



October 2011

Volume 18 Number 2



Thanks to the Swains Flat Outpost and its patrons for the donation jar set out for our Bridgeville Volunteer Fire Company. Your recent collection of \$200 is much appreciated! And thanks to our

new fire company recruits; the team is very happy to have you!

First responder training, hosted by the fire company and given by a professional trainer, will be open to the public for \$75. Training begins Monday, October 3 and runs for 8 Monday nights from 6 to 10 p.m. It includes first aid/CPR, valuable tools for all of us living out here to have. Call the BCC to sign up.

Our van trip to town is on Thursday the 6th and there is plenty of room for riders. It usually leaves the BCC around 10 and returns around dinnertime. Call the BCC to reserve your space.

Playgroup parents: The October 7 dinner has unfortunately been cancelled, but Jennifer is planning a fun pumpkin patch day in Carlotta on the 19th in addition to the regular playgroup on the 20th (note start time is now 1:00 instead of 12:30).

All parents: If your child doesn't have health insurance, please contact Cathy Stanley here at the BCC to find out about the state Healthy Families program. She can help you apply for this amazingly affordable program.

The BCC continues to offer GED (high school diploma equivalence), basic adult education, ESL (English as a second language), and driver education classes at the center on Wednesdays or by appointment other days. Prospective students must be at least 17 years old. All materials and instruction are provided for free. If you

have not graduated from high school and wish to work toward getting your GED or any of the above, please don't be shy about contacting the BCC for more information.

The school is having its annual Halloween carnival on Saturday, the 29th. See all you ghouls and goblins there!

Only Love Prevails,
Lynne Reardon

Inside this Month

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Fire Update

As of this note, approximately 1500 acres in the Ruth area have burnt. The fire has moved away from homes and is now in the National Forest. The church and 4 - 6 homes were lost in the blaze, along with about 27 outbuildings, garages, and chicken coops.

Anyone with firewood, tools, water system parts, or generators to offer should call Danene at STHS: 574-6616, x 113. We are also collecting toiletries for the fire victims, especially shampoo and soap. If you have a rental available, please let us know at BCC or call STHS (see above).

Needless to say, this is the time of year when we must be especially diligent when outdoors, watching for errant sparks, dry grass near hot exhaust pipes, and the like. The rains will be starting up again soon enough, so please hold off on lighting those burn piles.

Kenneth L. Jastrow

“Ken”, a Pearl Harbor Survivor, was born 5-12-1923 passed away peacefully September 3, 2011 with his family by his side. Ken and Doris retired and left Sonoma County and moved to Humboldt County in 1979.


Ken was preceded in death by his parents Herbert and Daisy Jastrow also preceded by his wife Doris Jastrow and granddaughter Kimberly Hummel.

Ken is survived by his sister Ruth Spoligia of Detroit Michigan, his daughter Michele Maeder of Rohnert Park, Ca, his daughter Daniele Hummel of Folsom, Ca, his daughter Renee Bettis of Nampa, Idaho and his son Kurt Jastrow of Petaluma, Ca.

He is also survived by his grandchildren: Keith Hummel, Sheri Hummel, Troy McMoore, Antoinette McMoore, Nicole McMoore, Krystal Maeder, Christina Hawkins and Amber Bettis.

Great Grandchildren: Madison Hummel, Mason Hummel, Grace Hummel, Alexis McMoore, Daneka Hawkins, Tracie Hawkins, Skyelah Bettis and Nevaeh Underwood.

In lieu of flowers please make donations to Two Rivers Community Care Group or the First Responders, both in care of the Bridgeville Community Center.

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

Who are the members of the Bridgeville Community Center Board of Directors?
 Jim Nelson, *Board President*; Claudia Sauer, *Treasurer*; Tammy Farmer; Kathleen Guelfo; Laurie King; Roger Schellhaus; 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.”

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www.BridgevilleCommunityCenter.org



Bridgeville Kids around Town



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.
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.



By Virginia Mullan

Welcome to October! In four short weeks it seems we have covered a lot of ground; for example we learned shrews produce a toxic secretion that immobilizes earthworms, and moles....can you believe they have a cloaca? We'd like to thank Dana Johnston for our tour of the Grizzly Creek facility. It is always amazing to see Barry Barnwell's massive 27 pound steelhead mounted on the wall. The students are always interested to learn that a "Bridgeville School kid" caught it – and when he was only 11!

The whole school also had a fabulous field trip to the South Spit. While the kindergarteners were watching a tugboat and waving to the Coastguard cutter, the 4th through 8th graders had some terrific science lessons with the "Friends of the Dunes" folks. Sea Foam Suzie and Teal led my class and we used keys to identify plants and invertebrates. We used binoculars in search of birds. We used tracking guides to figure out what had been walking and crawling through the sand. Angel Rivera found a burrowing beetle and we dug it up a few times so everyone could see it dig itself into hiding. We barely had time for the hot dogs that Bob Bruce and Mike Mullan cooked up for us. Oh, and thanks for that tasty potato salad, Pam. The beach, science and potato salad.....it really doesn't get any better than that!

Well, the only thing that would make it mas mejor (better) was if there was a little math. My class can now divide fractions like the wind. They have also been working on collecting like terms, adding and subtracting polynomials, and recognizing the distributive property.

One of my favorite days of the week is Tuesday when Suzanne Smith comes to campus. The State of California thinks we all have small class sizes here at Bridgeville, but on Tuesdays mine gets positively minuscule. We read and write all day. Ms. Smith leads our GATE vocabulary class with a plethora of phenomenal phraseology and verbiage. Students in the past loved it, and the four students who are eligible this year love it too! In fact I heard Michaelyn and Amaylia (9th graders) talk about "Wordly Wise" words at the home volleyball game last Tuesday.

Speaking of volleyball, Coach Clara is doing a great job in her first year as coach, and the junior

varsity has won a significant number of matches. The varsity (with our two eighth grade players) also has won several games.

As long as we are talking about fun and frivolity, how about that Back to School Dance? The committee: Tonya, Naryan, and Alex did a great job setting up the music and getting adults to help chaperone. A big thank you to Shanna Carlile, Shanen Houston, Shannon Card, Grace Schellhouse (who cooked the pizzas), Abner Roy, and Sonrize Comarsh for making it possible. Our next dance is Thursday, October 27th from 4 p.m. to 6 p.m. and we are hoping to have it outside again. It costs \$1.50 and costumes are optional. (The Halloween Carnival is 6 p.m. to 8p.m. on Saturday, October 29th. If you have "dime toss" items you would like to donate please bring them to room 8.) I hope all those chaperones come back and many more. The outside dances have worked well because the younger children have room to run and play and the older kids can actually dance. We had several alumni join us which is always a treat.

These dances provide positive local entertainment for students and also help raise money for student council and our annual eighth grade trip. Freda Hauck (our student council president) and Tonya Jennings (our student council treasurer) would like to say thanks in advance for all your support. Remember to fill out "Guest Request" forms two days in advance if you want to bring someone to the dance who is under 18 that attends another school.

Angel was working on Brain Quest questions for sixth grade yesterday and asked me, "Is this for fun or is this for school?" My answer was that it was for school, but it was ok if she enjoyed it. At the beach Joey said something like he thought we were there to have fun. He added, "I'm not sure I can learn and have fun at the same time." Schools exist for learning and sometimes we have to work really hard to understand something and push it into long term memory. I like to think that even when we are working hard we can be enjoying it. My goal is that my students become lifelong learners so they can tackle and overcome any obstacle in the future. Happy October!



Tai Chi Class

Tuesdays, 4:30-5:30

Mad River Community Center,
Van Duzen Rd. Across from
Southern Trinity School



Contact Dottie Simmons for more info
at 777-1920



NEWS FROM THE HIVE

By Skylar Blue

The 'LITTLE' Things

As you might remember, the head of a company survived 9/11 because his son started kindergarten. Another fellow was alive because it was his turn to bring donuts. One woman was late because her alarm clock didn't go off in time. One was late because of being stuck on the NJ Turnpike because of an auto accident. One of them missed his bus. One spilled food on her clothes and had to take time to change. One's car wouldn't start. One couldn't get a taxi. The one that struck me was the man who put on a new pair of shoes that morning, took the various means to get to work but before he got there, he developed a blister on his foot. He stopped at a drugstore to buy a Band-Aid. That is why he is alive today.

Now, when I am stuck in traffic ,miss an elevator, turn back to answer a ringing telephone ...All the little things that annoy me. I think to myself, this is exactly where the Universe wants me to be at this very moment.

Next time your morning seems to be going wrong, you can't seem to find the car keys, you hit every traffic light, don't get mad or frustrated. It may be just that the Universe is at work watching over you.



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.

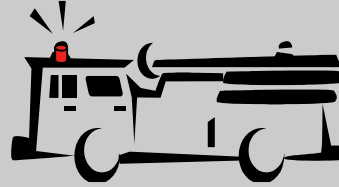
Bridgeville Community Center Adult ED Classes We Fit Your Schedule

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 on Wednesdays and appointment. 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.

Call 777-1775 for more info



Bridgeville Volunteer Fire Company News

Here we go again into a new season. As most of us know when the weather changes so does our environment. Here are some things to think about as our seasons change. Please remember fire danger is especially high this time of year. After our hot weather this summer every thing is dry, our water sources are low and the local mountains are prone to lightning storms. If the winds pick up during a fire it can spread quickly.

If you think you see smoke call 911 and tell them you would like a smoke check. You know what they say "better safe then sorry."

Recently we had a fire off of Hwy 36 near the town of Bridgeville. Thanks to our local fire agencies including Cal Fire, Reach, Southern Trinity, Carlotta, Bridgeville, and many others the fire was extinguished quickly and all of our residents were safe.

As we wait for the rains to come to reduce fire danger we need to remember with the fresh rain comes slick road ways and possible mud or rock slides. Just remember to be aware of your surroundings and practice safety first.

Call Log:

- 09/18/11 11:14:38 MEDICAL 369 BURR VALLEY RD ,MAD RIVER
- 09/17/11 12:57:56 MEDICAL MM 29.00 HWY 36 HUM @ BRIDGEVILLE
- 09/14/11 07:28:42 OTH, REFERRAL MM 26.00 HWY 36 HUM, BRIDGEVILLE
- 09/11/11 19:00:56 FIRE, FALSE ALARM MM 32.00 HWY 36 HUM @BRIDGEVILLE
- 09/08/11 17:29:57 FIRE, WILDLAND BRIDGEVILLE @BRIDGEVILLE



The Bridgeville Baptist Church

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

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



FirePreventionWeek.org NFPA

Protect Your Family From Fire

It's Fire Prevention Week
October 9-15, 2011

Humboldt CAN

We live in an environment that does not always make the healthy choice the easy choice. Humboldt CAN (Community for Activity and Nutrition) is a collaboration of local businesses, non-profit agencies and individuals committed to building a unified movement toward increasing physical activity, healthy eating and active public transportation, and its Humboldt Healthy Heroes campaign celebrates and recognizes organizations and individuals who make healthy eating and physical activity choices convenient, enjoyable, affordable, more enticing or easier for others.

A Humboldt Healthy Hero is an organization, individual, business, family or youth group who has made an effort to help people include healthy eating and activity into their daily lives. Humboldt Healthy Heroes are working with scout groups, tribal organizations, youth sports leagues, service clubs, civic organizations, schools and churches to make healthy changes for all.

There are many ways to create an environment that empowers others to eat healthy and be active. Some examples include developing healthy meeting, beverage and snack guidelines for a worksite, community group, sports team or classroom celebration, and encouraging walking, bicycling and being active as part of a group's culture. A Humboldt Healthy Hero makes healthy choices easier and more accessible for others, for instance by making free and clean-tasting water available at a site, bringing fresh fruit to a meeting, ensuring that choices in the vending machine are healthy ones, or setting nutrition guidelines for foods purchased with an agency's money.

Anyone can pledge to be a Humboldt Healthy Hero and share what one is doing to make a difference at www.HumboldtHealthyHeroes.org. The Pledge is a commitment to take simple steps to make the places we live, eat, work and play healthy places. Humboldt CAN wants to build a healthier community and is seeking effective models and policies that groups are implementing. If a group is interested in help setting some simple goals, Humboldt CAN is a resource and committed to helping groups get connected to the resources they need. To get started, just share a story on our website www.HumboldtHealthyHeroes.org and Humboldt CAN will offer assistance in making a plan that works.



The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't. ~Henry Ward Beecher

Food Matters

By Ann Matula Gyenis
Certified Nutritional Consultant

Chemist in the Kitchen

"Cooking is chemistry" says biochemist Shirley Corriher who is also a cook. The things that go wrong in a kitchen are the results of chemical reactions and to know some of the basics can make or break a recipe.

For example- Plunging asparagus into boiling water makes the cells pop and turns the vegetable a brighter, appetizing green but leave it in too long and the cells shrink and break down turning the asparagus an unappetizing grey. If you put chopped red cabbage into a hot pan, the anthocyanine will break down changing it from acid to alkaline and turning it blue. Add vinegar to increase acidity and it will turn red again. Science!

Ethylene gas can turn a perfect banana into an overripe banana overnight so take care not to mix apples and bananas in the same fruit bowl. That same apple, however, put into a paper bag with an unripe avocado will yield a perfect avocado by morning.

Food chemistry is all about acids and bases. Freshly distilled water has a PH of 7 which is neutral. A value less than 7 is acidic and more than 7 is a base. Common acids are lemon juice and coffee while common bases are ammonia and bleach.

Food spoils because of heat and oxygen—processes that cause deterioration. Salt has long been used to cure meat and fish while sugar is effective to preserve fruits. Various herbs, spices, vinegars and vitamins have preservative properties.

The simple act of cooking food is chemistry. Cooking kills microorganisms and makes many foods easier to digest. However, cooking also destroys certain nutrients that we wish to preserve, such as Vitamin C.

The main protein in tough meat is collagen which is connective tissue and needs to be softened by long, moist cooking to make it more digestible. Lean steak though is low in collagen and cooks best with a dry heat and quickly. In using chemistry to cook you have to evaluate your food and then decide on the best way to prepare it without sacrificing any of its healthful or appetizing attributes.

Recipes in good cookbooks have the science all figured out. If your home cooking experiments are not turning out as hoped you may have better results following a cookbook recipe and not taking any shortcuts. The steps are there because of sound chemistry! Bon appétit!

My Name is Tammy Farmer

Since 2005, Bridgeville Volunteer Fire Company has responded to over 450 calls. That is 450 times that our community members and the travelers on State Route 36 have been in an emergency in our proposed district.

We protect critical infrastructure of the state such as; the natural gas pipeline, PG & E substation, high voltage power lines and now a fiber optic line.

But most importantly, we protect our community.

Our volunteers protect an elementary school, head start program, church, community center, fuel stop, store, post office, several businesses and many homes.

We protect our friends and neighbors by responding quickly and effectively to their emergency. We train constantly in our department and with our mutual aid departments because we want to be the best that we can be and give our community the resources that they deserve. We have joined forces with the Eel River Valley Technical Recourse Team to help provide disaster relief efforts in Humboldt County.

We require every firefighter to be CPR and First Responder certified. We have some structure fires but we mostly respond to auto accidents, medical aid calls, over the bank rescues, patient extrication and car fires. We provide first aid, carry oxygen and have an automated external defibrillator for potentially life threatening cardiac arrhythmias. We are trained in low angle rope rescue, swift water rescue and hazmat. We have 2 donated pumper trucks that carry a total of 1500 gallons and a rescue wagon.

Without a doubt, our services have saved lives.

For 6 years we have been reliant on our fundraising efforts and donation in order to sustain our basic budget. We need a more dispersed collection of funds spread within the borders of our district.

We at Bridgeville Volunteer Fire Company are ready for the step up to be a department and we would like your support to do this.

We would like to continue to do what we do, because when our pagers go off, we want to have the resources available to be able to respond.

Tammy Farmer
Secretary, BVFC



The Bridgeville Community Website is up and running. See the newsletter in full color. Visit us at:

www.BridgevilleCommunityCenter.org

Kids Club Visit to the Pumpkin Patch

Shakefork Farms is a local farm located in Carlotta. We will be going to the farm to get pumpkins and look at the farm animals. Families who are interested can meet at Bridgeville School on Wednesday, Oct 19th at 1:30 pm. We will have the Community center van to carpool some of the families. Please bring snack food.



The Kids Club Friday night dinner for October is canceled so that we may have the funding to go to the pumpkin patch.

We will also be meeting after preschool at 1pm on the 20th at the preschool room.

Hope to see you there, Jennifer

THANK YOU! Thanks to the Boys & Girls Club of the Redwoods and Kohl's, fourteen lucky children were able to go on a back-to-school shopping spree on Saturday, August 27. We had seven adults who went along as drivers and chaperones, and they all reported good behavior on the part of the children. Each of **the kids** proved to be pretty smart shoppers; one chose sale items that resulted in nearly \$300 in savings! Many of the children managed their budget so they could also get new backpacks. Afterwards, we all went to Round Table for a pizza lunch.

We also wish to thank Bob and Gloria Bruce, Pam Markovich, Jessica Springer, Shanen Houston, Cathy Stanley and Lynne Reardon for taking the time to give the children their attention during this special event.

Tools of Mystery and Pies a Plenty

Do you like to look at old and strange tools and guess what they were used for? Well this event is for you! There will be a Community Center fundraiser- Guess that Tool.

Tools from all trades and house wares will be displayed. The person who guesses the most tools correctly will win a gift certificate to one of your local tool shops. \$8 to play.

Then hang around and chew on some Pie. That's right: The Pie Contest will be also going on. Contestants can have their pies tasted by the crowd. A plate of pie for \$5. The best pie in the county is baked right here in these hills. \$5 for entry or tasting. Prizes for best pie. Don't forget your hat; prize for best hat.

All these goings on will be held at the Holiday Crafts Fair and Dinner on Thursday, December 8 at the Bridgeville School.

~ Healthy Spirits ~

With the coming of winter some of us, especially as we age, begin to get aches and pain in our joints. It's called arthritis. *Arth* because it's happening in the articulating parts of our bodies and *itis* because it is an inflammation.

Degenerative joint disease affects both cartilage and bone. Cartilage is an intermediate tissue, it isn't a ligament but it isn't a bone either. It is slick and dense and covers the ends of bones allowing them to glide over each other. It also absorbs the shocks of movement. In osteoarthritis the protective layer of cartilage wears away and the bones rub together causing painful swelling and loss of motion. Bone spurs may grow on the edges of the joint. These don't directly cause inflammation but will cause pain and eventually extra growth of bone blocks smooth movement. Arthritis is a progressive disease unless you make efforts to stop it. And I should take a moment to distinguish osteoarthritis from rheumatoid arthritis. Both diseases cause deterioration of the joints but RA is an autoimmune disease. Osteoarthritis comes from a mechanical wearing away of tissue.

At the first twinges of arthritis most people deny they have it. "It only happens occasionally, it's just a little stiffness, it gets better once I get moving." However, this is the perfect time for intervention. Once the damage is done it is hard and, for many people impossible, to fix. So, the goal at the "it's just an occasional twinge" stage is to stop further damage.

The skeleton is like a machine. If the parts don't line up well or there is slack in the mechanism there will be excess wear on the bearing surfaces. Think of your knees, elbows, shoulders, hands, spine, etc. Even without knowing anatomy you can see they all have bearing surfaces with parts sliding against each other. So one simple way to keep down on wear and tear is to practice good body alignment and make sure the muscles and ligaments holding those joints together are strong enough to give good support and keep everything line up. Yoga and Tai Chi are perfect types of exercise as they both focus on alignment. Pilates is good but focuses more on the core trunk muscles. Also drink plenty of non-sugary fluids so the cartilage has the wherewithal to stay plump and juicy.

The next line of defense is anti-inflammatories. The neurotransmitters of inflammation (prostaglandins, interleukins, etc) in chronic overabundance are deleterious to all the major organs so as you help your arthritis you help your heart! A twofer – what a deal!

Of course you can take Ibuprophen, Tylenol, Aleve or other nonsteroidal anti-inflammatory (NSAIDS) but there is some research out there that says over the long term they actually make the problem worse. Natural anti-inflammatories include devil's claw, cat's claw, turmeric, boswellia and ginger. However, the body only has so many ways you can tweak what it is doing and herbal medicines must be using the same routes as pharmaceuticals. Just because it's an herb doesn't mean it is

without deleterious side effects. I would be especially careful about bleeding ulcers with any anti-inflammatory, 'natural' or otherwise. The omega-3 oils like fish and flax-seed oil have anti-inflammatory effects and have been rigorously studied enough times that we know they are safe. They also are twofers, helping all your organs be healthier and stronger.

Chondroitin/glucosamine is a popular supplement. Glucosamine combats osteoarthritis by stimulating the manufacture of glucosamino-glycans in cartilage. The glycans act as a natural lubricant and shock absorber which enables your joints to move smoothly and painlessly. There is some research showing glucosamine can actually help rebuild damaged cartilage. Of the forms available the sulfate formulation has a better result profile in clinical trials. The recommended dosage is between 1,550mg and 2,000mg. Liquid formulations may be better absorbed. Mostly glucosamine is going to work over time but for some people it can be an analgesic (painkiller) from the beginning, for others no result was noticed until after 3 months. There has been some research showing glucosamine may raise blood sugar levels. More recent trials have not found this to be so but use cautiously. S-Adenosylmethionine (SAMe) increases the number of cartilage cells and also stimulates the synthesis of proteoglycans. And of course fish oil and flax seed are powerful antioxidants which help decrease inflammation also.

If the cartilage deteriorates too far and there is bone on bone nothing much can be done except surgery. Total joint replacement surgery has taken giant strides in the last 20 years. Some places even do total hip replacements as a same day surgery! At Redwood total joint replacements usually spend 3 to 4 days in the hospital and then have follow-up physical therapy.

To prepare for surgery I recommend that people start an exercise program 2-3 months in advance. You want your muscles as strong and healthy as possible. The ones on the operative limb will need to be pumped up for healing and the non-operative limb needs to be stronger than usual because it will be doing extra work. I also recommended that people do arm strengthening exercises as they will be using crutches or a walker and need the arm strength to do that effectively.

Sometimes arthritis in the back or neck is so bad that people will choose to have the joints fused. This will of course limit motion and is associated with serious risks. But, if life is so miserable anyway it may be worth the risk.

There are also homeopathic and Bach Flower remedies for arthritis. Whether they fix the problem or just mask the pain I don't know. Visualization/Imagery also shows promise, both for pain control and actually redirecting the body to fix itself. All mind/body therapies take time and dedication which just isn't possible for many people. The best therapy is prevention so join a yoga class, drink lots of fluids and pay attention to how you use your joints.

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

Home Fires

- One home structure fire was reported every 87 seconds in 2009.
- On average, seven people died in home fires every day. Adults 65 and over face the highest risk of fire death.
- In 2009, U.S. fire departments responded to 362,500 home structure fires. These fires caused 12,650 civilian injuries, 2,565 civilian deaths, \$7.6 billion in direct damage.

Escape Planning

According to an NFPA survey, less than one-fourth of Americans have both developed and practiced a home fire escape plan.



- Almost three-quarters of Americans do have an escape plan; however, less than half actually practiced it. One-third of Americans households who made and estimate they thought they would have at least 6 minutes before a fire in their home would become life threatening. The time available is often less. And only 8% said their first thought on hearing a smoke alarm would be to get out!

Smoke Alarms

- Roughly two-thirds of home fire deaths happen in homes with no smoke alarms or no working smoke alarms. About one in five smoke alarm failures was due to dead batteries.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 91% of the time, while battery powered alarms operated only 75% of the time.

Cooking

Cooking equipment is the leading cause of home structure fires and associated injuries, and was tied for the third leading cause of home fire deaths.

- Unattended cooking was by far the leading cause of these fires.
- Households using electric ranges have a higher risk of fires than those using gas ranges.
- Children under five face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.
- Nearly half (45%) of microwave oven injuries seen at emergency rooms in 2009 were scalds. U.S. fire departments responded to an average of

155,400 cooking-related home fires each year between 2005-2009, causing an average of 390 deaths, 4,800 injuries and \$771 million in direct property damage.

Heating

Fires involving heating equipment peak in December, January and February, as do deaths from these fires. Overall, home fires and home fire deaths are also more common in the cooler months of the year.

- Heating equipment was the second leading cause of all reported home fires and home fire deaths.
- The leading factor contributing to heating equipment fires was failure to clean, principally creosote from solid fueled heating equipment, primarily chimneys.
- Half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding. U.S. fire departments responded to an average of 64,100 heating-related home fires each year between 2005-2009, causing an average of 560 deaths, 1,620 injuries and \$904 million in direct property damage.

Candles

On average, there are 35 home candle fires reported per day.

- Roughly two-fifths of these fires started in the bedroom.
- More than half of all candle fires start when things that can burn are too close to the candle.
- During 2005-2009, candles caused an average of 12,900 home fires, 140 home fire deaths, 1,040 home fire injuries and \$471 million in direct property damage.

Smoking Materials

The risk of dying in a home structure fire caused by smoking materials rises with age.

- In recent years, Canada and the United States have required that all cigarettes sold must be "fire safe," that is have reduced ignition strength and less likely to start fires.
- U.S. fire departments responded to an average of 18,900 smoking-related home fires each year between 2005-2009, causing an average of 660 deaths, 1,270 injuries and \$492 million in direct property damage.

Be safe this winter, there are many additional sources for possible fires, don't be a statistic.

Source: <http://www.firepreventionweek.org>

MEDICARE WORKSHOPS

How to Use the Medicare Website to Find the Best Drug Plan

October 6, repeated October 13

HICAP announces help with Medicare Annual Enrollment
Period, October 15 through December 7

HICAP, the Health Insurance Counseling and Advocacy Program at the Area 1 Agency on Aging, is gearing up for its annual "busy season", reports Martha Johnson, HICAP Manager. "This year Medicare is moving the Annual Enrollment Period for Prescription Drug Plans and Advantage Plans to October 15 through December 7.

HICAP will offer workshops to help people understand how Medicare Prescription Drug Plans work as well as workshops to teach how to use the Medicare Plan Finder. Workshops will take place from 4:00 to 5:00 p.m. at the Area 1 Agency on Aging Building, 434 7th Street in Eureka. The dates for the "Medicare Prescription Drug Plans" workshops are: September 8 and 22. The dates for the "How to Use the Medicare Website to Find the Best Drug Plan" workshops, will be October 6 and 13. No reservation is required, and seating is limited. HICAP is also scheduling free individual appointments to assist in reviewing plans.

Appointments can be scheduled by calling: (707) 444-3000 in Humboldt County or (707) 464-7876 in Del Norte County.

October 6, repeated October 13 — "How to Use the Medicare Website to Find the Best Drug Plan"

At the Area 1 Agency on Aging Building
434 7th Street, Eureka
4:00 - 5:00 p.m.

Learn how to navigate the Medicare Plan Finder online tool to compare plans for 2012. Find out how to choose the right plan for your needs.

No reservations are required. Space is limited.

For additional information or to schedule an individual appointment, call HICAP at (707) 444-3000.



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RANDOM THOUGHTS

By Attila Gyenis

Visiting the Homeland



What would a visit to the homeland be without Palinka and kolbasz (aka sausage)? I wouldn't know because I have never had a visit to my relatives in Hungary without an overabundance of food, drink, desserts, and hospitality.

This is how a typical visit to a relative starts. A generosity of kisses on both sides of the face. This is followed by a statement along the line of, "Why didn't you tell you us were coming? We would have slaughtered a pig for dinner!" Which is why we rarely announce our intention to visit.

Then they come out with the wine, beer, and Palinka. If you don't know what Palinka is, consider yourself lucky. Palinka is usually a homebrewed white lightening (around 100 proof) made from fruit like plums, peaches, cherries, or strawberries. It comes in a clear liquid that is never confused with water a second time.

Then comes the outpouring of food and platters filled with heaping piles of tasty treats. There is the first course, second course, third course, all accompanied by fresh bread, and finally the desserts.

Ahh, the desserts. All homemade, with a rich cream topping covered with chocolate sauce. Cakes, pastry squares, rolls that are poppy seed or walnut filled. And that's for people who are on a diet.

And don't think you can get away without drinking or eating something. I am pretty sure that is against the law in Hungary.

But all was not fun and games. Some of my relatives actually put me to work. I don't want to whine, but I made wine. I picked grapes, pressed them, cleaned out the wine barrels and filled them with what would be wine in a few months. Too bad I won't be there to enjoy the fruit of my endeavors.

There was an unpleasant incident however. When we were pressing the grapes (it wasn't done by naked Hungarian girls like I always imagined but by sweaty Palinka drinking men), a swarm of wasps gathered around us. They seemed to be enjoying the sweet nectar of the crushed grapes. Then, without any warning at all, one came down and stung my cousin Bela on his arm. His whole arm swelled up from his shoulder to his wrist for days. Who knew that making wine could be so hazardous? He knows now.

I did get a reward for my hard work, an "Excellent Worker" medal with a red star from the old communist days. You may see me wearing it proudly because after all, they aren't many people who can state with pride that they received such a grand award just for making wine. Until the next adventure. *Hello!* (that is how they say goodbye in Hungary. *Peace.*

**ARE WE CRAZY OR WHAT?
(BACK TO THE LAND IN OUR 60's) PART 20
Decking, Solar and Vegetable Multitudes**

Our real front door has never been used as an entrance; for the past 3 years it's been a quasi-window and air conditioner. That's because to use it you would have to lift your legs up through the air 3 feet to the doorway. At this exact moment we are changing that. Thanks to the help from our neighbor Steve, we are finally building a deck to our cabin! No more scrap-lumber ramp to the side door, no more yucky, messy looking under cabin ambience: we will have a deck twisting around the front of the cabin, with the left side a very public outdoor shower floor, the front with wide, shallow stairs and a narrow ramp beside the steps designated for the wheelbarrow full of firewood that we need to get in. To top off this project we are finally finishing painting the cabin ...imagine a sharp image of lustrous granite sides and natural green trim; a camouflaged cabin nearly the same as our boulders and trees. We are going to be almost civilized!

We too are almost finished installing four solar panels to complete our dual wind/solar energy system. Lyn built a gorilla of a frame for the panels with mostly 2x6's and cemented in the structure herself - then laid her back on 10# of cracked ice for three days to be able to walk again... Hopefully now we won't hear our refrigerator go off during the night, or see the TV black out during a movie and we can get a small freezer.

Because Kate broke her arm pretty badly and has been mostly staying in town, Lyn has had to run to and fro trying to take care of our land things while working three days a week. Even without much loving care this year but with lots of water, our Labyrinth vegetable garden has turned into a massive jungle of ripened produce. As Kate can't can this year we've given lots to Food for People and our friends while eating the stuff ourselves till it's running out of our ears. Next year we are going to limit the amount of seeds we sow!

All the while Kate sits in town hearing in her head an off-tune rendition of "Home, Home on the Range" and imagining clicking together the heels of her glittery red stilettos while uttering the mantra: "there's no place like home, there's no place like home, there's no place like home, there's no place like li..."

Kate McCay and Lyn Javier
TwoCrones Ranch, Larabee Valley



I'm here to change the world, and if I am not, I am probably wasting my time.— Utah Phillips

TRCCG NEWS
TWO RIVERS COMMUNITY CARE GROUP

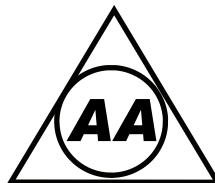
Two Rivers Community Care Group/volunteer hospice wishes to thank everyone who helped with and came to the Spaghetti Feed Fundraiser. It was a fantastic success for us and we know everyone who came got to eat some awesome food and have a lot of fun. We especially want to thank LaVonne and B.J. who pretty much did all the food and focused the event singlehandedly. We also want to thank Mike Guerriero for the beautiful print, the Lions for donating the bar take, Beth Lauer for the music, Randy K. as auctioneer extraordinaire and everyone who donated to the raffle and everyone who purchased tickets. Hats off to our great community and all our volunteers who made this a fantastic event in spite of the Ruth fire.

For those of you who didn't make it, you missed out and we missed you but don't despair we'll save you a plate for next year (always the second weekend of deer season). Thank you again community for supporting our services. The Two Rivers Community Care Group.




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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)

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www.BridgevilleCommunityCenter.org



"It is not our abilities that show what we truly are. It is our choices." ~J. K. Rowling

WEEKLY SCHEDULE

Monday

First responder training 6-10 PM

Tuesday:

STHS Clinic in Bridgeville 10-4

Strength & balance exercise class 10:30-11:30

Wednesday:

Adult Education 8:30 – 4 by appointment

Alder Grove Charter School 8:30 - 1

Thursday:

Strength & balance exercise class 10:30-11:30

Senior Lunch 11:30 – 1

Harp ensemble 3 pm

Bridgeville Trading Post

Wanted—Help us organize the school costume closet. We could use clear zippered bags (the kind that blankets come in) and plastic tubs with lids, no taller than 14 inches. If you can donate some, please let Ms. Owen know.

Like to Talk about the good ole' times?

Are you a woman, over 60 and a native of this area? Have some great true tales about your life in this area? Lots of old fashioned unique remedies, farming or ranching suggestions, etc.? I am putting together a publication about women and their lives who are native to this area in and around Highway 36. I will be interviewing by appointment only and using a voice activated recorder, then transcribing the memory. Call me if interested. It will be fun! Kate McCay 601-7983

Writers Group— theme for writers group "fair" date....tba, but maybe some people will start writing if they know the theme.....

Zumba and Yoga

Zumba (Traci) 6:00 pm - Mondays and Wednesdays.
October 5, 10, 17, 19, 24

Yoga (David)
October 12, 26



Swains Flat Outpost and Garden Center

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|---|--|--|
| October Calendar | | | | | 1 | 2 Breakfast by the 6 Rivers Senior Group at Mad River Community Center 8-11 am |
| 3 BES board meeting 5:30pm Scrapbooking in room 8) 3:30-7 PM Zumba 6 PM | 4 Volleyball @ Hydesville 4 PM BVFC training 6-8 PM | 5 Zumba 6 PM | 6 VAN TRIP TO TOWN Volleyball, Loleta Home 4 PM | 7 BVFC 6 PM | 8 | 9 Breakfast at the Carlotta Grange 8 - 10 am |
| 10 Zumba 6 PM | 11 BOOKMOBILE 10:30-11:30 AM Volleyball, Van Duzen Home 4 PM | 12 BCC Board mtg. 4:30 PM Yoga 6 PM | 13 | 14 | 15 | 16 Breakfast by the BVFC 8:30-11 AM |
| 17 Zumba 6 PM | 18 BVFC training 6-8 PM | 19 • School pictures • Site Council Meeting 1:45 pm • Playgroup Field Trip 2 pm • Zumba 6pm | 20 PLAYGROUP 1-3 PM | 21 Special Author's visit to BES Commodities 10-3 PM | 22 | 23 |
| 24 Zumba 6 PM | 25 | 26 Yoga 6 PM | 27 | 28 | 29 HALLOWEEN CARNIVAL 6-8 PM | 30 |
| 31 Zumba 6 PM <i>Halloween, Boo!</i> | | | | | | |

Smokers who wish to kick the habit may receive a free two week supply of nicotine patches by calling

1-800-NO-BUTTS



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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