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January 2021



Mendocino Coast's **Lighthouse Peddler**

The Best Original Writing, plus the Guide to Art, Music, Events, Theater, Film, Books, Poetry and Life on the Coast



In January, Take "Shelter From The Storm"

Thursday night, December 31, was a moment for all of us. We put the old year in our rear-view mirror and simultaneously felt some optimism that 2021 would mark a new beginning. It's in that spirit that Gualala Arts has created an event for artists and art-lovers alike. The new exhibit, "Shelter from the Storm—Art Created in these Turbulent Times" opens Saturday, January 16, with extended hours from 11:00am to 7:00pm. (Members may preview the exhibit on Friday, January 15, from 11:00am.) In short, this exhibit consists of works created about the challenges facing us as a society and features paintings, photography, collages, sculptures and more. The idea was that all media types were encouraged to be entered and be accepted. Artists like Gerald Huth, whose painting "Speaking Alone in the Night" (on our cover,) have created special new . . .

...Cont'd on Page 13

"Shelter from The Storm: Art Created in these Turbulent Times"

**A Compelling
New Exhibit
at Gualala Arts**



**Open Jan. 16
thru Feb. 21**



Grass Valley Poet Maxima Kahn

at Third Thursday Poetry • A Virtual Event • January 21

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, January 21. This month features Grass Valley poet Maxima Kahn, with open mic to follow.

Author and teacher Maxima Kahn's debut full-length collection of poetry, *Fierce Aria*, has just been released by Finishing

Line Press, an award-winning press based in Kentucky. About the book Kahn says, "Fierce Aria explores the process of creation and self-creation—what it means to be a human being and an artist in these challenging

times. What is the role of art and art-making in that? How do we come to some sense of wholeness and acceptance in the midst of loss and hardship?"

Kahn's work has been featured in numerous literary journals, including *The Louisville Review*, *Wisconsin Review*, *Euphony*, *Sweet*, *Poem* and many others, and on popular blogs such as *The Creative Penn*, *Tiny Buddha*, *Positively Positive* and *The Start-up*. She has twice been nominated for Best of the Net, was a finalist for the Atlanta Review poetry contest, and has received scholarships and fellowships to the Community of Writers, the Colrain Poetry Conference, and the Vermont Studio Center.

She is a popular teacher, offering workshops in poetry, creative writing and the

creative process, as well as one-on-one creative life coaching. Formerly an instructor at the University of California, Davis Extension, she has taught privately through her own business, BrilliantPlayground.com, since 2004.

The result of ten years of intense work, *Fierce Aria*, follows a journey of transformation as it probes

into lasting questions about the human condition, art and music. Kahn is also a musician—a violinist and award-winning composer—and the presence of music is woven throughout the collection.

Acclaimed author Annie Finch says of the collection: "I have learned to walk in the valley of my fears and losses," writes Maxima Kahn, and the evidence of what she has learned is all over these amazing poems.... Distinctive, honed, vulnerable, musical, courageous, honest, Maxima Kahn's poems are fully ripened, fully considered—each one ready to drop richly into the hand like a subtly contoured fruit. Taste them."

To watch or participate as an open mic reader, please email blake@snakelyone.com.

Third Thursday Poetry Zoom made possible by the Arena Theater and continues to be supported by Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.



"We have fallen into the place where everything is music." — Rumi

How often the heart shatters, as if shattering were its purpose. Shards rain as a loved one

leaves, as a new revelation tears me open, as I mourn the self I failed.

Who knew wider had no limit? Who knew rawness is the heart's condition? —all this

pouring light would bring such fullness I nearly choke on love.

I am swimming and drowning at once,

head barely above water, then not above. Life

nearly wiping me out. Yet here in these waves I believe

I can hear

fragments of luminous song.

Maxima Kahn

A Note From

The Editor and Publisher

We're a little late this month. We apologize, but here's what happened. On Monday, December 21, we had a local service rep visit our home. He was here for about half an hour. We were all masked-up and socially distanced (although at one point, one of us had to explain the issue and it required us to get a little closer.) With his work completed, he left and that was that.

On Wednesday, December 30 we received a phone call telling us that the service rep who visited us had tested positive for COVID 19. Obviously, almost every conceivable thought went through our minds but first and foremost was getting tested. We contacted RCMS in Gualala, explained what happened, and happily they had room at 4:00pm as part of their drive-up testing. We were tested while sitting in our car in the rain and within a few minutes we were on our way home. We had no temperature and no other symptoms. Nevertheless, in our hands were instructions which included a self-quarantine at home until our test results came back. And with the holidays, results weren't expected until Tuesday, January 5. Without a way to get the paper printed and delivered on time we weighed our options and decided—with test results and the printer's schedule—Thursday, January 7, (assuming, of course, our test results were negative.) We've been as careful as we can be, but, well, you never know.

Completing the peddler in your hands (or you're reading on the web) has been memorable. Thank you to our readers, our advertisers, our writers, RCMS, and all of you who have supported the Lighthouse Peddler over the years. We're hoping for far less drama in February.

David and Dolly.

PS. Update Jan. 4: Both tests were negative.

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PAMA, Point Arena Merchants Association Membership Drive for 2021 and Dues Assistance

The Point Arena Merchants Association (PAMA) has worked hard during the past few years to maximize the strength of its individual members in an effort to benefit the businesses and the general economy on the coast. It's core mission has been to create a sustainable community that attracts residents and visitors, promotes, supports and retains local businesses while nurturing the unique character of its regional artisans and entrepreneurs.

With the new year, it's time for PAMA-member businesses to renew their membership in the organization. Payment of dues affords voting rights on PAMA issues, business promotion on PAMA website, brochure, social media and other promotional materials. Members must be a current lo-

cal business owner with an active city or county business license, and members are encouraged to attend meetings, serve on committees and volunteer at events. Dues are requested to be in by February 15.

It's also worth noting that in this difficult economic environment, PAMA created the "Adopt a Business" program which allows the local community to make donations to PAMA to offer assistance to Point Arena businesses in paying their 2021 dues. Dues range from \$60 to \$300 depending on the type and size of the business. Please note that PAMA is a 501(c)(6) non-profit entity and donations to the "Adopt a Business" program may be tax deductible. Questions? Call Mark Hancock 707-882-2777.



"The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community."

William James (1842-1910)

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Our thanks to January contributors mai haiku, Sally Marshall, Mitch McFarland, Blake More, Mary Jane Schramm, David Steffen, Karin Uphoff, Reggie van Meister, and Jennifer Bort Yacovissi.

Cover images:

Painting: "Speaking Alone in the Night" by Gerald Huth.

Sun: Image by Mary Pahlke from Pixabay

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"Another turning point, a fork stuck in the road
Time grabs you by the wrist, directs you where to go
So make the best, of this test and don't ask why,
It's not a question, but a lesson learned in time.

It's something unpredictable, but in the end is right
I hope you had the time of your life"

From "Good Riddance" by Billie Joe Armstrong (1972-)

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Lighthouse Peddler

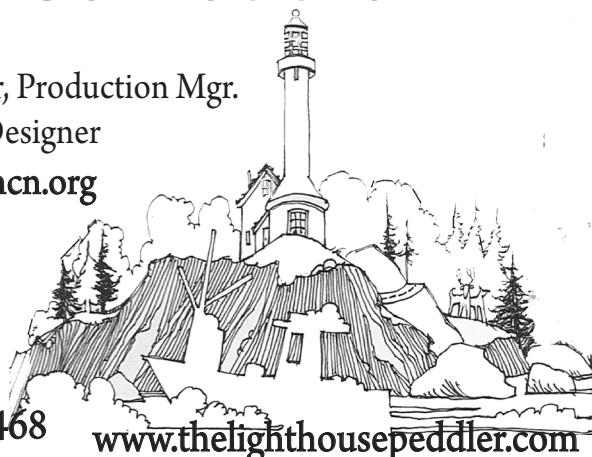
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It is amazing how much love and laughter they bring into our lives and even how much closer we become with each other because of them."

John Grogan (1957-)

More Virtual First-run Screenings From Arena Theater In January "Stand!" and "Shadow in the Cloud"

Arena Theater continues its Virtual Cinema schedule in January. These films can be screened online at home (or wherever you happen to be logged on). And beyond entertainment, when you screen these films your ticket purchase sends some of that money back. Simply purchase the films through the theater's website—ArenaTheater.org—and some of the proceeds will come back to benefit Arena Theater. The films will stream to your home computer or tablet or phone, via Chromecast, through the Kino Now app on Roku, or on AppleTV.

The first of the new films is "Stand!" and will be available to screen beginning January 1 (at 5:00am local time). The film is from writer and director Robert Adetuyi, who's best known for 2007's "Stomp the Yard", and "Honey: Rise Up and Dance" (2018).

It's 1919. Stefan and his father Mike fled (the) Ukraine for the New World, and like many immigrants (particularly during the post-WWI years) where they struggled to earn enough money to, ultimately, re-unite



the family. Stefan is instantly smitten with a Jewish suffragette neighbor—Rebecca—but along with Rebecca's brother Moishe, Mike opposes the would-be Romeo and Juliet. Returned soldiers, angry at the lack of jobs after the "Great War", violently threaten the city's immigrants, including Emma, another refugee—albeit from racist violence in Oklahoma. When a movement develops for workers to leave their jobs in protest,

wealthy lawyer AJ Anderson, pits all parties against each other in a dramatic and inspirational final stand. The film stars Laura Wiggins, Gregg Henry, and Sarah Luby. "Stand!" has a running time of 110 minutes and is available through Thursday, January 14. (The film's rating was unavailable at press time).

January's second new film is "Shadow of a



Doubt" starring Chloë Grace Moretz, Nick Robinson, Beulah Koale and Taylor John Smith. Directed by Roseanne Liang, who is known for 2017's "Do No Harm, and 2011's "My Wedding and Other Secrets".

In the throes of World War II, on a rainy morning in Auckland, a group of Allied soldiers prepare to take to the air in a B-17 Flying Fortress. The all-male crew is caught off guard by Captain Maude Garrett boarding their plane carrying a top-secret package. The presence of a woman on a military flight is unusual enough to arouse their suspicion. Just as



Maude's quick wit and military knowledge is winning over the leery crew, strange happenings and holes in her backstory lead to paranoia surrounding her true mission. But this crew isn't alone in the sky... lurking in the shadows, something with sharp teeth and a taste for chaos is tearing at the heart of the vessel. Crushed between an oncoming Japanese ambush and an evil lurking within, Maude must push her limits to save the hapless crew and to protect her mysterious cargo. Rated R, 110 minutes.

Here's how you can rent and stream titles featured on Arena Theater's website. Once



you've decided on a film, click on the ticket price. This will take you to the film distributor's website where you can purchase your "ticket". Note: Some distributors will require that you create an account to rent films or connect to your streaming device. Simply follow their prompts. Complete details are available at ArenaTheater.org.

When you rent one of these films, roughly 50% of your purchase goes back to the distributor for the rights to play the movie. The other half goes directly to the theater (just like AT's regular programming.) Streaming either or both of these virtual films helps support Arena Theater, as well as the independent filmmakers who made these films. Thank you!

While Discovering Virtual Entertainment, Discover Sea Ranch Thespians.

Have you heard of the Sea Ranch? How about Thespians? Maybe it's sounding familiar, when you put it all together as The Sea Ranch Thespians. This is a local group of people dedicated to bringing the most professional productions possible to the barn theatre. That's the Knipp-Stengel barn, the performance home for the group. It's an unmistakable landmark along the coast highway. And it's been upgraded over the years to be a wonderful home for their productions.

The Thespians challenge themselves and the audiences and "raise the bar" with each production. Their productions are all done with volunteers—over a hundred names appear in each program. Acting talent comes from the local community and beyond – retired professionals as well as first-time actors have joined the Thespians and the directors are skilled in working with all. Local artists have volunteered their skills to do set design, paint special backdrops, create program and poster designs, and design and maintain this web site. The enthusiasm is catching.

The performances are free—a gift to the community from Carol Emory and John Wingate (now via The Wingate Foundation). The Sea Ranch Thespians is a 501(c)3 non-profit corporation and relies on donations to finance its productions.

Take about 20 minutes out of your day, afternoon, or evening and give a listen to one of their performances—audio only—online. The Sea Ranch Thespians Holiday Audio Play "Heavenly Committee Plans Christmas" is one click away. It's free. Enchanting. And perhaps enough for one more aspiring supporter to join the fun.

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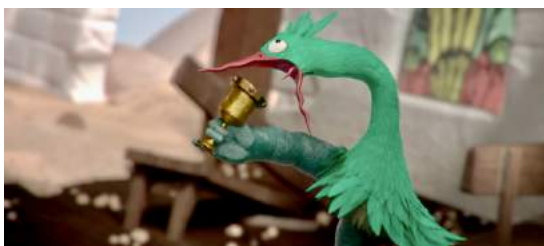
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Enjoy The 20th Annual Animation Show of Shows • On Demand
Arena Theater Film Club's Website Will Help Get You There

"The best short-form animation—like the most memorable short stories—is daring in perspective and malleable in interpretation. [The Animation Show of Shows includes films that are] wonderfully original... dazzling... provocative." That's what Jeannette Catsoulis, of The New York Times had to say.



While we all look forward to (once again) watching classic, independent and foreign films on the big screen at Arena Theater, why not take a break and enjoy something completely different. At home. The link on the Arena Theater Film Club website will take you to the 20th Annual Animation Show of Shows website. And there you'll find a link to view a trailer of the film, and with one view you'll probably be hooked.

The 20th Annual Animation Show of Shows presents 15 thought-provoking, poignant, and very funny animated shorts from around the world. In a year when the best and worst of human nature has been on constant display, the works in this year's show remind us of both the universality of shared ideals, as well as the diverse challenges we face. Here is a list of the 15 titles (the average running time for each short is about 7 minutes.)

• **The Green Bird** (6:45): The soundtrack alone is worth the price of admission in this mordantly funny computer animation, in which the eponymous character suffers an unfortunate series of setbacks when she finds herself a mother-to-be. Harking back to the classic cartoons of the 1940s and 1950s, "The Green Bird" features the great timing and superior slapstick that defined the mini-epics of the past and never gets old.

• **One Small Step** (7:40): A young Chinese-American girl yearns to be an astronaut in this touching story about the importance of pursuing your dreams and never giving up. Featuring a bold formal design and sharp visual style, "One Small Step" is a universal tale that reminds us that all dreams begin with a single step.

• **Grand Canons** (10:42): Composed of thousands of drawings of familiar objects painstakingly created by the filmmaker, this extraordinary, compulsively watchable film is a symphonic celebration of materiality in its innumerable forms. Deriving its power from motion, rhythm and sheer abundance, "Grand Canons" defies easy description, joining the ranks of those animated shorts

that must be experienced to be understood.

• **Barry** (4:16): How many of us have passionately dedicated ourselves to achieving a particular career goal, only to have our

dreams shattered simply because we were a quadruped? Probably not many, but that doesn't mean we can't relate to the underlying universality of this wry

and touching moral tale of an aspiring doctor who triumphs over the prejudices of his critics through talent and tenacity.

• **Supergirl** (1:10): One of a series of short animations based on the writing of a group of preschoolers, "Supergirl" is an exuberant and gleeful exploration of the yearnings and imaginings of one irrepressible four-year-old poet. With a visual style that perfectly matches the free-flowing musings of the text, this whimsical film captures the magic and effortless creativity of childhood.

• **Love Me, Fear Me** (6:06): This tour de force of claymation explores the ever-changing roles we play and shapes we assume in our continual efforts to impress others and be accepted by them. Conceived as a sequence of dances, "Love Me, Fear Me" displays a virtuosic command of form as it delves into the deeply emotional territory of interpersonal relations and expectations.

• **Business Meeting** (1:45): Based on a short story by Brazilian writer Rafael Sperling, this very funny animation may confirm your worst fears about business meetings, as well as possibly lead you to doubt the sanity of the short's creators. The minimalist hand-drawn animation is perfectly suited to the dubious subject matter, which begs the question, "#+-4\$#2?"

The other short film titles include • **Flow-er Found** (6:46), • **Bullets** (1:10), • **A Table Game** (3:33), • **Carlotta's Face** (5:00), • **Age of Sail** (12:06), • **Polaris** (4:35), • **My Moon** (8:35), • **Weekends** (15:07). These 15 short films make up the 98-minutes of wonderful entertainment.

There are also earlier films in the series that you can screen virtually. Careful. Once you try the 20th Annual Animation Show of Shows, you'll want to go backwards in time and watch them all.

Each on-demand program is \$9.99, but enter the discount code ATFCASOS to save \$1.00 each, and support the Arena Theater Film Club! Be careful. The Animation Show of Shows is like a great candy. Try one and you'll want more.

Mendonoma Health Alliance
Opens 2021 With
New and Renewed Programs

Mendonoma Health Alliance (MHA) continues to offer a significant source of community support, and will be particularly important as we move into a new year. MHA has some services that you should know about.



• **Care Transitions Program**—As a part of Mendonoma Health Alliance's ongoing commitment to improve health and quality of life for the local community, we created our Care Transitions Program. The program is designed to assist you or a loved one during the critical period following hospital discharge. This service is available at no cost to you. Call (707) 412-3176 x102 or visit us at <https://mendonomahealth.org/care-transitions/>

• **Cholesterol & Blood Pressure Screenings**—Health screenings are an important part of maintaining good health, especially as we get older. They can detect problems early, when chances for successful treatment are greatest. This is a very simple but very important step towards a longer, better quality of life. Free screenings are available by appointment in Gualala at Mendonoma Health Alliance on Tuesday between 9:00am to 3:00pm. Call (707) 412-3176 x102 or visit <https://mendonomahealth.org/wellness-screenings/>

• **Mendonoma Health Alliance's YouTube Channel**—If you've missed one of our Cooking Events or one of our Diabetic Educational Series classes, you can find all the recordings by visiting MHA's website at <https://mendonomahealth.org/educational-workshops/> or find us on YouTube.com by searching Mendonoma Health Alliance.

• **Free Grocery Delivery Service**—If you have chronic health conditions that put you in a high-risk category for COVID-19 call Mendonoma Health Alliance for help. Orders can be placed between 9:00am-12:00pm, Monday thru Thursday for same day delivery within our service area. The cost of the service is free. Payment for groceries can be made by check or cash only. Call (707) 412-3176 x102 or email us at info@mendonomahealth.org.

Mendonoma Health Alliance is a wonderful local resource and they are truly making a difference in our community. Whether it's one of these upcoming programs or some general information, contact MHA. They can help. (707) 412-3176 x102.

Gualala Arts
SINCE 1961
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Thank You!
We made it through 2020 and we're looking forward to 2021, and the opportunities it brings. Happy New Year. YOU Make A Difference!

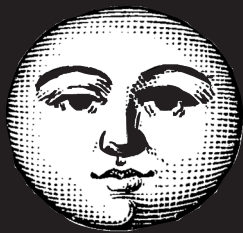
"Shelter From The Storm- Art Created In These Turbulent Times" New Exhibit Opens Saturday, Jan. 16 Member Preview Fri. Jan. 15 At Gualala Arts. Continues through Feb. 21

"The Winter Exhibit" continues at Dolphin Gallery with Watercolors by Dana Arden Petersen and Waterfowl Carvings by Chuck Petersen

Face masks are required and physical distancing will be the norm, with a limited number of people allowed in all public spaces.



New Moon



January 13

Full Moon



January 28

Ignorance is the night of the mind,
but a night without moon and star.

Confucius (551 BC - 479 BC)

Gualala Downtown Streetscape Project Virtual Public Meeting Set for January 14

There has been much discussion—for years actually—about just what “downtown Gualala” should look like. It’s become clear that not everyone differentiates “downtown Gualala” from the rest of Gualala. So for the visitors and relatively recent arrivals, downtown (in this discussion) is that part of the Shoreline Highway in coastal Gualala between Post Marker .6 (just south of the intersection of Highway One and Center Street—the access road to the Gualala Community Center), and continuing north for about another half mile (to Post Marker 1.0, near the driveway of Jrs. Hardware). There have been meetings, proposals and discussions. (The Lighthouse Peddler recently carried essays about the future of that little stretch of highway.)

Multiple agencies and many individuals have given their time and talent to try and figure out just what will be the best plan. Many are concerned that this stretch of the Shoreline Highway will end up looking like a strip mall or worse. Everyone, we must assume, has a point of view, and we’re hoping that the final decision will take into consideration the aesthetics, practicality and future needs of business owners, residents, travelers by car, bicycle or motorcycle, and pedestrians. Two of the driving forces are CalTrans (California’s Department of Transportation and MCOG (the Mendocino Council of Governments.

CalTrans and MCOG will hold a virtual public meeting about the Gualala Downtown Streetscape Project on Thursday, January 14, from 5:00pm to 7:00pm, and you’re invited. The sole purpose of this virtual meeting is to gather more information, including mem-



bers of the public. Here’s a brief overview (drawn verbatim from the Caltrans website.) **The Project:** Caltrans, in partnership with MCOG, proposes an enhancement project on State Route 1 through downtown Gualala in Mendocino County (post miles 0.6 to 1.0). The current design of the downtown area of Gualala has several deficiencies that could increase conflicts between motorized users, cyclists, and pedestrians.

Project Benefit: The purpose of the proposed project is to create safe, comfortable facilities for pedestrian and bicycle travel, and to improve traffic flow in the project area. The project is also intended to improve Gualala’s visual character by incorporating landscape and hardscape features.

Project Status: Although the draft environmental document for the project has been circulated, community consensus on a final

alternative has not been reached, and it may become necessary to recirculate the environmental document once a preferred alternative has been selected.

Project Costs: The total project cost estimate will be determined once a preferred alternative is selected. To date, MCOG has programmed \$1.82 million for project development. Supplemental funding for project development and construction in the form of an Active Transportation Program grant is currently being pursued."

Caltrans has posted a 43-minute audio/visual presentation on its YouTube channel. That link is listed at the end of this article.

A public online survey to gather input and comments about the new project alternative will be available, but as of our press deadline, no survey was found. For those without internet access, please call the project telephone number, 707-441-5930, for more information.

Links: NOTE: these links will be accessible directly from this article when posted on the Lighthouse Peddler website.

CalTrans info: (<https://dot.ca.gov/caltrans-near-me/district-1/d1-projects/d1-gualala-downtown-streetscape-enhancement>)

YouTube presentation: <https://www.youtube.com/watch?v=APPr4YEuKbE>

CEQA: <https://ceqanet.opr.ca.gov/2019079020/2>

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Words on Wellness • "Rhododendrum"

by Karin Uphoff

January is traditionally a month when we make plans and personal resolutions for the new year. Our culture may measure time via the Gregorian calendar but the rest of nature has a revolving spiral of continuous beginnings and endings, each season woven seamlessly into the next. Plants are true calendar keepers since they have to plan their futures based on the conditions they experience today. Rhododendron macrophyllum is a coastal shrub whose name means 'rose tree with big leaves' and only lives from Northern California to Southern British Columbia. This beautiful native dwells in mixed conifer forests, lacking its elegant form through columns of light wherever it can. They grow very slowly and can live hundreds of years. Most of the time, their unassuming presence, blends into the surrounds, but starting in late January (they bloom earlier in low elevations), they begin to flourish with sweet-smelling rose-pink blossoms. Flowers were used by indigenous cultures as decoration, especially for dance wreaths. Each shrub flowers in its own time depending on light available and the festival of blooms lasts all the way through May - sometimes into June. Buds for the following year are set mid to late summer. The number of buds set depends



on amount of spring rainfall and light conditions just experienced, plus other factors that we as humans have yet to discover in the realm of plant intelligence.

These native "rhodies" are toxic, to honey bees and humans but bumble bees love them and can be seen actively gathering both nectar and pollen. Deer and Mountain Beavers are among the few animals able to browse on Pacific Rhododendron, who protect their leaves from cold weather by rolling the sides in. Not all species of rhododendron are toxic - the national flower of Nepal is rhododendron and there are many non-toxic species

there. Their bark, leaves and flowers are used in traditional Tibetan medicine for inflammation, pain, headache, cough, diabetes and rheumatism. Leaves are also burned as incense. The rhododendron essential oil that you might find on the market is extracted from Nepal's Rhododendron anthopogon and used for its grounding, calming and centering qualities. While our local species cannot be medicinal in these ways, they do offer us the spiritual and energetic quality of unconditional love and natural joy in the form of a flower remedy used for healing hearts and cultivating compassion.

Karin C. Uphoff, is a Master Herbalist, Iridologist, Bodyworker and author of **Botanical Body Care: Herbs and Natural Healing for Your Whole Body.** Learn more at: www.karinuphoff.com • Image by Kathleen Handrich from Pixabay

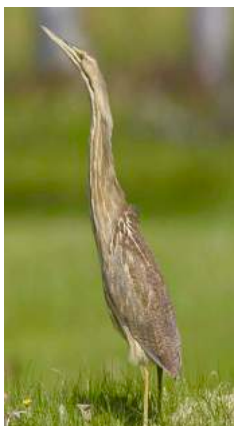
American Bittern: "Stand-and-Wait Hunters"

American Bitterns are more often heard than seen. They live in the cattails and bulrushes of fresh and saltwater marshes. They move in what has been called an agonizingly slow beat. When frightened they freeze with their bill pointing straight up to the sky. Their streaked neck and chest makes them blend in with the grass and sedges. They will even sway like grasses in the breeze.

The American Bittern is a stocky heron. It stands about two feet tall. Its back is smudgy brown and it has brown streaking from the chin to the chest. The eye is yellow as are the legs and feet. It has a straight, stout beak that tapers to a point.

They are patient, stand-and-wait hunters. They stand motionless, then strike the prey with their beaks. Their diet is described as anything they can catch, including fish, frogs, and insects.

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Fox Sparrow. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoast-audubon.org. American Bittern image by Diane Taylor/Audubon Photography Awards.



Bitterns inland come to the coast for the winter or head farther south. In early spring all return to their nesting grounds and for a short while exchange their elusive ways for elaborate courtship flights and displays. The male booms like a grouse and fans white ruffs on the back and shoulders. The male booms throughout the day and can be heard a half-mile away. This is achieved, much like adolescent boys, by gulping air then forcing it out through an extended esophagus. At night, their deep, pounding calls can be heard among the frogs. They also emit nasal squawks in flight.

A female lays and incubates four to five eggs in a nest, hidden above the water-line, which has a separate entrance and exit. Other names for the American Bittern include bog bull, flying fox, look-up, stake bird, and water-belcher.

Safe Holidays With Your Best Family Friends

By Reggie van Meister

From Halloween until Easter it seems that there is always some type of food laying around the house that can prove to be a problem for pets. That's not to suggest the other months are off the hook, but during the holidays it seems we're always in the middle of candy and treats, rich food, chips and dips . . . You get the idea. Things we find delicious may be of interest to the canine, feline and any other 'ine' that shares our living quarters. I thought perhaps I'd take a moment to create an updated list of reasons to not let down our guard. Since I started writing about food, let's consider just what might be a problem for our pets.

The holidays—with some exceptions—are usually abundant with rich, sweet, sometimes savory, often fatty foods that a cat here or a dog there will likely want to sample. They're thinking, after all, 'if my servants (humans) are eating it, then it must be okay for me to help myself to a bite.' And our pet's desire to add something new to their diets may find them sniffing around decorations and plants (think mistletoe, poinsettias or holly) believing they've, once again, found an edible treasure. If you find or suspect that your pet has sampled something toxic or poisonous, call your local veterinary provider or the Animal Poison Control Center at (888) 426-4435.

We've had wonderful dogs and cats as pets over the years and one of the things I find I'm always surprised to see is my dog or cat carrying around or gnawing on some bit of plastic or electrical wire, string, tinsel, gift-wrap or ribbon. On one occasion I found my dog walking around the house with something new in his mouth. It turned out it was a AA battery. And don't ignore something like the string you used to tie the turkey, chicken, ham or roast. Think about all of the juicy flavors that were added to the string making it seem oh so delicious. Woof.

Let's be honest. Our holiday imaginations were weaned on candles. From the first time you watch almost any version of Charles Dickens' "A Christmas Carol", or attend a church service, light a menorah, watch carolers (or go caroling yourself) you'll see candles. We're reasonably instinctive about keeping candles away from small children. But cats and dogs? Well, maybe not so much. If you have open flame candles in the house make certain they are up and away from errant paws. (Oh, and it'll keep them away from little children too.)

The Christmas Tree may be part of our annual celebration, but let's be real. It's unlikely your dog or cat remembers the tree from last

year, or the rules governing the appropriate behavior around the tree. After all, it's not outside to be sniffed (or worse) every day when walking the dog, so each year's tree is, well, new, and it can become a center for a pet's curiosity. Make certain your tree is placed where it is least likely to be climbed or jumped on, or simply knocked over. In general, remember that a corner location is probably best, and a tree in the middle of a room, I'd suggest, is the worst.

If you suspect that one of the gifts sent to you by Aunt Tiilly is for the dog or cat, it's a good idea to NOT place her pet gifts under the tree. Generally speaking, dogs and cats cannot read the names on the labels. They can, however, smell what may be inside. And that's trouble. Just retrieving that gift may be too much fun to resist for your pet and it's possible, they may begin sniffing and "opening" other gifts just because they found a rawhide chew or catnip toy inside an earlier example of beautifully wrapped gift.

Place simple wooden, fabric, or solid ornaments on the bottom two feet of the tree. Whether just walking by or brushing against the tree, your pet may make a new discovery, or accidentally knock one off the tree. A mess (or worse) is the likely outcome.

We know that our pets are less than thrilled with 4th of July celebrations. Fireworks won't be abundant at Christmas, but New Years may be something else. Loud noises and unfamiliar activities may be unnerving to your dog or cat. Same with video games played too loudly.

Enjoy all of your holidays and keep them safe, for everyone!

Image by Sven Lachmann from Pixabay.



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Photo: NOAA

"The Winter Exhibit" at Dolphin Gallery in January Watercolors and Waterfowl Carvings

The Dolphin Gallery transitions from its holiday mode to an emphasis on two artists who, apparently, are drawn toward water. The wonderful art included in The Winter Exhibit will continue through Sunday, January 31. The Dolphin is open Thursday through Monday from 11:00am to 4:00pm.

Dana Arden Petersen and Chuck Petersen continue their presence at the Dolphin with watercolors (Dana) and waterfowl carving (Chuck). In addition, the gallery's new location has gifts, jewelry, wood, paintings, prints, photography, textiles and more.

Chuck Petersen's hobby has been carving waterfowl and shorebirds off and on for

and grew up in Contra Costa County with summers spent in Gualala and Lake Tahoe's North Shore. Her fondest childhood memories are of exploring the streams, creeks,



abandoned barns and heritage apricot orchards that proliferated the hills near her home. She has always liked to draw and won her first juried art competition in fourth grade.

She earned a BA in the Practice of Art from UC Berkeley, and after graduation moved to San Francisco to work in the business end of the art world. In 2008 she decided to pursue her passion for painting full-time. Her watercolors have been selected for many juried shows and clearly emanate joy and peace, and reveal admiration for the natural world. She explores native flora and fauna on her morning walks near

over twenty-five years. Petersen will quickly reveal that "to take a block of wood, draw a pattern, carve and paint a bird is not only a great hobby, it is also good therapy." His appreciation of wildlife art and the beauty of an individual feather was all it took to motivate him to pursue this art form. That personal appreciation, along with guidance from a number of notable wildlife artists—Jim Sprankle, Vern Jones and Del Herbert—all contributed to his winning many blue ribbons at exhibitions at the Pacific Wildlife Arts in San Diego and the Pacific Flyway Decoy Association in Sacramento.



Glen Canyon. Dana's watercolors emanate joy and peace and reveal and admiration for the natural world. She explores native flora and fauna on her morning walks near Glen Canyon, where encounters with coyotes, hummingbirds and red-tailed hawks are commonplace. In addition to painting, Dana is an avid nature photographer.

The Dolphin Gallery and Gift Shop is at 39114 Ocean Drive, Cypress Village, in Gualala's Uptown Gallery District. Regular hours are Thursday through Monday from 11:00am to 4:00pm. Information is at 707.884.3896 and at GualalaArts.org/Dolphin-Gallery.

He added, "to take a block of wood, draw a pattern, carve and paint a bird is not only a great hobby, it is good therapy."

San Francisco-based artist Dana Arden Petersen was born in Monterey, California

New Performances From Metropolitan Opera Stars Concert Series
 PPV Events Feature Soprano Sondra Radvanovsky, Tenor Piotr Beczala and Soprano Anna Netrebko

As the new year begins, the Metropolitan Opera's pay-per-view concert series continues, once again featuring some of opera's biggest stars performing in striking locations around the world. While Arena Theater cannot yet invite you to the theater for these concert performances, they invite you to bring the performances into your home.

Debating on Saturday, January 23 at 10:00am, is a pairing of two world-famous performers: Soprano Sondra Radvanovsky and tenor Piotr Beczala. High notes and high drama will be in abundance when this world-famous pairing comes together for a live performance broadcast from a picturesque location in Europe. Radvanovsky and Beczala will sing arias and duets from some of the many classic operas they've performed on the stage of the Met, as well as selections from off the beaten path.



Tenor Piotr Beczala was born in Czechowice-Dziedzice in southern Poland. Early on in his operatic career, he became a company member of the Zurich Opera, where his roles included Alfredo in La Traviata, the title role of Faust, and Rodolfo in La Bohème. Beczala sang the Duke in Rigoletto for his 2006 debut at the Met. He has also had great successes in recent performances at the Polish National Opera, Vienna State Opera, and festivals and performances in Salzburg, Berlin, Barcelona and Madrid. In 2016, he debuted his first

Wagner role, the title character of Lohengrin, at Dresden's Semperoper.

After winning the National Council Auditions in 1995, soprano **Sondra Radvanovsky joined the Met's Lindemann Young Artist Development Program.** She made her debut with the company in 1996 as Countess Ceprano in Rigoletto, and over the course of the next two and a half decades, she has given more than 200 performances of 27 roles, including Leonora in Il Trovatore, Roxane in Cyrano de Bergerac, and the title roles of Norma, Tosca, and Aida. In recent seasons, she has also performed with Lyric Opera of Chicago; the title role of Rusalka, the Canadian Opera Company, San Francisco Opera, the Vienna State Opera, and LA Opera. She's also been featured in performances at Covent Garden, in Barcelona, at the Paris Opera and others.

Two weeks later, the incomparable **Anna Netrebko** will be featured. She's scheduled for a performance Saturday, February 6 at 1:00pm.

No artist has provided more can't-miss moments in recent Met memory, and megastar soprano Anna Netrebko promises to add another one with this live performance. Audiences can expect hair-raising excerpts from some of her signature roles, as well as exciting selections that she's never before performed with the company.

One of today's reigning prima donnas, soprano Anna Netrebko routinely headlines major productions at leading opera houses across the globe and was the first classical musician to be included in Time magazine's Time 100 list.

She made her Met debut in 2002 as Natasha in War and Peace and has since sung

nearly 200 performances of 22 roles, including Leonora in Il Trovatore, Lady Macbeth in Macbeth, Adina in L'Elisir d'Amore, and the title roles of Adriana Lecouvreur, Aida, Tosca, Manon Lescaut, Iolanta, Manon, Anna Bolena, and Lucia di Lammermoor. With the company, she has starred in three Opening Night Galas, nine new-production



premieres, and 15 Live in HD transmissions—the most of any solo artist. She gave a recital on the Met stage in 2016 and headlined the 2019 New Year's Eve Gala. Her album Verismo was nominated for a 2017 Grammy Award for Best Classical Vocal Solo.

The concert featuring **Sonya Yoncheva**, one of opera's most compelling and thrilling stars, has been rescheduled for Saturday, February 27.

A reminder: Please support Arena Theater. You'll find a link for the MET Opera Stars PPV tickets for the concerts at the theater's website: ArenaTheater.Org. When you sit back and get ready to watch the concert, give some thought to Arena Theater. The MET retains 100% of the money for these MET PPV performances. You can help Arena Theater (and keep opera coming to the Mendonoma Coast) by clicking on the donate button at ArenaTheater.org.

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Looking Back

by David Steffen

When I first began working in the music business in 1969, one of the record labels I represented was RCA. There was a long history of music with RCA, much of it good but, honestly, they went through periods where the people signing the artists (the A&R staff) had ears of clay. An obvious exception was Chet Atkins.

While most know Atkins as a legendary Nashville guitarist, Atkins was also a good judge of country music talent. For example, one of the artists Atkins signed in 1965 was Charley Pride. Someone probably asked Atkins, 'you know the guy's black, right?' That signing—a major label with a dominant place in a very white country music business—was an important first step for the genre. Shortly after I began promoting records for RCA, they released "Is Anybody Goin' to San Antonio". I loved that record and I became a Pride fan. We lost Charley Pride in 2020. He was one for the ages. Here are some others we'd like to remember.

Writer Pete Hamill died. When a film is made about New York newspapers or New York writers, many of us think of Hamill. In the years I worked in Manhattan, I loved hearing



his voice on radio or tv, and reading his words in the New York Post and the Daily News. It's safe to say that the

announcement of his passing could have been lifted right from the cover of his 1997 novel. New York without Hamill is like Snow in August.

The great Carl Reiner is on our list. Early fame arrived when he teamed with Mel Brooks to create "The 2000 Year-old Man". His credits included writing, directing and acting. Reiner really entered my consciousness portraying Allan Brady on "The Dick Van Dyke Show". He did all three on the show from time to time. And later he crafted some terrific films.

Perre Cardin left a legacy of design. Very stylish in the 1960s and '70s, although I left my wide Cardin wide in Milwaukee. In 1977.



This was a tough year for Green Bay Packer fans, losing four players from the "glory years". Defensive back Willie Wood died in February. Defensive end Willie Davis followed in April, and cornerback Herb Adderley in October. The 'golden boy', Paul Hornung, died in November. All four play-

ers were stars on a team that won 5 National Football League championships in the 1960s. Hornung won the 1956 Heisman Trophy (at Notre Dame,) and he became more than a triple threat. He was a runner, passer, receiver, kicker and punter, and he could block, return kicks and play defense.

This was also a tough year for music. In addition to Charley Pride, we lost Bonnie Pointer, who gained fame and respect as part of the Pointer Sisters. She died in June. While the group's biggest success came with producer Richard Perry and their aptly-titled



"Break Out" album (with hits like "Jump", "Neutron Dance" and "Automatic"), my sentimental favorite was the group's 1974 hit "Fairytale". Written by Anita and Bonnie, in a style-departure for the Pointers, it even made the C&W charts.

The list of other music makers who passed in 2020 is way too long. It includes Len Barry (lead singer of the Dovells and later a solo artist on "1, 2, 3"), Kenny Rogers, guitarist Eddie van Halen, notable singer/songwriters Helen Reddy and Mac Davis, Country music bad-boy Charlie Daniels, classical legend Julian Bream, and Bob Shane of the Kingston Trio. Trini Lopez became a star performer by taking unlikely genres like Americana, Latin-folk, and Rockabilly and molding them into his own danceable style. Spencer Davies died in October. Dropping the 'e', from his band's name, the Spencer Davis Group, delivered "Gimme Some Lovin'", one of the most successful, dynamic and best-loved rock n' roll records from the British Invasion. Let's also remember Johnny Nash who, aside from Bob Marley, may have been the single greatest influence bringing Ska and Reggae music to success in North America. Who can forget "I Can See Clearly Now"?

Vera Lynn died. During the darkest days of World War II, and other than the speeches of Winston Churchill, Lynn's voice was a warm call to the people of the British Empire. In those wartime years, Lynn could be heard on record, on the radio and in film singing "We'll Meet Again", "(There'll Be Bluebirds

Over) The White Cliffs of Dover" and others. And we said goodbye to McCoy Tyner. He was a singular force on the piano in Jazz for more than 50 years, and I'm pleased to have worked with him in the '90s. And it's

worth noting the passing of Annie Ross, the last remaining member of a famous vocal trio. Annie Ross died in July, and was central to the success of Lambert, Hendricks and Ross from 1958-62.

We also saw the passing of Jerry Jeff Walker and John Prine. Somewhere in the catacombs of music (also known as my garage) I've kept a copy of Walker's first album which contains "Mr. Bojangles". As



the New York Times described the song, "A waltzing ballad about an old street dancer Mr. Walker had met in a New Orleans drunk tank." Like love, inspiration often comes from the most unexpected places.

And we lost John Prine. With a large catalog of original songs, Prine was perhaps best known for "Angel From Montgomery". That song is best heard, live or recorded, through the voice of Bonnie Raitt. She brought Prine's song to life as she sang the role of a middle-aged woman reflecting on her life. But my favorite Prine song remains "Hello in There". I first heard Bette Midler's version and then rediscovered Prine's original. "Hello in There" is haunting, with a storyline that evokes fearful images of old age and loneliness. And yet, you're not left empty. The song is more than the sum of its parts.

John Le Carré gave us "The Spy Who Came In From The Cold" and the character George Smiley. Perhaps Le Carré put his early adult life experience in the spy agency known as MI6, the British Secret Service, and created the character of Smiley so that he didn't have to travel those dark roads. Le Carré (and perhaps Smiley) died in December. Sean Connery also died in December. Of course we remember him as the original James Bond on film, as Marko Ramius in "The Hunt For Red October" and from so many other films, but I

always loved his role as Jim Malone, the Chicago police officer in 1987's "The Untouchables".

It wasn't necessarily a need for speed that created Chuck Yeager. But Yeager and speed met in the United States Air Force. I met Yeager in the pages of Tom Wolff's book, "The Right Stuff". He was a true American original.

There were others we lost this year. Max von Sydow took on Satan in "The Exorcist." Ken Osmond's role on "Leave it to Beaver", a hit 1950s television comedy, managed to typecast him forever as the annoying Eddie Haskell. Kookie is gone. That is, Edd Byrnes died in January. Byrnes played the coolest car-jockey in Hollywood, and became an unforgettable character on "77 Sunset Strip". And we're saying goodbye to Mrs. Emma Peel. Diana Rigg brought Peel to life



and made British TV's "The Avengers" a success in America too.

There are many more we lost this year, and with the weight of the pandemic on all of us, I didn't want to forget some of the people who've touched us, even if only on screen, on paper, online and or the field of play.

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"Transcendent Kingdom: A Novel"

A Book by Yaa Gyasi • Reviewed by Jennifer Bort Yacovissi

I first read Yaa Gyasi's debut novel, *Homegoing*, when I served as a judge for the 2016 National Book Critics' Circle John Leonard Prize. The candidates that year were uniformly exceptional, but Gyasi's was a book apart. At the time, I wrote that it was "stunning in its scope and complexity."

If there was a complaint to be made, it was that we never got to spend enough time with each beautifully drawn character as the book moved chapter by chapter through generations on either side of the Atlantic. Though that struck me as Gyasi's point — how so much of these people's humanity was lost to posterity through the barbarism of slavery and its aftermath — it remained that readers longed to spend more time with her pointedly rendered characters.

In her sophomore outing, *Transcendent Kingdom*, Gyasi has countered that complaint with an intimate first-person narrative that pulls us back into the Ghana-U.S. connection — and so much more — through the lens of a single family.

When the story opens, the narrator, Gifty, is nearing the end of her Ph.D. program in neuroscience at Stanford, and her mother — for the second time — has tumbled into a deep and abiding depression. Gifty and her mother have been a family of two since first Gifty's father left them to go back to Ghana and, later, her beloved brother, Nana, died of a heroin overdose.

In her lab, Gifty works with mice, searching for the physiological switch that causes "issues with reward seeking, like in depression, where there is too much restraint in seeking pleasure, or drug addiction, where there is not enough."

She wonders if one day her research will truly help people: "Could it get a brother to set down a needle? Could it get a mother out of bed?" The greater focus of her research, however, is to understand what keeps addicts coming back for more, no matter the risk and pain.

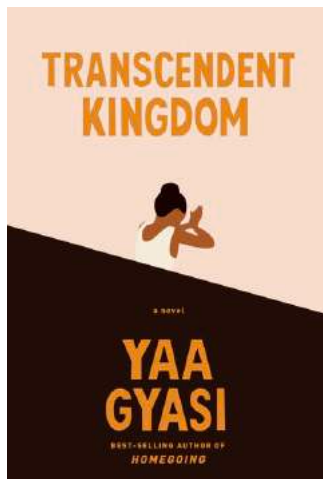
Gifty is an outsider in so many ways: She is a woman in a man's hard-science world, a Black among suburban whites in Alabama — and then extra-privileged whites at Harvard and Stanford — an American daughter of immigrant parents, and a scientist with a fundamentalist Christian background.

Even in her own family, she understands that she is an outsider. Her parents and brother are from Ghana. Nana was the golden child, beloved by all, the reason his mother sought opportunity for him in America, while Gifty was the unwelcome, burdensome surprise born into the struggling family adrift in a cold new

country.

Gifty grows up absorbing this otherness, the drumbeat of her own lower status in her family often drowned out in the cacophony of the subtle and unsubtle racism that bombards them all every day — at work and at school, on the street and on the soccer field, in their all-white Pentecostal parish.

Under that hateful glare, her father tries "to shrink to size, his long, proud back hunched as he walked with my mother through the Walmart, where he was accused of stealing



three times in four months." Eventually, when Gifty is 4, he escapes back to Ghana, his assurances of returning a hollow promise.

Gifty's response is to do everything

she can to be good in a way that will appeal to her deeply religious mother. She reads the Bible cover to cover, memorizing scores of chapters that she can still recite decades later. She tries to radiate with the glow of God's light.

Nana — six years older, the soccer star, the delight of his father — gives up playing once he realizes his father's absence is permanent. In junior high, his height and pure athleticism put him on the basketball court. A bad injury and a prescription for OxyContin put him on a path to destruction.

Gifty is only 11 when she ends up alone with her mother, whose brutally long hours of low pay as a home healthcare worker have made her absent, tired, and even more emotionally distant than is her natural inclination.

"I only wanted Nana," her mother tells her as she descends into depression, "and now I only have you." For her part, Gifty considers, "I understood and I forgave. I only wanted Nana, too, but I only had my mother." She also notes, "It's those who stay who are judged the harshest, simply by virtue of being around to be judged." This is equally true of Gifty's view of her mother as it is of her mother's view of her.

We watch as Gifty draws more tightly into herself, shedding her few friendships as an act of will; moving into the world of facts, clear answers, evidence, and control;

and practicing isolation, perhaps as a form of penance. Deep in scientific exploration, she does not know how she feels about the God who, with Nana's death, abandoned her family but never seems far away.

When her favorite laboratory mouse — an inveterate lever-presser that has developed a limp from the shocks he receives as he desperately chases another hit of Ensure — finally, because of her intervention, refuses to press the lever, it is as though she is witnessing a rebirth, the light of salvation that may course through all of us.

Throughout *Transcendent Kingdom*, Gyasi tackles a complex web of themes, weaving together a story that inches toward a quiet redemption. Along the way, it is a joy simply to delight in the language she uses in her close observation of life, the quotidian details made fresh:

"Most of the boys I knew growing up were shorter than us girls until about fifteen or sixteen, when they rounded some invisible corner in the summertime and returned to school the next year twice our size, with voices that crackled like car radios being tuned, searching for the right, the clearest, sound."

She has found that right, clearest sound, and it is transcendent.

Jennifer Bort Yacovissi's debut novel, Up the Hill to Home, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny writes a bi-monthly column and reviews frequently for the Washington Independent Review of Books, and serves on its board of directors.

She also writes a bimonthly column for Late Last Night Books. Her short fiction has appeared in Gargoyle and Pen-in-Hand. Jenny is a member of PEN/America and the National Book Critics' Circle. Previously, she served as chair of the Washington Writers Conference and as president of the Annapolis chapter of the Maryland Writers' Association.

8	7	8	1	9	7	2	9	6
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6	5	2	7	1	4	8	9	6
9	8	1	6	7	5	4	2	3
5	6	4	9	3	6	1	2	8

Solution to Sudoku:

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John F. Kennedy (1917-1963)

Scuttlebutt

by Mitch McFarland

I subscribe to the U.S. Energy Department Office of Environmental Management's newsletter. They are the folks who handle the federal efforts at nuclear clean-up. Each week I get a report on a new list of projects that they fund and supervise. It is a dizzying list of highly complicated, dangerous, and super expensive work they are doing to clean up from our nuclear weapons programs as well as dealing with issues of waste storage and nuclear "incidents".

I also subscribe to the Union of Concerned Scientists, the Nuclear Information and Resource Service and other organizations focusing on nuclear energy issues, but I have never seen in any national media a discussion of any one of the dozens of projects that are on-going and will continue for decades.

All of this work is certainly essential and I am not qualified to critique their efforts. Questions do arise for me as to how effective they can actually be to keep us safe from what they freely admit is highly hazardous. That is why you are paying hundreds of billions of dollars to handle these issues with the greatest of care.

They have nearly an impossible job. First there is the monumental task of figuring out how to perform this remedial work, which requires a myriad of new and unique engineering challenges. Then there is the political effort to get the public to finance their plans.

After 70 years of using nuclear energy and creating vast amounts of waste, we still do not have a waste storage location to "permanently" store high level nuclear waste. Deep salt mines in Michigan are deemed to be the most geologically stable location in America, but that location was quickly shot down some decades ago due to public resistance. The spot that has been the focus of most efforts is the Yucca Flats area of Nevada. I haven't seen the evidence as

to why this is a good location, but I have seen the evidence as to why it is not. To no one's surprise, the people of Nevada don't like that idea and planning for that was halted during the Obama years. This fight has been going on since 1987 and over \$20 billion has been spent so far to initiate the development. The Trump administration has been making weak, but, reportedly, intentionally ineffective efforts to revive the project. An election year is no time to piss off swing state voters.

This situation reminds me of the phrase "all dressed up and nowhere to go". There are enormous quantities of nuclear material in over 100 sites all over the country that needs some way to keep it safe from the rest of life on earth, yet while we still don't know what to do with the stuff, we keep making more and more of it.

Meanwhile nuclear plant operators are sucking up billions in bailout funds from the public trough. Ohio granted a \$1.1 billion bailout in 2019. ComEd got \$2.4 billion from the state of Illinois. Exelon got \$7.6 billion from New York and \$3 billion from New Jersey. They, and First-Energy are angling for \$500 million from Pennsylvania.

I have written in the past about the Waste Isolation Pilot Plant (WIPP) in New Mexico. It was designed to store transuranic waste, which is a kind of mid-level waste that is not the super hot stuff, but is not low level waste either. but still needs to be stored for 12,000 years. In 1979 Congress authorized construction of the facility that now consists of 56 rooms, 300 ft. long, buried a half mile deep in salt formations where salt tectonics have been stable for more than 250 million years. After 20 years of work and \$1.9 billion of today's dollars, the first nuclear waste arrived at the plant in 1999, but in 2014 there was an accident which

caused to site to close during a three-year, \$2 billion remediation effort. The plant is estimated to continue accepting waste for 25 to 35 years and to cost a grand total of 19 billion dollars (don't hold your breath on that one).

I mention the WIPP and the enormous costs associated with this project not because of its huge costs, but to point out that it is only one of many such projects being undertaken to support our use of nuclear weapons—the too-cheap-to-meter nuclear power. These multi-billion dollar projects are happening all over the place. These incredible engineering feats and massive construction projects are being accomplished to accommodate nuclear energy use.

But if you want to talk about costs (and few ever do) look no further than the Hanford nuclear facility. This 580-square-mile site is, by far, the most complicated and expensive clean-up project the Energy Dept has. Though various clean-up projects have been undergoing for decades, Hanford is currently dealing with 56 million gallons of highly contaminated liquid that is stored in 177 aging underground tanks. Of these, more than one-third have already leaked. To deal with this toxic

brew they will build something called the Waste Treatment and Immobilization Plant (WTP). The WTP Project is equivalent to building two nuclear power plants and will span 65 acres and include four major nuclear facilities that will use vitrification to encase the material in glass. The largest of these structures has a footprint equivalent to four football fields and will be 12 stories tall when complete. The overall complex requires more than 260,000 cubic yards of concrete, 40,000 tons of structural steel, and more than one million feet of piping.

This project will only suck \$2.5 billion from the federal treasury this year, but the total cost of just the vitrification plant is \$17 billion; however, according to an audit report, the estimate for the waste treatment project costs are expected to continue to change (in other words, increase). A new DOE estimate increases the cost of remaining environmental cleanup at Hanford by \$82 billion, bringing it to \$242 billion. The Department of Energy audited financial report for the fiscal year 2018 says DOE's remaining costs for cleanup around the nation have increased from \$384 billion estimated in fiscal 2017 to \$494 billion in fiscal 2018.

And counting....

Barrel Image by Mostafa Elturkey from Pixabay

SHELTER . . . continued from front cover

. . . works just for this exhibit.

Since March, we've all been tasked to move forward during the age of COVID-19. Unfortunately we've been moving forward while coping with civil unrest, fires, a rough economy and the collective grief and solitude imposed by self-isolation. The exhibit helps create a dialog about what the artists have been doing and working on, each holding up a mirror reflecting our new cultural norms, sometimes gratefully for the blessings in our lives, sometimes angrily for the dramatic loss we all must contend with.

The new exhibit, "Shelter from the Storm—Art Created in these Turbulent Times"—opens Saturday, January 16, with extended hours from 11:00am to 7:00pm. (Members may preview the exhibit on Friday, January 15, from 11:00am.)

Gualala Arts Executive Director David 'Sus' Susalla added, "I could not think of a better exhibit to process what we are all experiencing at the moment and have gone through this past year. I am a firm believer that art is a safe way to deal with some very heavy topics in society. Art has a way of articulating our feelings and emotions that transcends words, conversations and conscious thoughts. Art has the ability to change opinions (or help the viewer form an opinion). We may not even recognize it at the time but art can be another form of documenting history.

Gualala Arts is at 46501 Old State Highway, Gualala, California, 95445. The Arts center will reopen to the general public on Saturday, January 16, from 11:00am to 7:00pm. Information is at 707.884.1138 and on the web at GualalaArts.org.




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"Appliance Not" (continued from page 16.)

the culprit – the refrigerator. It was emitting this odor from under the door area. The service technician could not find anything obvious, so he just left me with my problem. So much for customer service. I got rid of the refrigerator. My new refrigerator is smaller, compact and still working – how nice. When I walk past it, I make sure to give it a real dirty look – just so it knows who's boss around here.

One of the other demonically-possessed appliances I got rid of was the gas stove. I don't like gas stoves and, when this one decided to try burning my trailer



house down, I got rid of it right away. The problem was with the oven temperature gauge which was difficult to set accurately as it seemed to have too much play in it, so I kept an oven thermometer in place to regulate the temperature. This worked just fine for me until one day when I was preparing to bake a corn bread. I pre-heated the oven to 425-degrees, placed the corn bread in to bake, and busied myself at the sink. After 20 minutes I checked the oven and found the temperature was up to 450 degrees, so I turned the oven gauge down to 400 degrees, and continued baking for another five minutes. When I checked the corn bread again, the oven thermometer was up to 500 degrees (?). I turned off the oven and took out the corn bread, and continued working at the sink. Then I noticed the oven appeared to still be on – Hmm? I looked inside and found the oven thermometer was up to 600 degrees!!! The dial must have broken and bounced the temperature setting to the highest degree! PANIC ALERT! My oven was heating up dangerously and I was in a very flammable trailer house. I immediately called the gas company and fire department, emphasizing the fact that my trailer house could catch fire at any minute (they do this - like a matchstick). The fire department dispatcher was adamant: "Ma'am, you need to get out of that house immediately". Good idea! I stuffed my cat inside the pet taxi, grabbed my purse, cell-phone and some clothes and threw everything inside the car; then moved the car to a safer spot, and anxiously waited for help. It took only ten minutes before everyone showed up: two siren-blaring fire trucks

that alerted the entire trailer court, lots of gregarious volunteer firemen in pick-up trucks, and a gas company technician who quickly turned off the gas. That was a close call. The next day I had some friends take the stove away. I was not going to get another one. I still had a coffee maker, my old toaster, a rice cooker, a crock pot and my microwave oven; so, I was still operational.

I then added to my collection of small appliances by purchasing a single electric burner (called a fifth burner) from the hardware store in town, and a very handy (energy efficient) electric skillet (that actually bakes breads, pies and muffins, too). Then, I made a counter top where the stove had been and built a couple of shelves under that where I could store my little appliances. I have all kinds of space now, and my tiny kitchen looks light and airy.

My goal is to eventually get rid of all my large appliances as they wear out instead of replacing them, saving me some dough, and challenging me to do something more innovative to maintain domestic order. Why put up with an appliance that will probably expire with the warranty, or require costly maintenance. With today's stagnant wages and high cost of housing, life is already a struggle, so do something different, something simpler. Keep in mind my method is a lot easier to implement with only a cat to consider. Family members can push back with resistance to changes in domestic comfort that require them adjust to living without a stove or washing machine, and "where's the dishwasher?" I can hear it now. How about going without a refrigerator! Whoa!! I haven't figured that one out yet - but I will. In the meantime, I will continue to simplify my life, which includes finding ways to conserve energy and water by being mindful of what I consume and living lightly upon the earth.

So, as my cat continues to smugly outlive my appliances, I find that I feel very good about freeing myself of dependence on these modern 'conveniences' with one-year warranties. There's a new world erupting out of this chaos and, for a lot of us, a simpler life may be the answer to surviving it.

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Guest Rooms Still Available at Point Arena Light Station.

(Lighthouse, Gift Shop, Museum remain closed.)

Our coastal landmark, the Point Arena Light Station—lighthouse, store and outdoor museum—have been closed to visitors due to the ongoing COVID19 pandemic. This closure (which became effective December 25,) once again keeps the public from visiting one of the most significant lighthouses in the United States, and a landmark on America's west coast. (2020

was to be the year-long celebration of the 150th anniversary of the Light Station).

According to Mark Hancock, Executive Director, "closing the historic site was a decision that the Point Arena Lighthouse Keepers, Inc. (PALKI) Board of Directors considered carefully and thoroughly. Given the current COVID-19 situation in the county, state and country, they determined it was best for the employees and guests to close the Light Station Store and Outdoor Museum until the COVID-19 threat has been significantly reduced."

That being said, the Mendocino County Health Department's Health Order allows the Light Station to continue to offer transient lodging in the county, so the Light Station's six vacation cottages continue to be available for rent. Visitors can enjoy staying at one of the available cottages, each of which is beautifully-appointed. All of the rooms include free WiFi and television with DishTV channels and a DVD player. Most of the rooms have full kitchens and seating areas featuring fireplaces or wood-burning stoves. All linens and towels are provided, and wood and kindling is provided for the rooms with wood-burning stoves. Whether you are looking for a romantic getaway for two or a once-in-a-lifetime retreat for the whole family, lodging at the Point Arena Lighthouse will deliver a magnificent experience in this unique and historic location on the Mendocino coast.

Those who wish to support (or continue to support) the Light Station can make donations through the website at PointArena-Lighthouse.com.

Since people cannot climb the tallest Lighthouse on the Pacific coast during the COVID-19 shutdown, the Light Station's ace 360 degree photographer Mike Chandler created an amazing 360 degree tour of the Tower from the ground floor to the Lantern Room at the top. Find the link at the website and view this amazing video creation. Hancock added "our thanks to Mike for creating this unique way for you to virtually explore the Lighthouse!"

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Crossword

by Margie E. Burke

ACROSS

- 1 Workout woe
- 5 Lavish party
- 9 Can't stomach
- 14 Advance
- 15 Eve's man
- 16 Vineyard fruit
- 17 Small pie
- 18 Farrier's tool
- 19 In the boondocks
- 20 ETA and DIY, e.g.
- 22 One way to break bad news
- 23 Nursery follower
- 24 Evening wing-ding
- 26 ___ carotene
- 28 Retirement fund
- 32 Workout site
- 35 Strip bare
- 37 Mermaid feature
- 38 Ill-gotten gains
- 40 Come clean
- 41 Thus
- 42 Fairytale villain
- 43 Toils (away)
- 45 "___ what?"
- 46 Dash
- 48 Pupil's locale
- 50 Summer wear
- 52 Andean animal
- 56 Catch in a lie
- 59 747, e.g.
- 61 Hammerin' Hank
- 62 Exile isle
- 63 Campus quarters
- 64 Thieving sort
- 65 Comrade in arms
- 66 Ford SUV
- 67 Off-killed "South Park" kid

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- 68 Dark loaves
- 69 Stalk in a swamp
- DOWN**
- 1 Hitching post
- 2 Whistle wearer
- 3 Sixth in line for the British throne
- 4 Bury
- 5 Cooper with two Oscars
- 6 "Uncut Gems" star
- 7 Rodeo rope
- 8 Sound booster
- 9 Goes along
- 10 Clairol choice
- 11 "B.C." cartoonist
- 12 Milky stone
- 13 Trust, with "on"
- 21 Urgent want
- 22 Walmart worker
- 25 Pledge of Allegiance word
- 27 London cafe
- 29 Make, as a salary
- 30 "Junk begets junk" acronym
- 31 Be radiant
- 32 Mushy food
- 33 Meditative exercise
- 34 Daybreak, poetically
- 36 John's "Pulp Fiction" co-star
- 39 Chef's measure
- 44 Window feature
- 47 Like some soups
- 49 Mini burger
- 51 Add up
- 53 Battery cell
- 54 Use the on-ramp
- 55 Packing heat
- 56 Stable gear
- 57 Hard to come by
- 58 Flatten, in a way
- 60 Tanners catch them
- 62 Bud holder?

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"Magnificent Ocean Matriarchs!" Killer Whale Grannies Key to Pod Survival

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

It was March, 2009 and less than 20 miles from San Francisco in NOAA's Greater Farallones National Marine Sanctuary, when the whale watch captain and naturalist spotted several black fins approaching. Soon more appeared: an estimated forty "Southern Resident" killer whales (*Orcinus orca*) were headed their way. The captain quickly reduced speed and kept his distance to bet-



ter observe their activity and assess their course. For two hours the whale watchers remained transfixed, witnessing an array of killer whale behaviors including milling, resting, scouting, and hunting for fish; even spyhopping: poking their heads above water to scope out their surroundings. There were bulls with their six-foot dorsal fins, cows with young calves and other adult females, juveniles and sub-adults. The encounter was as rare as it was magical.

Highly endangered Southern Resident killer whale pods J, K and L formerly lived

year-round in Puget Sound/the Salish Sea nearly 900 miles north, feeding mainly on chinook salmon. But salmon populations in the Pacific Northwest, greatly reduced through severe habitat degradation, plummeted, and now these starved fish-eating whales must forage far south in North-Central California waters each winter and spring. They are refugees driven to extremes, their numbers precariously low; as of October, 2020 only 74 remain. But one great hope for their continued existence lies in an unlikely quarter: the eldest females among them. These ocean "grannies" and the unique assets they bring to the pods may be the key to their collective survival.

Grand Dames: Killer whale societies worldwide are matriarchal, but these resident groups are the most socially stable. They are matrilineal, i.e., a female (matriarch), her offspring, and her daughters' offspring remain together for life. They hunt, play, socialize and rest together; they experience extremely strong familial bonds. Female killer whales can reach 90 to 100 years of age, while males live only half that long. It is these dominant old matriarchs who exert the most enduring strength, resourcefulness, experience and leadership.

Menopause is rare in nature; females in only three animal species live long after

becoming reproductively inactive: killer whales, pilot whales, and humans. At around age 50 females experience menopause, and cease bearing calves, yet live on. Why? What is the advantage in living for decades beyond their ability to contribute to the gene pool? The answer may lie in the complexity and stability of their societies, the Southern Residents' greatest hope against extinction.



Seasoned Strategists: Drawing on 35 years of field data and other research, scientists from the Center for Whale Research

in Washington State collaborated with Fisheries and Oceans Canada, the University of Exeter, and the University of York in England to examine and analyze images and observations -- of these tight-knit clans. The scientists had determined that older females, past calf-bearing age, typically choreographed and led their pod's activities while hunting, socializing, and traveling. This hierarchy prevailed when salmon were relatively abundant; and it continues even now, when nutritional crisis has driven them to dramatically alter

their survival strategies.

Freed from calf-rearing duties, the grannies can direct all of their energies toward helping other females' offspring survive. They remain available for decades, as hunters and providers, protectors, and as tutors, passing on killer whale culture, societal mores, and skills. After menopause, they serve the broader extended family: grand-calves, nieces and nephews, even their own adult sons and daughters. The intergenerational transfer of ecological information can promote maximum foraging efficiency and other essential skills. Mothers are even known to share their salmon, usually with adult sons; why? These sons will live to mate and pass along her maternal DNA to calves they sire; that's a "win" in the DNA Game.

Sustenance: Hope also lies in the bounty of Cordell Bank, Greater Farallones and Monterey Bay national marine sanctuaries. Though our salmon populations are also stressed, other prey abound here: rockfish, groundfish, and other species. These may be sufficient to maintain the whales through these troubled times.

Learn what NOAA is doing about this at https://www.youtube.com/watch?v=_MFQljQybkw and Saving the Southern Residents story map. Don't forget to visit www.farallones.noaa.gov.

Mary Jane Schramm
NOAA Greater Farallones • National Marine Sanctuary
Maryjane.schramm@noaa.gov
IMAGE: "Southern Resident" killer whales from the Pacific NW search far for fish prey in GFNMS. Photo credit: ©Chris Colombana, 2009. Center above: Killer whale bull breaches. Phot credit: NOAA.

The CC Rider MTA has resumed Route # 65 and Route # 95 bus service to Sonoma County



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SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

8	7			3		4		
	2	4			9			6
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			6			2		
	4				3			
						5		
1								9
		5					1	
	6		7				4	

HOW TO SOLVE:
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

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Appliance Not by Sally Marshall

Would you buy an appliance that wasn't going to out-live your cat? I'm currently on my third refrigerator in 10 years, and thinking there is something basically wrong with this picture. When I moved out to my little farm in 1980, I brought along my appliances that included an old refrigerator (manual defrost model) and old electric stove that I'd had for about 10 years; both were bought used. Twenty-five years later, when I sold my farm, I left these two appliances in the kitchen as the new owners needed them. They are probably still working.

What is wrong with today's new appliances? They seem to have joined the designer era, complete with a programmed expiration date and "new and improved" features that have nothing to do with the basic requirements of an appliance; i.e.: refrigerators keep things cold, stoves cook/bake things, washers and dryers do their thing. Of all the appliances commonly found in the home, there is only one we absolutely cannot do without: the refrigerator - the dictator of the appliance cartel. Over the years, they have become larger, with elaborate features that add to the purchase price and maintenance costs. So, here is the conundrum: why have a huge

refrigerator in a small household where the busy occupants rarely sit down to a nice dinner and neglected food items slowly spoil/wilt on shelves and in bins? In addition, consider the fact that, with today's fast-paced liv-



ing, you really don't have a lot of use for a big, four-burner stove; just a pizza oven, right? And a coffee maker, maybe a toaster and a microwave. These are all little appliances that

have a much longer life span than their big brothers (my toaster is at least 35 years old and still works fine). And, you don't need a dishwasher if you have a pair of hands, a sink and hot water. Washers and dryers are conveniently located at the laundromat where multiple loads can be done simultaneously, freeing up time to shop or read (remember those college years?); so, why spend your hard-earned money on large, expensive appliances with a questionable lifespan.

These appliances have been a source of aggravation for me since the last decade where I've begrudgingly had to buy new ones. Also, for some curious reason, I've acquired the propensity to be a magnet for demonically-possessed appliances. My second refrigerator was particularly ominous. I had a bad feeling about it the minute the service technicians pulled it into the house. They immediately had trouble getting the door fitted properly, resulting in having to do some drilling of holes -Hmmm? After spending an awfully long time installing something that should have been an easy job, they pulled it into place and left. I stood there looking at its squat, gleaming white bulk and had the strange feeling it was looking back at me. It took several evenings of trying to tune out this noisy, squeaking, popping, farting little beast before I could again relax comfortably on my couch and read a book. One evening as I sat reading, I noticed, out of the corner of my eye, a light coming from the kitchen area. The door of the refrigerator had opened up on its own and hung there as if it were preparing to speak. The problem appeared to be a loose seal around the door. I had it replaced. One day, I opened the freezer compartment and was greeted with a big square, smiling mouth with long pointy teeth. Evidently the refrigerator hadn't graduated from "Freezer 101" class and instead presented me with impressive stalactites. But, it wasn't done with me yet. One morning, I awoken to a strange smell that was reminiscent of melting plastic; a caustic, nauseating and headache-inducing odor that sprang me out of bed in an instant. I followed the odor to the kitchen area where it was the strongest. After sniff-searching, I found...

"Appliance Not" continues on page 13.

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Terry Pratchett (1948-2015)

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Get Out! January Events. Poetry, Theater, Art, Radio, Online and more.

Please be advised that many events currently on the schedule are VIRTUAL events. They will be done remotely with attendees and guests participating through an internet connection. Most virtual events can be accessed from home with a good internet connection. Read footnotes below calendar for details.

- Friday 01: New Years Day. (Celebrate!)
- Friday 01: 11:00am, Dolphin Gallery has The Winter Exhibit.
- Saturday 02: "Stand!". Enjoy this independent film at home. Arena Theater makes it happen. ¹
- Monday 04: "Shadow in the Cloud". Indie film at home screened through Arena Theater.¹
- Wednesday 13: 9:02pm, a New Moon on the coast.
- Thursday 14: 5:00pm, Gualala Downtown Streetscape Virtual Public Meeting
- Friday 15: 11:00am, Member Preview of "Shelter from the Storm" Exhibit, Gualala Arts
- Saturday 16: 11:00am, "Shelter from the Storm" exhibit at Gualala Arts.
- Monday 18: Martin Luther King, Jr. Day • Holiday (observed)
- Thursday 21: 7:00pm, Third Thursday Poetry, with Maxima Kahn, virtual.³
- Saturday 23: 10:00am, Opera stars in concert: S. Radvanovsky & P. Beczala. Arena Theater. ²
- Thursday 28: 11:18am, Full Moon on the coast
- Sunday 31: 11:00am, The Winter Exhibit, at Dolphin Gallery. (Final Day)

Looking Ahead. . .

- February 06: 10:00am, Opera stars in concert: Anna Netrebko. Arena Theater. ²
- February 17: 3:00pm, Annual Membership Meeting at Gualala Arts. (Virtual only).
- February 21: Final day of " Shelter From The Storm" at Gualala Arts.
- February 27: 10:00am, Opera stars in concert: Sony Yoncheva. Arena Theater. ²

1. On Demand cinema and events through Arena Theater (ArenaTheater.Org). Independent films are available on demand for two weeks. Check the Arena Theater website.

2. MET Opera stars on demand. Access the performances at ArenaTheater.org.

3. To watch or participate as an open mic reader email blake@snakelyone.com

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• **The Investment Opportunity:** Zoned for 10-acre parcels, potential subdivision two parcels. The blue water view is filtered by trees on the property and could be opened with trimming or tree removal.

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• **The Price:** \$485,000



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