



October 2010

Volume 17 Number 2



Boo, Have a Happy October!

Consider the possibility of a fire jumping into an uncontrolled burn, driven up a wind swept dry meadow into a thick brushy forest. It requires a common set of circumstances, wind, dry weather coupled with an abundance of fuel. Anyone living along the winding stretches of Highway 36 is vulnerable. We have a choice though; one can develop a safety plan, reduce risks and risky behavior, and be prepared.

Our upcoming Fire Safety Day, Saturday, October 9, is aimed at finding fire prevention solutions in the Van Duzen River watershed. This is an opportunity for education, planning and getting to know one's role in a fire emergency. Sponsored by a Title III grant from Humboldt County, Bridgeville Community Center will open Bridgeville School for a fun day full of information, fire muster games for all ages, a FREE dinner and dance music till 9PM. We are planning for 200 residents to join in the day's events that start at 2pm. Information and workshops are planned throughout the day. Games start at 4pm with music and dinner served in the evening. Two fun bands will be performing, *Kenny Ray and the Mighty Rovers* followed by *The Code Violators*. Plan to join us and bring the kids.

In the previous issue I overlooked a thanks to Willy and Wilma at the Swains Flat Outpost for donating all the ice used for our beverages at BridgeFest. We also wish them well in their move. They have provided a good service to the community all these years, just

consider alone the convenience of having fuel the 40 miles between Hydenville and Dinsmore.

The calendar shows the Bridgeville School Booster Club's Halloween Carnival this month on October 30th. Call the school for details and how you may help with this fun event.

Skylar Blue deserves our thanks for her generous contributions in community building as former Board member as well as former employee. Thanks also to Rob Patton for his Board service and volunteer work. The Board filled the two vacancies left by Sky and Rob by appointing John Blakely and Dan Fuller, as required by our Bylaws. We are fortunate to have their time as volunteers in our efforts.

As I plunge through the third year at this desk, it continues to challenge my intellect and understanding of what is necessary for the mission of the center. During the past two weeks I attended two conferences that stirred my enthusiasm and understanding of this job.

While sorting through some old files, Rose uncovered some of the 1993 documents developed to start this center. I find that we have been able to evolve through the years into nearly all the objectives that were originally considered. It is time for a review (with a public survey in the works); followed by assessment; and a strategy for the future. Let's study and talk.

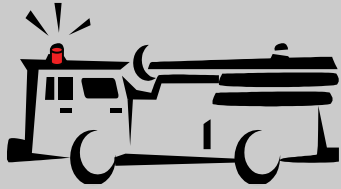
Where peace begins,
M. Guerriero



Inside this Month

News from the Hive
Two Rivers Care Group
Healthy Spirits
Food Matters
Random Thoughts
Am I Crazy or What?
Calendar

Happy Halloween



**Bridgeville
Volunteer
Fire Company
News**

Incident report as given by Chief Benny Fleek to Skylar Blue:

- 9-3-10 T-C HWY 36 M.P 10.
- 9-3-10 MED-AID HWY 36 M.P 20.
- 8-28-10 FIRE HWY 36 M.P 13.
- 8-19-10 T-C HWY 36 M.P 14.
- 8-17-10 MED-AID HWY 36 M.P 20.
- 8-14-10 T-C HWY 36 M.P 37.
- 8-13-10 T-C HWY 36 M.P 24,
- 8-7-10 MED -AID HWY 36 M.P 27.
- 8-7-10 MED-AID HWY 36 M.P 19.
- 7-26-10 T-C HWY 36 M.P 37.



BUILDING COMMUNITY

PLANT FLOWERS; READ STORIES ALOUD;
ASK A QUESTION; LEARN FROM NEW AND
UNCOMFORTABLE ANGLES; FIX IT EVEN IF
YOU DIDN'T BREAK IT; USE YOUR LIBRARY.

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

Lynne Reardon, Board President; Jim Nelson, Treasurer; Tammy Farmer, Secretary; John Blakely; Dan Fuller; Kathleen Guelfo; Jessica Springer

**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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Harry Potter

**Do you love
Harry Potter
Memorabilia?**



Lyn Javier of Larabee Valley has generously donated part of her extensive collection to benefit Bridgeville School students. Come and see what's for sale!

SALE

Thursday, October 21st, 3:30 - 5:00

Questions? Call the school and leave a message for Rachel Owen.

Humboldt County Bookmobile



**Read A
Book
They Deliver**



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

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

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.

VAN DUZEN WATERSHED FIRE SAFE COUNCIL
BRIDGEVILLE COMMUNITY CENTER & BRIDGEVILLE VOLUNTEER FIRE CO.

Fire Safety Day

SATURDAY
OCTOBER 9
2-9 PM

BRIDGEVILLE SCHOOL

DANCE TO

*Kenny Ray and the
Mighty Rovers*

THE CODE VIOLATORS

Schedule of the Day

Information and workshops

Starting at 2:00

Fireman's Muster Games 4:00

FREE Dinner at 6 to 8:00

Bring your favorite dessert to share

Music begins at 5:00 with the Rovers





NEWS FROM THE HIVE

By Skylar Blue

When I was younger and dumber I had a grand vision. We were all one....well, except for the 'other' people. I was about to learn the most important lesson of my life about true community.

My husband and I, with me in full pregnancy, bought an old school bus, took out most of the seats, put in an old pot bellied stove, hung our beds from the ceiling and set out to find our own community. We had heard of a commune, and were intrigued. Quite like a university town anywhere in the US, most people in the commune were in our peer group. Like most communes of that time, as good as the idea sounded, it just didn't work well. No diversity = No growth.

When you look for communities that work well, you find that the ones with the most diverse ideologies, and characters, to be not only the most creative, but also the most cohesive. Would you really be interested in people with all the same ideas very long?

I love this community...not because of how much the same we are, but how much different! Everyone's voice is important and worthwhile, whether you are on the dole or hold a masters degree. Respect the differences and, avoid being judgmental because... it just isn't kind. People are not fools. That's what makes it work, out in this wonderful mountain community, respect, appreciation, and utmost kindness.



Southern Trinity Health Services will be having a Flu vaccine clinic in Bridgeville on Oct. 7th between 1pm and 4 pm

Please call 574-6616 ext. 0 to schedule your appointment.

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The Green Thumb

Go Green Manure



The word "green" has become very popular these days. Many companies like to use this word to convince everyone how "eco-friendly-positive" they are now. The word "green" connected to gardening is as old as the green hills. Green manure is not a marketing technique but a great way gardeners can add nutrients into the soil to increase its fertility. If you plant green manure in the fall (like now) it becomes a cover crop, keeping your soil covered in green as protection against wind and water erosion. In early spring you till or turn in the green manure.

There are two kinds of green manure: legumes and nonlegumes. Legumes are plants that have roots that work with bacteria in the soil to grab nitrogen from the atmosphere. Green magic. The magic works better if you coat the seed with a powdered inoculant. The nonlegumes are mostly grasses like rye, buckwheat and oats. These green manures are good cover crops.

Plant your seed after the first rains and make sure to keep the soil moist until the seeds germinate. For a small garden, you can broadcast seed by hand. After spreading seed, rake soil to cover seed. Popular green manures in our area are favas, vetches and clovers. Some of our local nurseries sell mixes that work well here. They also have inoculants.

The idea is green in your garden all winter and healthy soil next spring when you plant.



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Thomas Carter
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 E-mail: HumSheds@gmail.com

IHHS and You

By Peg Wheeler for TRCCG

What is IHSS? The IHSS (In-Home-Supportive-Services) program provides services to frail elderly people over 65, and the disabled. The goal is to help them remain safely in their own homes and avoid the need for out-of-home care. IHSS is paid through **federal, state, and county funds** with most services being part of the Medi-Cal program. Therefore, eligibility is linked to the income level of the recipient.

Eligible recipients can choose their own provider from workers who are registered with the county in which the recipient lives. Registration can be a bit complex, but take heart: Statewide, more than 450,000 people are already doing it. It's not impossible.

Our rural area which spans two counties has a critical shortage of IHSS providers. Two Rivers Community Care Group (TRCCG) is interested in helping more local folks become IHSS workers. It's work you can do in your own community, and it helps others. Tasks IHSS workers do could include any of the following:

- Meal preparation / cleanup
- Personal hygiene / bathing
- Grocery shopping
- General light housekeeping

Your exact duties will vary widely, depend entirely on the needs of your client, and be spelled out clearly in a contract between you, the client and the county.

- **Interested in being an IHSS provider?**
- There are three main steps. Don't be put off – it's all possible, and there's help.
- **Attend official Orientation:** contact your county Social Services Department or attend the TRCCG's Caregiver's Workshop on Oct. 16, 10:30 at Bridgeville community center. (See the announcement in the next column)
- **Fill out and file Application Forms.**
- **Fingerprinting/ Background check.** Unfortunately, this must be done with each county in which you wish to work, and there is a fee. It also means you must travel to each respective Sheriff's office for the process – a bit of a hassle, but again, not impossible; you can do it!

Questions? Call Peg Wheeler at 268-8444.



TWO RIVERS COMMUNITY CARE GROUP OFFERS CAREGIVING CLASSES

CAREGIVER TRAINING - OCTOBER 16, 12:30 – 5:00
at the Bridgeville Community Center.

Rivers Community Care Group is celebrating their second birthday by inviting the community to a class on caregiving.

Come learn how to give someone a bed bath, how to use a gait belt for safe transfers, how to assess for bedsores. This four-hour class will cover the basics of helping people who are frail or critically ill. The class is appropriate for professional caregivers, IHSS workers and family caregivers of the frail elderly. The class will focus on practical caregiving. Some communication skills will be taught and questions about specific problems will be welcome.

ALSO OFFERED 10:30am – 12:00: Introduction To Being An IHSS Caregiver.

This short class introduces people to the process of becoming an IHSS worker. It is one of the three requirements for becoming an IHSS provider, and we are happy to offer it here in a convenient location. The other two requirements will be discussed at the class. Please remember this class starts early at **10:30**. If attending both classes please bring a lunch.

These classes are being offered for free (donations welcome). Please pre-register by calling the Community Center 777-1775 or Lauri Rose 777-3008.



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



Tai Chi Class

Tuesdays, 5:30-6:30

Mad River Community Center, Van Duzen Rd. Contact Dottie Simmons for more info at 777-1920

~ Healthy Spirits ~

Sleep is important, virtually every animal has evolved sleep. People are animals, people need sleep. Babies need about 18 hours a day, 5-7 year olds need 9-11 hours and teens need 9-10. For most adults 7-8 hours seems to be about right (pregnant women need a little more). It is during sleep that the body repairs itself by releasing Growth Hormone, increasing cytokine production for the immune system and cementing into memory the things you learned during the day. People who sleep poorly or not enough get sicker easier, because when you are tired and run down your immune system is sluggish also. Studies show that less than optimum sleep leads to weight gain, cognitive impairment and a shorter life. But, too much also leads to cognitive impairment, depression and other problems. And it is not just the time in bed that counts. There are several phases of sleep and you have to get the right amount of each one; otherwise you wake up feeling like a Mack truck just ran over you.

As the sun goes down cells in the eye signal the hypothalamus in the brain to signal the pineal gland to release melatonin. Melatonin is the main neurotransmitter that calms nerves and causes them to fire less allowing you to relax and go to sleep. As you get older melatonin production decreases, which is one of the reasons older people have a hard time getting and staying asleep.

The two main sleep stages are Rapid Eye Movement (REM) and nonREM (nREM). NREM has three stages, N1, N2, and N3. The cycle goes N1, N2, N3, then REM and lasts 90-110 minutes. Early in the night there is more deep N3 and later in the night more REM. N3 is Delta or slow wave sleep, it is the deepest sleep and it is very important to get enough of it.

More than 1/3 of American adults report problems sleeping. Generally insomnia is categorized by problems falling asleep, staying asleep, waking too early and sleeping all night but not having a refreshing sleep. Common causes of insomnia can be depression, anxiety, stress, prescription drugs (including several heart and blood pressure meds) along with caffeine, alcohol and nicotine consumption. Some diseases like Alzheimer's, Parkinson's, fibromyalgia, chronic fatigue and diabetes come preloaded with sleep disturbances. Some sleep disorders like sleep apnea and restless leg syndrome can cause high blood pressure, depression, obesity and other problems.

Many people resort to pharmaceuticals for a night's sleep (notice I didn't say *good* night's sleep). Most pills have undesirable side effects. Ambien and Lunesta can cause amnesia, sleepwalking, and even sleep eating. Many pills leave you with a kind of hangover and increase the risk of falling. After several nights with Benadryl (like in Tylenol PM) a person's reaction time is the same as having had two drinks of alcohol. This is especially dangerous for the elderly who are already at risk for falls. And, although most sleeping pills will give you your 7 hours of sleep, the 'architecture' of your sleep is wrong for ultimate rejuvenation. For health and happiness you really

want good quality sleep, not just quantity of sleep.

If you don't want to take pharmaceutical medications you still have a few options. There are many relaxing herbs that can be made into bedtime teas. The classics include hops, valerian, magnolia, passionflower and chamomile. Foods with tryptophan are relaxers so try warm milk, bananas or turkey before bed. Though I'm always leery of hormones many people have supplemented with melatonin for years and it seems to be well tolerated. Relaxing amino acids that can be taken as supplements include GABA, Taurine, L-Theonine. The mineral magnesium promotes relaxation as do the essential oils of lavender, bergamot and clary-sage but they must be used in *tiny* doses or they can be stimulants (three drops to a bath).

Since medicines, whether pills, herbs or supplements, can all have side effects you might want to try Cognitive Behavioral Therapy (CBT) before reaching for drugs. CBT focuses on right now and the beliefs or behaviors that are getting in the way of your goals, in this instance, sleep. Studies have proven it successful for treating insomnia as well as anxiety and mood disorders. CBT takes some work to do it but it is worth it. It is best done with a psychologist or other coach but there is no reason you can't do your own if you can be honest with yourself

The first step is identifying any beliefs that might be getting in your way, like getting freaked out because, "If I don't get eight hours of sleep I go crazy". Which makes you lie awake worrying about not sleeping. Or, "If I sleep something bad will happen". Which really may have been a part of your childhood but is no longer relevant. Once you have figured out false beliefs you modify your self-talk. "There was an earthquake once but there have been many nights without them, this is mostly likely to be a night without them." Next develop a bedtime routine. Brush teeth, soak in a bath with lavender. Quietly decompress from the day BEFORE getting in bed. Bed is not the place to review and worry about what you should have said.

Short naps, less than an hour, can be refreshing but can't be relied on to make up for lost nighttime sleep. For good quality sleep you must get regular! You can't make up lost weekday sleep by sleeping late on the weekend, that only messes up your biological clock. You have to stick to regular sleep and wake times. This is especially important for children. Staying up until all hours and any hours is not a good habit to establish. We all, but especially children, need regular sleep times. Your bedroom should be cool, dark and clutter-free (according to Feng Shui experts you should not have books in the bedroom. They are too stimulating). If you can't fall asleep then get out of bed and do something quiet, it helps build up 'sleep pressure' and keeps the bed associated only with sleep.

One last thing – low thyroid and/or adrenal function can disrupt sleep. Be sure to have those checked and supplement if needed.

Practice Gratitude, Forgive Often, Work Hard
Lauri Rose, RN, BSN HNC



By Ann Matula Gyenis
Certified Nutritional Consultant

POOCHY POOCH

Good nutrition does not only apply to us humans. Nearly 50% of America's dogs are overweight and that number is rising every year. In 2009, a study on pet obesity estimated 6.7 million dogs are obese and 35 million are overweight. Although cats have a reputation as being lean and sleek, there are a large number of fat cats out there as well. Animals are rarely fat and happy but miserable as their motion is limited, cats cannot reach to groom their back and lower parts, and fun activities like jumping and sprinting cause breathing difficulty.

Dr. Ernie Ward, founder of the Association for Pet Obesity Prevention, has written a book on this subject entitled, *Chow Hounds: Why Our Dogs Are Getting Fatter*. As a veterinarian he has seen firsthand the heart-break of unhealthy pets, not to mention the expense.

Dogs are closer to a wild, natural state than us humans. The things that make us ill and fat—sugar, saturated fats and processed foods for example – wreak havoc on our pets. They are at a greater risk for arthritis, diabetes, cancer, respiratory disease and a greatly decreased life span. We are not loving and kind to our animal companions when we toss them a cookie, feed them salty chips out of the bag or let them have the left-over macaroni and cheese.

Yes, economic times are tough but try to buy your pets the best quality food you possibly can. The cheapest brands are that for a reason. Inferior ingredients, non-nutritive fillers, harmful chemicals and parts of meat that other companies refuse are what many of them contain. If you can't afford the better foods now will you be able to afford the vet bills and health care later?

The biggest contributor to pet obesity is, by far, treats. Follow the recommended feeding schedule on the package and stick to it. Your pet begs out of habit and not hunger or necessity. Buy the canine raw bones from the meat department (not expensive) and give your felines a bag of catnip. Do you know that most of the pet treats sold on the shelf are so full of fat and sugar that the animal's brain chemistry is actually changed to crave the treat (sounds like us humans, eh?) and Dr. Ward refers to them as 'kibble crack'. Pretty eye-opening isn't it?

A 10 pound dog only needs about 220 calories a day. Giving your dog only 4 small Milk Bone brand biscuits contains that that many calories!

And PLAY with your pets. Distract them from wanting more food. Cats love to play with you and dogs... well that is a no-brainer. It is good for you and for them.



BRIDGEVILLE SCHOOL HALLOWEEN CARNIVAL

Friday

OCTOBER 30

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 CARNIVAL A
SUCCESS.

Please Call 777 - 3311
if you would like to
help.

COMMUNITY LETTERS

It's a Dog's Life

I like dogs, they are, let's face it, loyal to a fault and indeed man's best friend. Most Americans like dogs; they are involved in almost every aspect of our life and have been man's companion for thousands of years. Together over the millennia they have worked in almost every aspect of human endeavor. Through thoughtful breeding man has enabled our canine friends to accomplish feats beyond most of our imaginations.

But really, what are dogs? *Canis familiaris* is first and foremost a predator. Man, through breeding and training, has managed to repress and channel the instinct to hunt and kill. My best guess is that all dogs still have that instinct in their brain somewhere, some I'm sure more than others. Because the instinct to hunt and kill is there it can surface at a moment's notice. Stories such as the woman killed in the hallway of her apartment building in San Francisco a few years back comes to mind.

When dogs are left to roam on their own without supervision, trouble usually follows. Indeed trouble followed the week of August 16th when a registered Red Angus cow was found dead in a steep draw. Of course there is no way of knowing really what happened and it only would be speculation on my part to lay blame on a pack of roaming dogs. But several days later while checking livestock in that general area, a corral where livestock come to water looked for all the world as if a great battle had occurred and in one corner was a registered Red Angus replacement heifer, dead. Her nose and portions of her face had been chewed off along with a shoulder. All indications pointed to the work of head hunting dogs.

While a bear had come in and eaten some of the carcass it surely did not look the work of a bear or lion that performed what must have been a gruesome death. No claw marks were found on the withers or neck which could indicate bear or lion. So the best guess was a pack of dogs.

While one would think; well end of story, no it's just the beginning. Removing the carcass away from the water source is essential; pushing the balance of replacement heifers back to the corral to water is the next step. While cattle can survive a long time on short feed they cannot survive or thrive with little or no water. After coaxing them back I had failed to check the water in the trough and when they refused to drink I took a closer look only to find it red with so much blood that it killed the gold fish placed there to eat mosquito larva. So drain the trough, clean it out and fill it back up and coax the heifers back again.

Next is to stay close by the carcass until dark on the off chance the culprits return, no such luck. Out at next light to check the carcass and scan the area for trou-

ble, finding none, time now to repair the corral. While it is a long way from white board fences, it serves the purpose and still takes time and materials to mend.

The recall of events in this short account is not the entire story at all, but only a capsule of the events required to give a synopsis. It continues, with really no conclusion, for if you husband livestock and do it to the best to your ability one is always on the lookout for livestock depredation. One only can hope that people who own a dog understand the responsibility they have not only to the animal in their care but the community around them.

While the loss economically is unfortunate, it's the senseless and gruesome death of breeding stock that affects any of us involved in animal husbandry.

So if you own Fife, Fluffy or Fido, Butch, Duke or Rambo do yourself and your dog a favor, know their whereabouts all the time and if you don't, don't expect them home for dinner some night.

Mel Shuman, Shuman Red Angus

PS: Update

I arrived home the late evening of Thursday September 16th to a phone message from the Community Center telling of a cow on the river bar which had been attacked in the face, having extreme lacerations, one eye missing, ears gone and the cow on the prod. As I found out on Friday the cow belonged on the old Samuelson place and had retreated back there when hazed. The owner attempted to track her but lost the trail and has not found her as of this update. The cow apparently has a young calf which of course is now motherless.

As if this is not enough yet another ranching family has lost at least one two year old bred heifer in the same area.

One does not need to be very smart to figure the community as a whole has a real problem on their hands and gone unabated will only get worse. These dogs have now become known killers and if the owners are aware of this then the guilt rests on their shoulders. Once a pack of dogs realize they can kill a large animal such as a cow then not only are domestic livestock and wildlife threatened but so are we.

There is no need to ask the ranchers to be on the lookout, they always are, but I'm asking the greater community to be on the lookout for any roaming dogs and to report such findings to the sheriff's department and animal control as soon as spotted.

So please take a moment and record these numbers in your cell phone and/or your land line:

Sheriff: 707- 445-7251

Animal Control: 707- 840-9132

Emergency: 911

Editor's Note: Community Letters express the opinions and views of the writer; and does not reflect the views and policies of the Bridgeville Community Center.

16,000 Traffic Automobile Deaths Related to Text Messaging

A recent study attributed 16,000 deaths in the US from 2001-2007 to texting while driving. "Our results suggested that recent and rapid increases in texting volumes have resulted in thousands of additional road fatalities in the United States," Fernando Wilson and Jim Stimpson of the University of North Texas Health Science Center wrote in the American Journal of Public Health. California already has laws that prohibit cell phone use while driving. U.S. traffic deaths are down -- in 2009 the Transportation Department said they hit their lowest level since the mid-1950s in 2009 at 33,963.

But for every 1 million new cell phone subscribers, Wilson and Stimpson estimate a 19-percent rise in deaths due to distracted driving.

Source: Reuters

WE HAVE PET VOUCHERS AVAILABLE!

There is still funding available from the Marian Ledgerwood Fund to cover 50% of your cost for spaying or neutering your pet. Come by the Bridgeville Community Center office to pick up a voucher for each animal (limit 6). We have made arrangements with the Animal Health & Surgery Center in Fortuna for this program. Remember, shots are not covered by these vouchers.

Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driving Training Prep ■ 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

RANDOM THOUGHTS

By Attila Gyenis

"Dahling..."

Is there a Hungarian who is more famous than Zsa Zsa Gabor? Maybe not. It would be hard to find another Magyar (which is what Hungarians call themselves in their own language) who has graced us with their presence in a more entertaining manner. Let's admit it: for the past 50 years the adoring public was blessed with Zsa Zsa's charm, good looks, benevolence, and accent.

She is known for more than just being married nine times. Or slapping that police officer on the face. She is also known for being a wonderful actress in movies and theatre, including the lead role in the cult classic *Queen of Outer Space*. And wasn't she really good on that television show *Green Acres*?

Zsa Zsa was a *celebrity* before the word was even invented. And she did it all by just being Hungarian. Okay, maybe it was a little bit more.

For those who want to know more about her, here's some basic background information. She was born Sári Gábor in Budapest in 1917, though she still won't admit to being over thirty. She was one of three sisters; and is related to Paris Hilton by marriage (one of Zsa Zsa's husbands was Conrad Hilton of Hilton Hotel fame). She lives in Beverly Hills in a house that she bought directly from the King of Rock and Roll, Elvis Presley.

I'm sure you were wondering how she is doing. She's 93. This past August, she fell out of bed trying to answer the telephone and injured herself. That resulted in hip replacement and she is slowly on the mend. She was watching *Jeopardy* on television at the time. You see? Watching television is bad for your health.

She has some great quotes over the years, many related to men and marriage. Here are some. "I want a man who's kind and understanding. Is that too much to ask of a millionaire?" "How many husbands have I had? You mean apart from my own?" "I am a marvelous housekeeper. Every time I leave a man I keep his house." "I never hated a man enough to give him his diamonds back." "I call everyone 'Darling' because I can't remember their names." She's almost as funny as Groucho Marx (but much better looking).

Can there possibly be a Hungarian who is more famous than Zsa Zsa? Oh wait, maybe there is one. That would be my Great-Great Uncle twice removed. He was the black sheep of the family. From what my relatives tell me, he was constantly causing trouble at family get-togethers by double dipping into the Paprika flavored potato chip dip. He was also known for pillaging small to medium sized countries. You probably know him as Attila the Hun.

By the way, it was her sister, Eva Gabor, who was on *Green Acres*. Everybody knows that! *Peace.*



AM I CRAZY OR WHAT? BACK TO THE LAND IN MY 60's) PART 8

Dog Walks, Leaking Water and Rattles

It was a warm and dark night when I took our old dog Sam out one last time before going to bed. As we walked down the ramp, with Sam in the lead, I began to hear a water leak from under the house. So when I got to the bottom of the ramp, I poked my head under the corner of the house (that end of our house is about 3-4 feet above the ground) where there are boxes of stuff we don't have space for in our house. I was looking up under the house for a leaking water pipe when it hit me that the water pipes don't run on this side of the house. So I looked down at the boxes & crates and thought that one of the aerosol cans was being pressed on and was spraying out. When I began to move around the boxes, my head back under the house, a thought hit me.... I stood straight up and backed away from the house and called for Kate to come out with a flashlight. I pointed it to the ground where the boxes were and that's when I saw the big momma rattlesnake. It had been just a foot from my head all that time! I jumped back and got Kate to bring Sam back into the house.

At first I went into the "Kill the %^&* snake mode". I tried to drag her out from under the house, with no success. Then I went crazy mad for a few seconds trying to bash her with a stick, which broke. After stepping back and looking at the snake, I thought about the fact that I had my face over this snake and she didn't strike at me, just kept shaking her rattles. I kinda figured that she just wanted to be left alone and after breaking a stick trying to get at her, I decided to let her spend the night and hoped that in the morning she would be gone, which she was. It's been over two months and we've not seen her again.

Just to let you know, over the last two years on our land, for the first time in my life I have killed one big rattler and just this year three baby rattlers. But now this rookie has been broken in as to what a rattler sounds like up close and personal, and it ain't water leaking.

*Kate McCay and Lyn Javier
Larabee Valley*



**Humboldt County Bookmobile
Read A Book
They Deliver**



A Fish Tail - Coho in our Backyards

by Isaac Mikus

About a hundred years ago the Van Duzen River was chock full of salmon and steelhead. Fish migrated in such great numbers that everyone in the Van Duzen watershed could gorge themselves on salmonid flesh throughout the fall and winter runs, and not put a dent in the population. This could have continued into perpetuity if the human population hadn't swelled, drawn to Humboldt County by the enormous trees and the demand of jobs that the lumber market created. Due to the voracious appetite of the ever increasing population and the unregulated logging that made up the vast majority of Humboldt County income during the mid-1900's, the salmon populations crashed in the Van Duzen River and throughout Humboldt. Steelhead and Chinook still have small winter runs that are somehow surviving against all odds. Coho, on the other hand, have been considered nearly extirpated from the Van Duzen River by many scientists in the fisheries field. Over the last few years there has been little evidence of their existence in the Van Duzen.

This summer though, a relative abundance of juvenile coho salmon have been found in the Van Duzen River watershed, indicating that these beautiful fish are still hanging on. If there are more coho juveniles then have been found so far and if the Van Duzen watershed is recovering from decades of abuse and over-fishing, our children's children may one day be able to catch and even eat coho salmon out of our scenic Van Duzen. This winter, when the river is clearing up after a January storm, take a look at our mighty river and maybe you will catch a glimpse of a gleaming red coho salmon trying to recover its population from the brink of extinction.



Who made these edible alien cupcakes? Their spaceship is in storage at the community center. Please make contact to retrieve it. (They were yummy!)



Thank You

THANK YOU SPONSORS for making the newsletter possible.

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Kent & Catherine Stanley (Alder Grove Nursery), Bridgeville Booster Club, Graham & Gloria Cottrell (Cottrell Ranch), Charis, Charles & Jan Rose, Wayne & Betty Heaton, R.O. ADKILL, Lauri Rose, Mike Guerriero & Rose Valentine, Dan & Karen Sanderson, Sky Blue, Mark & Nancy Vellis/ Mark Vellis Construction, TEAM OUTPOST, James & Judy Nelson, Claudia Zellner, Jessie Wheeler, Claudia Sauers, Mel & Lauren Shuman, Dave Vegliano, John & Peggy Rice, Dennis & Dottie Simmons/ Simmons Natural Bodycare, TEAM Prozac, Eileen & Larry Crain, Acme Inc, Dean Martin, Six Rivers Senior Citizens, Pamela Markovich, Dean & Arlene Cunningham, Bob & Gloria Bruce/ Six Rivers Lions Club, Betty Anne Engels, Michael & Georgia Howeth/ McClellan Highland Ponies, Bridgeville School, Van Duzen Watershed Fire Safe Council, Marianne Pennekamp, Blocksburg Townhall Association, Alan & Rosalinda Brainerd, The Martin/Springer family, Mike Pottinger, Roger & Ida Schellhaus, Dean Martin, Annette Brooks, Gregory & Carol Conners/Patterson Conners Insurance Services, Lindsay Magnuson

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To be a sponsor for this newsletter, please send a contribution of \$25 or more to:

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



S.T.A.R Classes

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

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Bridgeville Trading Post

For Sale — Montague commercial cooking range. Has 6 burners, 2 ovens, and a grid-
dle. In good working condition. \$1,000. (New
is almost \$10,000). Call Bridgeville School at
777-3311.

Harry Potter items for Sale — Sale of
Harry Potter collectible items, including toys
still sealed (as new), games, framed posters
etc. will be held Thursday, October 21,
3:30—5:00. Contact Rachel Owen at the
school for more information.

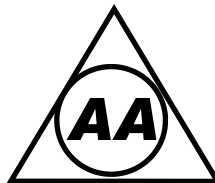
The alien mask that was reported abducted
at BridgeFest has been safely found!

Check out the bulletin board at the Commu-
nity Center for things for sale or wanted,
jobs wanted, and services provided.

**BRIDGEFEST BLEND COFFEE IS OUT
OF THIS WORLD. GET YOURS AT THE
COMMUNITY CENTER. ONLY \$8.50 A
BAG.**

Official BridgeFest T-Shirt— Wear some
local art. BridgeFest T-shirts are for sale at the
Community Center. They make great gifts or
souvenirs. We have children sizes 2T – 14,
and adult sizes up to 3XL. Have you bought
yours yet?

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)**

Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driving Training Prep ■ Adult Basic Ed

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

Call 777-1775 for more info

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POSTAL PATRON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October Calendar					1 BVFC Meeting, 6pm	2
3 6 Rivers Senior Breakfast, 8-11	4 BES School Board Meeting, 5:30	5 STHS Dental	6 Adult Ed	7 Van Town Trip Flu Clinic	8 BES Fall Dance, 5-7	9 Firewise, 2-9 @ BES Teen Day
10 Carlotta Grange Breakfast, 8-11	11	12 BCC Board Meeting, 4:30 Bookmobile	13 Adult Ed	14 Students vs. Staff Volleyball game, 2-3	15	16 TRCCG 12-5 @ BCC, How to be a IHSS Caregiver
17 BVFC Breakfast, 8:30-11	18 Writer's Group TBA	19	20 Adult Ed 0-5 Playgroup	21 Van Town Trip	22 Commodities	23
24	25	26	27 Adult Ed	28	29	30 BES Halloween Carnival 6-8:30
31 Trick or Treat?						

WEEKLY

Tuesday & Thursday 10:30-11:30 AM - Strength & Balance Exercise Class

Tuesday - Medical Clinic from STHS - at BCC 10-4, For appointment call STHS @ 574-6616

Wednesday - ADULT EDUCATION 8:30 - 3

Wednesday - Alder Grove Charter School 8:30 - 1:30

Thursday - Senior lunch at noon

Thursday - Harp Class at 2 PM

The Bridgeville Community Website is up and running. Previous newsletters are available online. Visit us at:

www.BridgevilleCommunityCenter.org

Please spay and neuter your pets. There are already enough strays. Thank you.



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.

WE ACT AS THOUGH COMFORT AND LUXURY WERE THE CHIEF REQUIREMENTS OF LIFE, WHEN ALL WE NEED TO MAKE US HAPPY IS SOMETHING TO BE ENTHUSIASTIC ABOUT.

-CHARLES KINGSLEY