably notice things more than most folks. The migration of birds was very different this year. The Red-headed Woodpecker wasn't even here for a week. The Morning Doves haven't even showed up yet, and there were only (2) Bald Eagles this year as there have been (4-5) on previous years. I think it is because the river was so low this year and not much snow...That's my theory! We are hoping for snow and lots of rain this year.

We have been very lucky as far as fires go this summer. It's not over yet, so we need to continue to use caution. The Fire Safe Council has done a phenomenal job at clearing land and clutter. Jean-Louis Carmona and his crew have worked very hard to keep on top of the situation. Thanks to all of you.

Disaster Plan: Every couple of years, I go through food, liquids and supplies and try to update it. We definitely need to do some work on supplies, but will go into that next month.

There were only (2) Vehicle accidents, both with injuries and (1) Medical Call.

PLEASE, everyone, when available, go and get your Swine Flu Shots.

Thanks for listening Friends.....  
.....till next time.

*Candy Fleek, BVFC*

### **Bridgeville Community Center Adult ED Classes Summers Over, Classes Starting**

**Adult Basic Ed ■ ESL  
■ Driver's License Prep Test**

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

All Adult Ed Classes are held on Wednesdays and by appointment.

**Call 777-1775 for more info**

## Happy Birthday to Two Rivers Community Care Group



Back Row: Willie Wilder, Lauri Rose, Carlene Richardson, Annee Wilson, Peg Wheeler, Barbara Hamilton, Jay Hawley.  
Front row: Lalita Brinckhaus, Claudia Sauers.

The Two Rivers Community Care Group is very excited to announce we were One Year Old this September! As many of you, unfortunately, are aware our area has no hospice or home health services and In-home Support Services are being drastically cut. As community members we saw a need and a way we could help our neighbors.

We began, as most things do, by deciding to stop waiting for someone else to fix the problem. In July of 2008 Peggy Wheeler and Lauri Rose looked at each other during a book club meeting and said, "Let's do it. Let's start a community care group". With a leap of faith the Community Center's board of directors decided to support us as a program of the Bridgeville Community Center.

We spent the next few months researching hospices, volunteer hospices, and care giving groups. We developed position descriptions for volunteers and policies to guide what we would do and how. At the end of Sept. we offered a Caregiving Class for potential volunteers and any other community members that might be interested. Eight volunteers took our class and we officially started delivering services to families/individuals in our 'neighborhood', Little Golden Gate to South Fork Mountain, 1/2 way to Blocksburg, Ruth and Hettenshaw Valley.

Because we are all volunteer our services are free to any community member needing them. We do not receive any money from the Medicare Hospice benefit so we are able to help people at any stage of illness regardless of the length of their prognosis, nor do you have to stop any treatments aimed at curing your disease. We are able to help anyone with a life altering illness, whether it is 'terminal' or not. Some of our clients can expect to live for many more years, others have already passed on.

The services we offer are supportive. We help people organize their support system to provide effective caregiving and link up with available resources. We cannot offer any medical or nursing services but we can work with medical providers to make sure symptom/pain control is adequate and effective. We offer respite to primary caregivers so they can have some healing time for themselves. We help get some of the chores done that take a back seat when an individual is sick. We have stacked wood, delivered meals, fixed minor plumbing and helped people get home from the hospital. Basically, we listen to your needs then try to fill in the cracks. We also have a loaner closet with medical equipment and supplies open to anyone whether they are a client or not, and we have a library.

This month, as we move into year two, I want to thank the families who have shared their hard times with us and I especially want to thank the incredible group of volunteers who have given so much of themselves to help their neighbors. When I leave our monthly meetings my heart is so warmed by your love and concern I think I could fly. I would name these beautiful people because they all deserve recognition but, it would embarrass them and they would probably kill me. Let me just say - Thank you soooo much, you are a blessing.

Lauri Rose, RN,  
Clinical care coordinator, TRCCG

Anyone wishing to receive our services, join as a volunteer or give a donation please call the Bridgeville Community Center - 777-1775.



**BUILDING COMMUNITY: TURN OFF YOUR TV, PLANT FLOWERS, USE YOUR LIBRARY, START A NEW TRADITION, HELP CARRY SOMETHING HEAVY, LISTEN TO THE BIRDS, BE HAPPY.**

### BACK TO SCHOOL REPORT

This year's BACK TO SCHOOL night was held in conjunction with the week of parent-teacher conferences. We had a nice turnout for dinner, with lots of different, yummy foods. Teresa Stewart did a wonderful job as the person-in-charge of the kitchen, cooking all the lasagna, fixing salads, and making sure dinner was ready to eat for all the hungry Bridgevaliens!

Many thanks to everyone who brought food to share, and a huge thank you to everyone who helped with set up, cooking, and cleanup. Our wonderful helpers are too numerous to name, so please know that everything you did was greatly appreciated. We hope everyone had a great time!



## NEWS FROM THE HIVE

By Skylar Blue

When I was in grade school, I had to take Courtesy Classes, we all had to. It was an actual subject. Every day, thirty minutes. It should come back as a mandatory class.

I wouldn't say that it was an etiquette class as we learned nothing about setting tables or using the right fork. What it did teach was good manners. Pleases and thank yous...and you learned why they were important. There is nothing phony about good manners once you understand how it makes the world go around a lot smoother. It is an elegant and becoming increasingly forgotten craft. It is a divine form of communication. It is a win-win situation, to put it in the vernacular of the day.

Good manners are nothing more than a way to show respect to your fellow humans. 'Please' tells someone that they have an option that you would appreciate. It makes a dividing line between us and animals every time we send a 'thank you' card. It also promotes solidarity. All of us have this innate need to feel appreciated. You could argue that appreciation from others should not be a motivating factor to be of assistance, but none of us are truly that philanthropic that we don't like to be acknowledged from time to time. And if you don't think that you need to thank anyone for their help, kindness, or sympathetic ear because it doesn't really matter, than you know nothing of human kindness. And you probably won't have their willing help too often in the future.

Thanking people, in as little time as it takes to do so, makes a connection to a more elegant time when people and kindness were not so taken for granted or looked upon as suspicious. It's just another one of those very small things that shouldn't be forgotten or go unnoticed. We are all very busy people but that doesn't prevent us from having class. Make time to remember and thank all those around you for their support. It really matters and makes you feel awfully good, too! Who knows, it may be you that needs the acknowledgement and kindness later. Start the ball rolling in your own home, and hope it rolls over to others.



### 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

## Are You Pregnant?

The Humboldt County Department of Health & Human Services has a new program to benefit low income women in their first pregnancy and the first two years of their child's life. There is no cost, but many benefits. Those interested can call or come by the Community Center for more information.

## Van Ride To Town



The Community Center van goes to town on Thursdays.

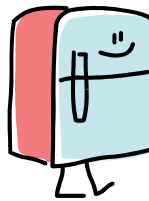
Reserve by calling 777-1775. Depart @ 9:15am, return 5:30pm. Donation of \$5 per household appreciated. Be seeing you.

## FLU SHOTS

Southern Trinity Health Services will be offering flu shots this fall. They will be available during clinic hours on Tuesdays at the Bridgeville Community Center. It is best to make an appointment, but staff will try to accommodate walk-ins, as well. Clinic hours are Tuesdays, 10am - 3:30 pm, and appointments can be made by calling 574-6616.



## Free Refrigerator or Weatherization?



PG&E has recently received additional funding through the economic stimulus package to help low-income households receive a free refrigerator & weatherization upgrades, such as insulation, weather-stripping, & caulking. To learn more, call the BCC, or call PG&E at 1-800-989-9744.

## FOOD FOR PEOPLE

Food for People will have FREE PRODUCE to distribute on Thursday, October 22, from noon to 2 PM. If you're in Eureka, go to the Food Bank at 307 W. 14th Street, and take advantage of this opportunity. Please bring your own bags! **Thank you Food for People!**



## ~ Healthy Spirits ~

I love October with its red and yellow trees. Finally the hot, dry, fire-ridden summer is coming to a close and there is coolness in the evening air as we enter the time of harvest and plenty, the time of celebrations. First comes Halloween, then Thanksgiving, then Christmas/Hannuka/Kwanza/Solstice (did I miss your particular spiritual way? forgive me, it is all about gratitude anyway). All these celebrations and parties mean you have to figure out how to eat a whole bunch of tasty food and not hurt yourself.

Most Americans gain about five pounds over the holidays – and don't lose it. Bummer. It is so hard at this time of year not to over-indulge. I don't know how many of you have spent time at a nurse's station but the food there during the holidays is unending. It seems like everyone, everywhere suddenly has to express their love by offering sweet, gooey, yummy edibles. And I'm sure my workplace isn't the only one experiencing food as love. At this time of year our pancreases go into overload and our insulin levels shoot up.

So what are some damage control strategies? First off, model good behavior. Instead of bringing chocolate to share bring apples and cheese or mandarin oranges. Knowing, that at this time of year, there will be goodies everywhere you go don't keep any in your own home. If you don't have sweets in your fridge than you can't snack between parties.

There are alternatives to trick or treating. Create a Halloween carnival or haunted house where nonedible and healthy goodies are the prizes. Not only will you lessen the sugar load you'll be awakening the creative spirit in your kids and yourself. If the kids simply *must* go trick or treating take the candy away at the end of the night and dole it out a little everyday. This will teach your kids about delayed gratification and maybe you can even get them to notice the effects of sugar on their behavior when they do get their candy (and the consequences of their behavior). Or you could give the candy to them in two day increments so they if they want candy for two days they have to learn management and control of their desires.

When you eat sweets try to eat them early in the day, or exercise right after eating them so you use the flood of sugar directly rather than turning it into fat first. One school of thought is not to eat any carbohydrates after 7:00pm. Yeah, that does imply eating dessert first. And remember, alcohol counts towards your sugar consumption.

If you go to a potluck bring a small plate with you. It will limit the amount you can heap on it and you will still feel that you have a very full plate. If you are cooking yourself trying using alternative sweeteners

like Xylitol or Stevia. And keep some perspective, you aren't going to starve, nor will your life *really* be adversely affected if you pass up the second helping of sweet-tarts.

Start now with an exercise regime and stick with it at least until January. There are cute computer/phone programs that will tell you how much you have to exercise in relation to how much you are planning to eat. Want that extra brownie? Okay, no problem add ½ mile to your run.

Pregnant women have to be especially careful. Of course you want to avoid alcohol but did you know that when you eat sugar your baby eats sugar too. By over indulging in treats you are setting your baby up to have dysfunctional carbohydrate metabolism for the rest of its life? Yes, it is a responsibility being pregnant. All your actions affect someone else for the rest of their life.

The following supplements help metabolize sugar: chromium and niacin, (they are synergistic and taken together can help reduce sugar cravings), biotin, alpha lipoic acids, Coq10, Vit K, magnesium, vanadium, zinc, copper, manganese, Vit E, Vit C and L-Carnitine. Cinnamon 1-3 grams (about 2-3 tsp.) also helps stabilize blood sugars. Cinnamon in those large quantities can cause bleeding so use it carefully.

Now you have some ideas about how to manage the onslaught of goodies coming your way. If anyone thinks of any other tips send them to Attila for the next newsletter. We need to help each other so we can all enjoy the wonderful holidays in a healthy way.

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

### **Strong and Better Balance** **Start feeling better.**

Classes Monday thru Friday

10:30—11:30 (free)

Wednesday– 10:00-11:00

At the Bridgeville Community Center

## 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



## Trivia about books and literature

- All of the roles in Shakespeare's plays were originally acted by men and boys. In England at that time, it wasn't proper for females to appear on stage.
- All the proceeds earned from James M. Barrie's book "Peter Pan" were bequeathed to the Great Ormond Street Hospital for the Sick Children in London.
- Bilbo Baggins was born on September 22 1290.
- Brabara Cartland is the world's top-selling author with over 500 million copies sold.
- Cinderella's slippers were originally made out of fur. The story was changed in the 1600s by a translator. It was the left shoe that Aschenputtel (Cinderella) lost at the stairway, when the prince tried to follow her.
- Dr. Seuss wrote "Green Eggs and Ham" after his editor dared him to write a book using fewer than 50 different words.
- Frank Baum named "Oz" after a file cabinet in his office. One cabinet was labeled "A to N," and the second was labeled "O to Z."
- Ghosts appear in 4 Shakespearian plays; Julius Caesar, Richard III, Hamlet and Macbeth.
- Harriet Beecher Stowe's "Uncle Tom's Cabin" was published March 20, 1852. It was the first American novel to sell one million copies.
- John Milton used 8,000 different words in his poem, "Paradise Lost."
- Margaret Mitchell wrote Gone with the Wind between 1926 and 1929. In her early drafts, the main character was named "Pansy O'Hara" and the O'Hara plantation we know as Tara was called "Fountainoy Hall."
- Of the 2200 persons quoted in the current edition of "Bartlett's Familiar Quotations," only 164 are women.
- Sherlock Holmes never said 'Elementary, my dear Watson.'
- Sherlock Holmes, Sir Arthur Conan Doyle's brilliant detective, arrived on the mystery scene in the late nineteenth century in "A Study in Scarlet" (1887).
- The occupations of the three men in a tub were butcher, baker, and candlestick maker.
- The original story from Tales of 1001 Arabian Nights begins, 'Aladdin was a little Chinese boy.'
- The Three Musketeers names are Porthos, Athos, and Aramis (D'Artagnan joins them later.)

Source: [www.corsinet.com/](http://www.corsinet.com/)

# Food Matters

By Ann Matula Gyenis  
Certified Nutritional Consultant

## Never Heard Of It!

"It" is ACRYLAMIDE, and most consumers are completely unaware of it in their food according to the 9/27/09 Medical letter to the CDC (Center for Disease Control) and the FDA (Food and Drug Administration). These and many other worldwide agencies are taking note of this toxic, cancer-causing substance and gathering information on food industry practices to reduce levels.

Acrylamide by name may be new to you but you really have heard about it. Remember the news that charcoal cooked and deep fried foods are bad for you? Well, acrylamide is what is produced by those high-heat processes and that is how it gets in the food. What is worse is that broiled, baked and many other packaged and processed products are full of it because the food industry uses high-heat cooking methods to assure long shelf-life and a crunchy product.

In 1990 acrylamide was added to California's Proposition 65 list of carcinogens by the Office of Environmental Health resulting in litigation between sick consumers and fast food restaurants. After, things quieted down but acrylamide didn't go away. In 2004 the FDA developed an Action Plan for Acrylamide in Food. The first step was to gauge consumer awareness and sample surveys showed virtually no familiarity with the substance.

A chief area of concern is about the impact of acrylamide on children. Their smaller body weight combined with their propensity to eat packaged snack food makes them at higher risk for toxicity. Fast food and snacks are generally lower in cost, more convenient to serve and many families give no thought to potential harmful effect of these foods. A common sentiment is that if it were bad for you, they wouldn't be selling it. That thinking can have dire consequences. Companies are out to make money and the health of the consumer is not high on their priority list-obviously.

The Joint Institute for Food Safety acknowledges that "...extensive efforts have been made by companies worldwide to reduce the amount of acrylamide in foods but the challenge has been to not alter the taste, quality or desirability.."

Financial Dynamics International is one of the world's largest strategic business problem solving consultant and is responsible for much analysis on acrylamide awareness. Media groups have not been doing too great a job at getting the public concerned about this serious health threat. Consumers must self educate. Make careful decisions when you choose fast food or buy packaged processed food. Limit your children's exposure to junk food and snacks, especially deep fried foods like french fries.

Eat minimally processed and raw or lightly steamed foods. Packaging give lots of information but, for now, acrylamide levels will not be shown. This will change in the near future.

## Monthly Observances for October

**If you were looking for something to celebrate or honor this month, here are a few suggestions. October is:**

Adopt A Shelter Dog Month, Antidepressant Death Awareness Month, Apple Month, World Blindness Awareness Month, Celiac Disease Awareness Month, Celebrate The Bilingual Child Month, Children's Magazine Month, Christmas Seal Campaign, Church Library Month, Church Safety and Security Month, Class Reunion Month, Co-op Awareness Month, Domestic Violence Awareness Month, Dyslexia Awareness Month, Eat Better, Eat Together Month, Emotional Intelligence Month, Emotional Wellness Month, Energy Management is a Family Affair-Improve Your Home Month, Gay & Lesbian History Month, German-American Heritage Month, Global

Diversity Awareness Month, Go Hog Wild - Eat Country Ham, Halloween Safety Month, Head Start Awareness Month, Health Literacy Month, International Starman Month, International Strategic Planning Month, Long Term Care Planning Month, Month of Free Thought, National Animal Safety and Protection Month, National Bake and Decorate Month, National Book Month, National Breast Cancer Awareness Month, National Caramel Month, National Chili Month, National Chiropractic Month, National Crime Prevention Month, National Cyber Security Awareness Month, National Dental Hygiene Month, National Depression Education & Awareness Month, National Disability Employment Awareness Month, National Domestic Violence Awareness Month, National Down Syndrome Month, National Ergonomics Month, National Family Sexuality Education Month, National Go On A Field Trip Month, National Kitchen and Bath Month, National Liver Awareness Month, National Medical Librarian Month,

National Orthodontic Health Month, National Physical Therapy Month, National Popcorn Poppin' Month, National Pregnancy and Infant Loss Awareness, National Reading Group Month, National Roller Skating Month, National RSV Awareness Month, National Sarcastic Awareness Month, National Spina Bifida Awareness Month, National Window Covering Safety, National Work and Family Month, National Sudden Infant Death Syndrome Awareness Month, Organize Your Medical Information Month, Photographer Appreciation Month, Polish American Heritage Month, Positive Attitude Month, Raptor Month, Rett Syndrome Awareness Month, Right Brainers Rule! Month, Self-Promotion Month, Spinach Lovers Month, Squirrel Awareness Month, Stamp Collecting Month, Tackling Hunger Month, Talk About Prescriptions Month, Vegetarian Month, Wishbones for Pets Month, Women's Small Business Month, Workplace Politics Awareness Month. Did I miss any?

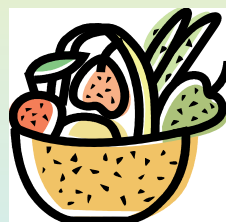
**Source: [www.brownielocks.com](http://www.brownielocks.com)**

## Free Cooking Class

Food for People will be hosting a free cooking class featuring quick and easy seasonal recipes at the

**Bridgeville Family Resource Center**

**October 23<sup>rd</sup>, 2009 from 1-2pm**



This event is free and open to everyone!  
For any questions, please call Ronli or Deb  
**@ Food for People: (707) 445-3166**

# RANDOM THOUGHTS

By Attila Gyenis

## My Bestest Halloween Ever

Let me tell you about the best Halloween I ever had. I was maybe getting too old to go trick and treating, but it didn't stop me. I don't want to tell you how old I was. Suffice it to say that my mustache was not drawn on. I was beyond having a costume. Who cares how you're dressed. The important thing is how much candy you can haul. A pillow case was my storage mechanism.



I like the word 'haul.' You usually use it in context with carrying a really big load, like the bank robbers who hauled off with 10 million silver dollars. In my case it was 10 million pieces of candy.

I ran from house to house, sprinting the whole way. I was in shape those days from playing soccer. I hit every house in my neighborhood, even the ones down the dead end. I had to stop back at my house several times to unload the candy.

My loot at the end of the night almost filled a large brown paper shopping bag to the top. I had more candy that year than I ever had in my whole life.

The end of the night is when the best part starts. That is when you go through all your loot. You spread it out and see what you got. You never really know, as you are going house to house, what they give you. It all disappears into the pillow case.

I was never big on candy corns. But snickers and almond joys were worth their weight in gold. I would separate the different candies into little piles. Then I would trade with my brothers. They were smart enough not to trade a pack of M&Ms for my lousy candy corns. I tried though.

It was about then that the worry about 'open candy' started. So we dutifully threw away any candy that was open or loose (except if it was really good).

Every year there is always a house that gave out something great. One of the previous years there was a house giving away candied apples. You know, where they stick the apple on a stick and cover it with red gooey sugar that hardens to a crunchy crust. That was the best.

I guess costumes are a big thing for kids and parents. Back then it was pirates, cowboys, or princesses. Very few people purchased a costume. If your parents couldn't afford a costume, then you threw a sheet over your head and said that you were a ghost. My granddaughter (who is less than a year old) is going to be a unicorn this year. I don't know if anyone told her that there was no such thing as a unicorn. And who gets to eat the candy she gets?

Ah, the good old days. The candy from that remarkable year lasted me more than 6 months. Next month I will be writing around dental care and cavities. **Boo!**

# BRIDGE- VILLE SCHOOL HALLOWEEN CARNIVAL OCTOBER 24, 2008 6:00-8:30

**PRESALE TICKETS  
WILL BE AVAILABLE  
BEGINNING  
OCTOBER 13, 5 FOR  
A DOLLAR  
MAY BE ORDERED  
NOW AND PAID FOR  
AT THE DOOR**

ONCE AGAIN WE  
NEED YOUR HELP TO  
MAKE OUR CARNI-  
VAL A SUCCESS.

**BOO... BE THERE OR  
BE SCARED.**



# Neighbors Helping Neighbors

By *Peg Wheeler* for TRCCG  
(Two Rivers Community Care Group)

## Talking with a friend who is ill

Have you ever learned about a serious or terminal illness of a friend and were not quite sure how to respond? Perhaps you didn't know what to say. You may even have felt so awkward you put off calling. Yet at some level, you knew that awkwardness could snowball into more awkwardness that wouldn't go away unless and until you took action – inaction is not an option when it's your friend. Sometimes it's simply a fear of saying the wrong thing.

## Listening is the key

The good news is you don't have to say a lot. In fact, the best response of all is just listening. Your friend may want to talk openly about the illness or s/he may prefer to avoid the topic (especially at first). It is important to follow your friend's lead. A good listen may allow your friend to come to terms with the illness and talk about it at his own pace. It is also important to listen without judgment, criticism, or unsolicited advice.

## Some things not to say

Try not to say, "I know how you must feel." You don't know how s/he feels; you can't possibly. Remarks like: "It's God's will," "Time will heal," "God never gives us more than we can handle," or "You must be strong," are less than helpful and can make a difficult time for your friend even more difficult.

One rather popular, but trite phrase is some variation of: "I am here for you." The biggest problem, as I see it, is that this well-intentioned idea only works in the doing and not as empty words. Always (and in all ways,) your actions will speak far louder than your words. Your presence is the greatest gift you can give; you demonstrate your support by *literally* being there. If you truly mean this, you will visit often and throughout the illness—you won't need to say it in words. Saying the words is no substitute for your presence. And you must always be aware too of your friend's occasional need for alone time. S/he may not always be up to having company – even yours.

*Always (and in all ways,) your actions will speak far louder than your words.*

"Call me if you need anything." Is another well-intentioned phrase that is better put into action. A useful alternative is "I'll check with you tomorrow to see what I can do to help." This gives them time to think about what they might need and to accept your help. Offer practical help. Bring food. Do a load of laundry. Clean the house. Drive your friend to and from appointments. These are just a few ways to show you care. My sister in Idaho shed tears of relief and appreciation when her next door neighbor said, "I'm going with you to the doctor's. No woman should have to have to hear a breast biopsy report alone."

## Do your homework

At some point, you will want to educate yourself about the nature of your friend's illness so you can be a more understanding and informed listener. Go to the library's medical reference section, get information from educational associations such as the American Cancer Society or the American Heart Association, or consult online sources. Learn all you can about the illness, *but control the urge to share it all with your friend unless asked*; this is for and about *your* understanding of the issues s/he faces.

Above all, you will want to avoid telling illness stories and anecdotes. Sick people do get very tired of hearing about other people who have suffered from the same or a similar disease. A very dear friend in Norway, terminally ill with cancer, once complained to me that "Everyone has a cancer story!" She did not care that someone's great-aunt had had the same disorder. Telling such stories to an ill person also is probably more about you, and the way you're trying to understand the disease.

## Remember

Don't ignore your own limitations. You may be unable to continue your support for emotional or geographic reasons. Just don't avoid your friend altogether. It's perfectly ok to telephone.

And lastly from Dr. Alan D Wolfelt, author, educator and grief counselor: *Your friend needs you now more than ever. At a time when words are inadequate, offer your presence whenever you can. I use three phrases to remind myself of my role as a caring, compassionate friend:*

***Mouth closed. Ears open. Presence available.***



# Thank You

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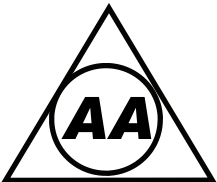
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Bridgeville, CA 95526

**For Information, contact BCC at (707) 777-1775**

### **The Mad Group - Invites you to join us!!**



**When: Sundays @ 2:00 pm**

**Wednesdays @ 5:30 pm Where:**  
Community Center, Mad River (on Van Duzen Road)

### **Treehouse Creations**

I specialize in custom design and minimal impact construction of treehouses, using the patented, tree-friendly Garnier Limb. From playhouses to guest houses, designs are created to fit your location and style. Will consider other construction jobs.

**Call Cassidy Goodrich at (707) 834-9925**

## **Bridgeville Trading Post**

**FREE** —17' travel trailer - has stove, refrigerator, sink. Needs work. Free. You haul. 777-3680

**SUPPORT YOUR LOCAL EIGHTH GRADERS!** - Raffle tickets are on sale now: \$5.00 each, or 5 tickets for \$20.00. The prize is a cord of seasoned madrone firewood, delivered. Tickets are available from any eighth grader or from Jessica Springer, in the school office. This raffle is to raise money for the class trip to Washington, D.C. The drawing will be on December 17, 2009.

**TRICK OR TREAT!** Spook, my cat, had five adorable kittens, ready to be your Halloween buddies. All mountain, all orange, and all male. Call for yours today. 777-1764

**BAKE SALE** Oct 16 3-6 PM at the Swain's Flat Outpost, to help raise money for animal rescue from war-torn Afghanistan.

### **Sign Up For Holiday Food Baskets**

The Holiday Season is fast approaching, and that means it's time to think about our Holiday Food Baskets. For more than ten years this program has provided a bag (or box) of food at both Thanksgiving and Christmas. If you would like to sign up to receive a bag, call Cathy at the community center: 777-1775. Sign-up deadlines are November 18 and December 16. Volunteers are needed to help plan and fill the bags.

*EcoBroker® Certified!*

### **HUMBOLDT TRINITY REAL ESTATE**



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**POSTAL PATRON**

**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** and all submissions are subject to editing. Thank you for making the newsletter be all it can be. Contact us for more information by phone (707) 777-1775 or email at BridgevilleNews@yahoo.com.



**October Calendar**

- 1<sup>st</sup> – Thursday, **Volleyball @ Loleta** 3:45 Support the Blazers!
- 2<sup>nd</sup> – Friday, **BVFC mtg** 6 PM
- 4<sup>th</sup> – Sunday, **Breakfast with 6 Rivers Lions club** 8-11
- 4<sup>th</sup> – Sunday, **Mad River Community Breakfast**
- 5<sup>th</sup> – Monday, **School board mtg** 5:30
- 5<sup>th</sup> – Monday, **Strings Jam** 7:30
- 10 - 11<sup>th</sup> – **Medieval Festival in Arcata** 10 - 6
- 11<sup>th</sup> – Sunday, **Breakfast - Carlotta Grange** 8-10
- 13<sup>th</sup> – Tuesday, **Bookmobile** 10:30
- 14<sup>th</sup> – Wednesday, **BCC board mtg** 4:30
- 16<sup>th</sup> – Friday, **Commodities** 10-3
- 18<sup>th</sup> – Sunday, **Breakfast with BVFC** 9-1
- 19<sup>th</sup> – Monday, **Strings Jam** 7:30
- 21<sup>st</sup> – Wednesday, **Site council mtg** 1:45
- 23<sup>rd</sup> – Friday, **Cooking class** 1-3
- 28<sup>th</sup> – Wednesday, **writers group**, October 28, 6:30
- 31<sup>st</sup> – Saturday, **Playgroup** 10-3

**HAPPY HALLOWEEN!**

**Mad River Fireman's Ball coming up November 7th, check date, place and time.**

**Weekly:**

- Every **Monday to Friday—Strength and Balance @ BCC 10:30-11:30 (except Wednesday 10-11)**
- Every **Tuesday—Senior Lunch, Noon @ BCC**, followed by **Cribbage** at 1pm on first Tuesday
- Every **Tuesday—Medical Clinic** from STHS @ BCC, 10-4 ~ For appointment call STHS @ 574-6616
- Every **Thursday—Harp Class @ 3pm**
- Every **Thursday—Computer Class @ 12-4**, call for appointment
- Every **Thursday—Van Trip to town** - reserve by calling BCC

**Humboldt County Bookmobile**



**Read A Book They Deliver**

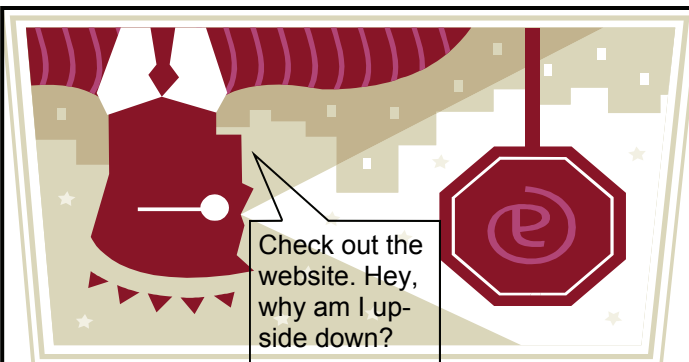


<b>Bridgeville School</b>	<b>10:30 - 11:30</b>
<b>Dinsmore (next to Laundromat)</b>	<b>12:15 - 2:15</b>
<b>Carlotta (Martin &amp; Shirley's)</b>	<b>3:30 - 4:30</b>

The Bookmobile comes to Bridgeville and Dinsmore the second Tuesday. (new schedule)  
**Bookmobile: (707) 269-1990**

**Joke of the Month**

**Safety Sign on Bulletin Board in office:** In case of fire don't panic. Simply flee the building with the same reckless abandon that occurs each day at quitting time.



**The Bridgeville Community Website is up and running. Visit us at:**

**[www.BridgevilleCommunityCenter.org](http://www.BridgevilleCommunityCenter.org)**