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March 2022



# 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



**Award-Winning  
Bluesman  
John Nemeth!  
Live • March 19**  

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**Great Blues Returns  
to Arena Theater**

This month, Blues on the Coast brings an amazing vocalist with great range, ability, and soulfulness to Arena Theater. John Nemeth has become a world-class blues vocalist and blues harmonica player. He's considered one of the best working today, with a multitude of nominations including four consecutive nominations for the B.B King Entertainer Of The Year Award. He has two nominations for this year's 43rd Blues Music Awards in May. All of this should be enough to get you to Arena Theater on Saturday, March 19 for this amazing performer. Tickets are \$25. Doors open at 7:00pm, with music at 7:30pm. Not one to simply enjoy his past acclaim, Nemeth has recorded ten albums since 2002 . . .

*Continued on page 2*

## **VIRTUAL TOWN HALL • SATURDAY MARCH 19 • 2PM WITH RCMS CEO ARA CHAKRABARTI**

Please join us when we host a Virtual Town Hall with RCMS CEO, Ara Chakrabarti, who will update us on the current status of the clinic, its financial condition, the current provider and staff situation and needs, local pandemic updates and most importantly how the community and RCMS are one and the same...symbiotic in a sense that neither can live without the other. Ara will also answer questions from the community submitted prior to the forum or through Zoom chat during the event. The Town Hall is open to everyone.



For sign-in information  
and/or to submit questions,  
please visit [www.redwoodcoastdemocrats.org](http://www.redwoodcoastdemocrats.org)  
at any time between March 10 & March 16

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Mixed Media Abstracts And Abalone Jewelry  
At the Coast Highway Art Collective • Opening Reception Saturday, March 5

This month, the Coast Highway Art Collective welcomes Chris Hagie, mixed media and Deborah Threlkel, The Abalone Queen jewelry. The opening reception is on Saturday, March 5 from noon to 5 p.m. The show runs from March 4-28.

Hagie works mostly with mixed media abstract pieces. She says her goal is to make “eyes smile” with the intersection of unique



elements in an attempt to lure a sense of well-being. She loves color, how shapes interact with each other, the quality of lines and marks, lots of different textures and values of the palette. She finds inspiration during walks on the Northern California coast, in the Redwood forest in which she lives, and also in the energy from her visits

to urban areas.

“I am in love with paint! says Hagie, “and I love color and how shapes interact with each other. I see shapes, colors, lines and patterns when I walk on the coast or look at houses and buildings. I love how shapes are defined with sharp edges or blurry lightness, or how they can highlight a focus of interest in a painting. I also love textures - folds, patterns, gold or copper foils and mesh-like materials, and how these mediums act upon each other and with paint. My paintings and mixed media pieces are like little experiments of many different elements.” Hagie lives in Fort Bragg, where she is a member of Edgewater Gallery in the town. She is on the board of Art Explorers, a studio and gallery in Fort Bragg for artists who have developmental disabilities. Her work is available online at chrishagie.com.

Threlkel is well known along the coast for her creative and innovative abalone jewelry, earning her the name The Abalone Queen. She finds many of the elements she uses in her pieces when beach combing, as a rock hound and a collector of interesting things. Threlkel says every piece crafted has its own inspiration and story from within her experiences and each result is a one-of-a-kind creation. “With the earth and oceans always changing, I can see as I gather and collect that there is no longer the abun-

dance of material that used to be found as I beach comb. Many of the shells and their inhabitants are gone, some facing extinction, making each piece of jewelry that much rarer and more precious.”

Using a combination of gemstones, coral, luminous pearls, shells and beach glass, she



wire-wraps each necklace creating a chain out of a single piece of precious metal wire. As a result, the finished product is delicate in appearance but also very strong and durable. “I love every part of the process that brings me to a completed necklace or earrings. My goal is that when you are wearing a piece of Abalone Queen jewelry you will feel as if you are wearing the ocean,” Threlkel concludes.

The Coast Highway Art Collective is located at 284 Main St., Point Arena, the little red building with the big yellow sun, located next to the Redwood Coast Credit Union. Regular hours are Friday through Sunday, 11 am to 4 pm. Visit the website at [www.coast-highway-artists.com](http://www.coast-highway-artists.com) for information about the collective’s artists, upcoming events and how to join. To find out more about becoming a member of the Collective, contact Ling-Yen Jones via the website above.

NEMETH continued from cover. . . . and has backed numerous greats like Junior Watson and Elvin Bishop. Growing up in Boise, Idaho in the early ‘90s, Németh was drawn to the hard-edged hip hop sounds and rock bands of the day, until a friend introduced him to the Junior Wells and Buddy Guy classic “Hoodoo Man Blues.”

A vocalist with great range, ability, and soulfulness, Németh developed into a top-notch blues harmonica player, which led to a spot with Anson Funderburgh & the Rockets, where he filled in for the great Sam Myers. Two self-released albums—“The Jack of Harps”, and “Come and Get It” followed. In 2004 Németh left Boise and relocated to San Francisco.

In 2007, his label released “Magic Touch,” produced by Anson Funderburgh and featuring Junior Watson on guitar. “Name the Day!” followed in 2010; “Memphis Grease” arrived early in 2014. His ninth album, “Feelin’ Freaky,” recorded with his backing band, The Blue Dreamers arrived in 2017.

In 2019, with his seasoned road band of young-gun players, The Blue Dreamers, featuring Jon Hay, a 19-year-old guitar-phenom’ from Philadelphia, drummer Danny Banks, and bassist Matt Wilson, a rousing southern swamp roots session became his 10th album, “Stronger Than Strong.” Németh once again demonstrated an uncanny ability to skillfully blend retro and modern blues and soul into compelling music that is simultaneously old and new.

For this show, proof of vaccination or a negative PCR test within 72 hours is required as per contract with the artist. The Blues on the Coast producers, Tracy and John are planning four additional shows at Arena Theater in 2022, for series subscriptions please contact the Dupont’s at 707 882-2874.

The Arena Theater bar and snack stand will be open.

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Our thanks to March contributors including  
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Issue #245 March 2022

## Lighthouse Peddler

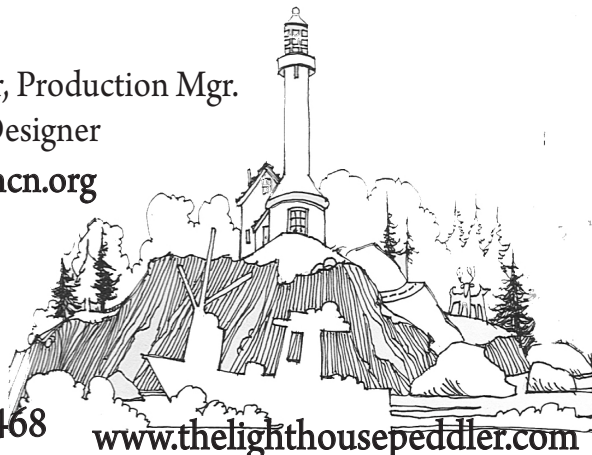
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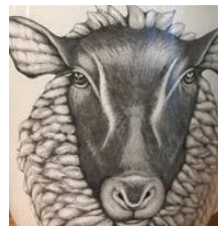
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"The long and winding road  
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 Will never disappear  
 I've seen that road before  
 It always leads me here  
 Leads me to you door"

From "The Long and Winding Road"  
 by John Lennon (1940-1980),  
 and Paul McCartney (1942-)

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Marin Poet Kathy Evans  
Featured March 17  
At Virtual  
Third Thursday Poetry,  
With Open-mic to Follow  
by Blake More

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, March 17. This month will feature Marin poet Kathy Evans, with open mic to follow.

Kathy is the author of four collections of poetry: *Imagination Comes to Breakfast*, *Hunger and Sorrow* (which won the Small Press Poetry Prize), *As The Heart is Held*, and now her latest book, nominated for a Pen award, *Trespassers Welcome*.



A BA from Northwestern University and an MA from San Francisco State University, Kathy has taught creative writing with The California Poets in the Schools, Marin County Juvenile Hall, and the College of Marin. She also taught composition and essay at the University of San Francisco, and was poet-in-residence at The Headlands Center of the Arts and at Bennioff Children's Hospital in Oakland and San Francisco. In addition, she is a graphic recorder for various corporate and non-profit organizations.

She loves teaching poetry as much as she loves reading and writing it, believing that is a privilege to see revealed the imagination and feelings of a child. She has an essay forthcoming from University of Iowa Press, entitled "Read Between the Lines. In her spare time she loves to swim laps. She lives in San Rafael, California, by the library.

To watch or participate as an open mic reader, please email [blake@snakelyone.com](mailto:blake@snakelyone.com). Third Thursday Poetry Zoom continues to be supported by Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

## Buckridge Racket Club

### Live On Stage At Arena Theater • March 12

After an involuntary, two-year live music hiatus, local rock 'n roll band, Buckridge Racket Club (BRC), kicks off the return of live music to Arena Theater on Saturday, March 12, at 7:30pm.

Well-known and popular with the local community, the high energy 6-piece band features Detroit Danny (lead guitar and vocals), Tom Merline (guitar and keyboard), Zorbic (bass), Chris Campbell drums), and Schmidty (drums and vocals). Rounding out the rhythm section is Trish on percussions and vocals.



Tickets are \$10, available online at [ArenaTheater.org](http://ArenaTheater.org) or at the door.

The band's repertoire features cover

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### Discovery Gallery Artist Collective Is Ready for Spring! Open Now. New Exhibit Set For April

As we edge closer to Spring, (and the pandemic may be waning) The North Coast is looking beautiful and the Discovery Gallery Artist Collective in Gualala will be ready. Located on Highway 1 (between Trinks and the Seacliff Motel) The gallery is open from 10:00am to 4:00pm every day but Wednesday.



Member artist, Donnalynn Chase keeps the windows looking great, and, of course, the window pieces are also for sale.

During the week of March 28 the gallery will be undergoing its quarterly transformation. New art will be placed throughout the gallery (including the windows). Come and celebrate the new works with an opening Friday, April 1 from 5:00pm to 7:00pm. There will be food and beverages outside of the gallery, and much to see and enjoy on the inside.

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## In March, The Sea Ranch Has Something For Everyone

“Playful Ways of Seeing” is how Maynard Hale Lyndon describes his new photo book (and exhibit.) The collection includes images of Lyndon’s photos taken over the years in many places; yet included within each image on exhibit there is a photo or detail of The Sea Ranch—present day and up to 50 years ago. Each print (signed and one-of-a-kind) was handsomely printed for Maynard by friend and talented photographer Arun Patel. The exhibit is March 1-31.

Another familiar name with coastal art lovers is Sandy Ostrau. An exhibit of her work opens March 8, and continue through March 31. The Northern California Coast has always been an inspiration for Ostrau’s work. Ostrau takes scenes of everyday life—people, places and activities—and artfully reduces them to their fundamental elements, stripping away the superfluous detail and minutiae of the moment. An opening reception is Friday, March 11 from 4:00pm to 6:00pm.

Women Of Wine at The Sea Ranch is Saturday, March 12 from 4:00pm to 6:00pm. Open to the public, it’s a chance to get to know Alice Warnecke Sutro is the founder, owner and winemaker of SUTRO Wine Company. Taste her premium Cabernet Sauvignon, Merlot and Sauvignon Blanc and learn about this exceptional woman and her passion for exploring the intersection between wine and art.

Celebrate General Store Women’s History Month on Saturday, March 19 in honor of Barbara “Bobbie” Stauffacher Solomon (born 1928), an American landscape architect and graphic designer, who is best known for the large-scale interior Supergraphics that were highly influential in the 1960s and 70s. Celebrate is March 19.

Celebrate the Spring Equinox, Sunday, March 20 from 10:00am to 11:00am, with a Yoga ritual meant to cleanse and renew, while honoring the change of seasons and the beauty that is Sea Ranch. Join Cheri Shoults, a certified Yoga instructor and ACSM personal trainer. On the Flexible Deck or Solarium. Bring your own mat.

An intimate Chamber Music Concert is set for The Sea Ranch Lodge Fireside Lounge, Thursday, March 31st at 6:00pm. Sue Bohlin and Marcia Lotter will perform “Songs of Joy and Peace: An evening of light classical music for violin and piano.”

Other events in March include “Make & Mend”, Tuesdays from 4:00pm to 6:00pm. The Sea Ranch Links BBQs Every Sunday. Live Jazz at Fireside Lounge March 10 and March 24 at 6:00pm. (See separate story in the Lighthouse Peddler.)

## The Gift of Fog by Soo Young Lee

Outside my window, the fog swallows the air around the red water tower. The crimson structure is rustic and timeless as if painted into my view. The fog also makes everything seem timeless—ancient or futuristic. Thankfully, the grey haze washes everything surreal. I crave this because I despise the mundane, and I find myself there too often.

I cope by fixating on wisps of magic. Driving my son to school, the fog delights a familiar landscape. The cows float legless in the clouds, the reeds look like fawn-colored flamingos, the tide blurs and bleeds monotone into the ocean. Layers and layers of muted tones stacked against the horizon. I hunt for everyday reminders to find meaning in existence. Ah-ha moments arrive in irregular flashes like lightning in a snowstorm, but the psyche begs to be attended to daily.

I attach to the fog because it contradicts and harmonizes without effort. It picks up light, creates shadows, highlights, and covers what is underneath.

The fog reminds us that where we are is not when we are. As I am making his breakfast, getting his lunch ready, and drinking tea, my 5-year-old asks me to grab a blanket and book for him that is within his reach.



If I were grounded, I would see that he is a child who has come to equate love with someone doing everything for him. After a poor night’s sleep, however, I am hurled backwards in time to all those late nights making 1000 mandu dumplings for New Year’s Day while the men slept. I am propelled to all the sleepovers my older brother had while I was restricted after I got my period. I remember being spanked for fighting back with a pocketknife in my tube socks because three older boys were threatening me for being a “chink.”

They say when you have a child, you are reminded of everything you have not resolved. Last night as the fog put the birds to bed, I put my heart in my mouth. I asked my son why he was talking to his friend like he was his boss. He replied, “I needed to teach him about consequences.” I often wondered if his boldness ingested his empathy. Earlier, he threw his discarded socks and sweater at my body while I napped in a feverish slumber, recovering from a cold.

In Korean, I said to him you do so many things well, but I want you to broaden your mahum and think about how you may affect others. “Mahum” is the Korean word that means the emotional heart that encompasses feelings, decision making, and mindset.

Niko asked how big his heart was. I said about the size of a fist. Crying, he said that he wished his heart was bigger. “It has to be bigger,” he demanded. I said his imaginary and emotional heart was very big, and he could choose to make it bigger. My words meant nothing. The figurative and the literal are still merged in his mind.

I comforted him as he cried himself to sleep. Our mahum are so fickle. One moment we were sniffing each other’s hair and saying how sweet it smells. Then one statement can send us reeling into regression or anguish. The heart is unpredictable, violent, and charming.

What do I know of his motivations? Nothing. I can pay attention to what kinds of food he likes and doesn’t, but I have no right to interpret his actions into my own meaning. I will never be able to peer through his eyes and heart, no matter how closely we fall asleep.

Looking for blame makes us miss our mark every time. Finding fault is like saying the fog decided to blind the bird that hit the car’s windshield. Or decrying how the fog puts the morning road workers in danger by obscuring their bodies.

The fog can expand and highlight. The heart, the mahum can do this too. Our emotional perspective can shrink or expand the world around us. Magic, both dark and light, are everywhere. A child angry at his father can refuse to eat even though his belly gurgles with hunger. On his 7th birthday, a boy loses the ability to walk because his father disappeared again into his drinking. A ladybug found on a beach can come back to life after my son breaths hot air on it. A dense layer of fog can inspire a morning beach stroll that inspires random flotsam of contradictions.

Every morning and evening, the fog rolls out, and it is full of light and obscurity. It is as complex as the human heart. It holds and grips without even knowing it. In its innocence, everything is new. Through its incandescent mist, I am forgiven and saved.

Photo by Amund Roed on Unsplash.

**Gualala Arts**  
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**The Telegraph Quartet**  
**A Chamber Music Concert**  
Sunday, March 13, 4 pm  
Coleman Hall. \$40. (\$5 more day of)

**New Exhibit at Gualala Arts**  
**“Art in the Schools”**  
Art by Elementary & High School Students from Schools on the Mendonoma Coast  
**Opens Friday, March 11**

**New Exhibit at The Dolphin Gallery**  
**“Habitat”**  
The Art of Sara Post and Thomas Post  
**Opens Saturday, March 12**

**Continuing at Gualala Arts**  
**“Dimensions in Experience”**  
The Art of Micah Sanger  
**“Nature’s Miracles”**  
The Art of Violet Arana, Lynda Nugent, Danielle Warner  
**Both Exhibits Continue thru March 6**

**Continuing at The Dolphin Gallery**  
**“Trees Exhilarated”**  
The Art of Kristen Palm  
**Exhibit Continues thru March 6**

**Calls to Artists!**  
JUNE: Gualala Salon & Salon des Refusé  
AUGUST: Art in the Redwoods  
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**Gualala Arts: Open daily, 11 - 4**  
**Dolphin: Open Thu-Mon, 11 - 4**  
Due to Mendocino County regulations, proof of Covid vaccine required for all TICKETED inside concerts & workshops, until further notice. Gualala Arts & Dolphin Gallery require face masks for all, inside/outside during events.

Soo Young Lee is a writer and professional coach who uses creative expression as a means to resilience and reclamation. Sign up for her newsletters: *Just a Moment Ago*: <https://sooyounglee.substack.com/p/i-pick-up-stones>; <https://medium.com/@soobeehoney>  
Contact: [soobeehoney@gmail.com](mailto:soobeehoney@gmail.com)

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**Solution to Crossword:**

New Moon



March 2

Full Moon



March 18

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**"Shipwreck" • New Stone Installation On The Pt. Arena Light Station  
Remarkable New Addition to the Outdoor Museum**

There is a unique new stone installation on the Point Arena Light Station's Outdoor Museum. Designed by noted stone mason John Shaw-Rimmington and constructed by John and Mark Ricard this one of a kind piece of art is intended to represent a ship crashing against the shore. It is located between the stone Labyrinth installed in 2020 and the Druids Circle/Stonehenge Homage installed in 2018.

"I am so thrilled to work with John and Mark again and have them bring their creativity and craftsmanship to this new addition to our Outdoor Museum," said Mark Hancock, Point Arena Lighthouse Executive Director. "This installation is intended to demonstrate



what can happen when you DON'T have a Lighthouse! I also want to thank my stone mentor and friend Peter Mullins for donating the materials and funding the construction as his gift to the Lighthouse. Peter is the guiding force behind the Mendocino Stone Zone, of which the Lighthouse is proud to be a part."

The "shipwreck" installation consists of a coastline made of Mendo blue shale and the ship has a hull and gunwales made of mica schist. An "ocean" of clocophane schist pebbles surrounds the ship and these will ultimately be permanently installed by Kevin Carman to mimic the waves pushing the ship onto the shore. John and Mark are

the Toronto based master stone masons that constructed the Light Station's unique entry fence in 2018, and Carmen added his trademark pebble waves against the base of the three Mendo blue shale boulders that define the Light Station's entry gates.

Visitor' to Peter Mullins' Open House on Fish Rock Rd. on Feb. 5 saw several of John's designs, including the newly completed Temple of Imperfections. Sharp eyed visitors also noticed a scale model of the "shipwreck" on top of the 100' long stone wall behind the Pyramid Stage. Constructed by John out of pieces of stone left over from various projects on Mullins' property, the model gave visitors a conceptual idea of what the

finished installation would look like. More examples of John's work can be enjoyed at the Gualala Arts Center where participants in an annual stone masons' symposium created several stone installations in the picnic area and around the driveway. The Point Arena Light Station is open daily from 10 a.m. to 3:30 p.m. Site visit fee is \$5 for guest 12 years and older and provides guests access to the Light Station Store, Indoor Museum and Outdoor Museum. Masks are required when inside the Fog Signal Building and the Lighthouse Tower is currently closed due to COVID restrictions. For more information call 707-882-2809 ext. 1 or visit [PointArenaLighthouse.com](http://PointArenaLighthouse.com).

**"The Umbrellas of Cherbourg"**

Arena Theater Film Club's  
Classic Choice for March/

Arena Theater Film Club presents "The Umbrellas of Cherbourg", Monday, March 7, 7:00pm. The film is in French with English subtitles. Directed by Jacques Demy, the 1964 film is rated PG-13 and has a runtime of 92 minutes. The cast includes Catherine Deneuve and Nino Castelnuovo.

A young woman separated from her lover by war faces a life-altering decision in one of the most revered and unorthodox movie musicals of all time.

An angelically beautiful Catherine Deneuve was launched to stardom by this dazzling musical heart-tugger from Jacques Demy. She plays an umbrella-shop owner's



delicate daughter, glowing with first love for a handsome garage mechanic, played by Nino Castelnuovo. When the boy is shipped off to fight in Algeria, the two lovers must grow up quickly. Exquisitely designed in a kaleidoscope of colors, and told entirely through the lilting songs of the great composer Michel Legrand, The Umbrellas of Cherbourg is one of the most revered and unorthodox movie musicals of all time.

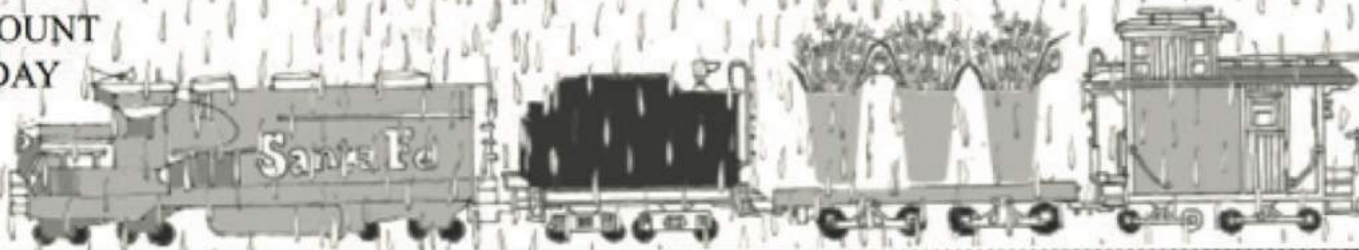
Admission \$7 for Arena Theater Association members, guests welcome at \$10. Cash at the door, please, maximum audience 55 people. Proof of vaccination ia required as well as face coverings except when seated while eating or drinking.

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## Words on Wellness • Willow

by Karin Uphoff

The door flies open and March whips in on a flourish of cold wind making it challenging for those sensitive to this change of season. These conditions cause a tendency to achy joints, roving muscle pain and general irritability. The first plant I think of for relief is willow and the good medicine it has to offer. There are 35 species of willow native to California but the coastal willow (*Salix hookeriana*) most commonly inhabits dunes, marshes and riverbanks. The other common species here is Pacific willow (*Salix lasiandra*), a tree with a single trunk. Willows are important to watery ecosystems as they transform any muddy chaos post flood and fire into a stable, vibrant habitat. The shade willow provides keeps water cool and clear for salmon, deer nibble on young leaves, birds nest in its thickets and bees feast on its pollen.

All species of willow have been used as a natural pain reliever for thousands of years. It contains salicin, the active ingredient in aspirin, but in the plant form, does not harm the stomach or liver. Now is a good time to harvest the inner bark of its branches and



twigs. If the peeled bark smells slightly of wintergreen and tastes wickedly bitter with a sour after kick, that's a good sign. Branches must be stripped of outer bark but small twigs can just be cut, before drying or made into fresh tincture. Willow leaves are also harvested and dried for medicine. Willow bark must be simmered to make a tea, while leaves are steeped. Use willow to reduce inflammation and pain or as a blood thinner (avoid regular use if you are on anticoagulant medication). Use it externally as a poultice, liniment or in a bath for bumps, bruises, swellings and burns. Willow flower remedy is specific for irritation and inflexibility. Take it to help go with the flow of life while staying strong and focused.

Willow even aids spring planting, since it contains natural rooting hormone in the tips of its shoots. Chop new willow shoots and cover with hot water to steep overnight, or place them in cold water and soak for 1-3 weeks. New cuttings can sit in the water before planting and will get off to a healthy start when they are watered twice with willow water.

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](http://www.karinuphoff.com). Willow Image by Gosia K. from Pixabay.

## Varied Thrush: Not Necessarily Someone's Alarm Clock

The other day, I heard my first Varied Thrush of the season. They come down from the north to winter. Their call is associated with shaded, damp, coniferous forest of the Pacific north-west. This unique call is an eerie, quavering single note that fades. A few seconds later, there is another single note on a different pitch. I remember one camper thinking it must be somebody's alarm clock.

Although it is most closely related to the large group of Asian thrushes, the Varied Thrush looks like its cousin the American Robin, but with an orange eyebrow, two orange wing bars and a black band across its orange chest. The female



looks similar to the male but muted.

They are seen foraging on the ground. They feed on sow bugs, snails, worms, crickets, ants, bees, acorns and berries from blackberries to madrone and poison oak. Varied Thrushes are noted for their aggressive behavior at feeding sites even in winter, which is unusual. They do this by lowering their heads, lifting their tails and spreading their wings. One inter-

esting report was of an unfortunate Varied Thrush, which was found in Berkeley with an acorn impaled on its beak. Weak and unable to fly, it was captured, freed of the acorn and released.

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Heron.

Each month, the Lighthouse Peddler features a bird regularly seen at or near the Mendonoma Coast. More information is at [www.mendocinocoastaudubon.org](http://www.mendocinocoastaudubon.org). Image by Veronika Andrews from Pixabay

## Why Do Birds Sing?.

by David Steadman, Curator of Ornithology, Univ. of Florida

Birds are some of the most attractive creatures on earth. Who doesn't like to watch a Blue Jay, Cardinal or Baltimore Oriole going about its business?

But the beauty of birds isn't just their looks – it's also their noises. Bird songs are among nature's most distinctive and musically satisfying sounds. Why do birds spend so much time and energy singing?

There are two main purposes, and they are connected. First, male birds sing to mark territories. A singing bird is saying, "This place is mine, and I'm willing to defend it, especially from others of my species." He may patrol his chosen space and sing often, either from the middle or the edges of what he considers his turf.

The second purpose of singing is to attract a mate for nesting. Female birds often choose their mates based on some blend of visual and vocal cues. Even male birds with beautiful breeding-season plumage can have trouble finding mates if their songs don't measure up.

Each bird species typically has its own unique song. That allows an individual bird to hear a song and recognize whether the singer is from its own species.

Birds are most vocal during nesting season. For example, in Florida where I live, Cardinals live year-round. They usually start singing in January, just a few weeks after the days begin to get longer. After the nesting period is over, birds sing much less and their territories break down. (There are videos about birds, including many "vocal performances" from [Birds.Cornell.Edu](http://Birds.Cornell.Edu).) Birders can learn to recognize different bird

species by memorizing the sonic patterns of their songs.

Many species of North American birds migrate with the seasons instead of staying in one place all year. As they fly south in the fall, they make little "chip" notes or "contact calls" that allow them to stay in touch with other birds. In many species only male birds



sing, but in others, both males and females sing. And some birds don't sing at all. For example, vultures and storks can barely produce any sound – let alone something musical enough that we would call it a song.

Learning to identify birds by their songs is as much fun as spotting them by sight. In fact, good ears are often as important as good eyes in appreciating the birds you encounter. Take off your headphones and listen to your neighborhood birds – especially when they are active in the morning or evening. You'll be surprised by what you hear.

Image: Stellar Jay by Amy Spielmaker from Pixabay

Our thanks to The Conversation and David Steadman for this article.

**THE CONVERSATION**

<https://theconversation.com/why-do-birds-sing-120266>



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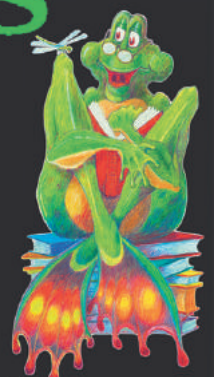
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**Bolshoi Ballet in Cinema**  
**Sunday March 6 1 PM**  
**Swan Lake**

...  
**Arena Theater Live**  
**Saturday March 12 7:30 PM**  
**Buckridge Racket Club**

...  
**Met Opera Live in HD**  
**Saturday, March 12 10 AM**  
**Ariadne auf Naxos**  
**Saturday, March 26 9 AM**  
**Don Carlos**

...  
**Science on Screen**  
**Tuesday March 22, 7 pm**  
**Don't Look Up**

...  
**Arena Theater Film Club**  
**Monday 7 PM**  
**March 7 The Umbrellas of**  
**Cherbourg**  
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**"Habitat" • The New Exhibit at the Dolphin Gallery in March**  
**Featuring the Art of Sara Post and Thomas Post**

"Habitat" is a new exhibit, featuring the art of Sara Post and Thomas Post, set to open at the Dolphin Gallery, Cypress Village, Gualala. The opening is Saturday, March 12. The gallery will be open from 11:00am to 4:00pm. Sara Post paints abstract landscapes—worlds to see and live in. Thomas Post builds imaginary constructions that take the form of stones, boats, walls and house shapes. Their work, taken together, gives weight to natural environments and to human presence. Both artists use a variety of media in their work.

Sara Post may use any combination of collage, oil paint, cold wax medium, oil pigment sticks, art graf, colored pencils and solvents. She paints on cradled boards often joined together to create dimensional wall pieces. Thomas Post makes sculptural objects



with what comes to hand—clay, wood, paint and assorted found objects, which may be fired, stacked, nailed and glued together. Despite the wide variety of materials, the resulting work of each artist is quiet, even minimal, evoking stillness rather than activity. Their work is abstract, inviting the viewer to

participate with her/his own associations around nature and human constructs.

Thomas Post majored in economics at UC Berkeley and taught mathematics in the Peace Corps in Gambia before veering unexpectedly into work with ceramics. Not a stranger to hand work, he had built a boat and small land structures, and worked for a while with wood, but was attracted to the

combination of function and aesthetics offered by creating works in clay. From 1981 to 2010 he was a partner in T.S. Post Ceramics, a pottery studio in Davis, California that produced functional and decorative ceramics sold nationwide. Life after clay has included various sculptural experiments in clay and wood, using both organic and inorganic shapes.

Sara Post studied art and literature at Southern Methodist University and discovered ceramics after graduation during an extended visit to the UK. Returning to the US, she earned a graduate degree at Northern Arizona University in Don Bendel's



ceramics program, based in natural materials and processes. She made nationally recognized ceramic wall pieces until 2012. That year, she returned to painting, creating layered abstractions in oil and cold wax medium. Her current work combines collage, painting and drawing to create quiet, minimal landscapes.

The exhibit at the Dolphin Gallery will continue through Sunday, April 3, 2022.

*Above Right: "A Walk in the Park" (Sara)*  
*Above Left: "Cloud Monument" (Thomas)*

**Get Out And Enjoy Live Music in March**

**BAKU & Trio Enchantment Bring Great Music to Timber Cove and Sea Ranch**

Once again, Harrison Goldberg continues to spread the gospel of Jazz and world-fusion throughout the Mendonoma Coast.

BAKU brings its "Jambiant Soundscapes" to Timber Cove Resort on Friday, March 4 at 6:00pm. BAKU's members include Goldberg on saxophones and percussion, Chris Doering, 7-string guitar & guitar synthesizer, Tim Mueller, 6-string guitar & synthesizer, David French, upright bass & percussion and Nancy Feehan, cajon & percussion.

"Trio Enchantment Goes to the Movies, Twice" is the theme for two performances of Sunset and Jazz at The Sea Ranch Lodge on Thursday, March 10 and again on Thursday, March 24. beginning at 6:00pm both

evenings. Rounding out the trio for both performances are saxophonist Goldberg, guitarist Chris Doering, and upright bassist Trevor Kinsel. The program coincides with the 2022 Academy Awards. "Movie songs and cinematic themes can instantly trigger a range of emotions reflecting the stories on screen. Love, loss, alienation and loneliness, good and evil, from joy to discord, movie music is the soundtrack of our human condition. Songs and themes associated with films remain with us long after the movies have departed theaters. Hearing but a whiff of this music can instantly revive and summon the feelings that initially captivated and enthralled us.

**The Telegraph Quartet**  
**A Chamber Music Concert**  
**Sunday, March 13 at Gualala Arts**

The Telegraph Quartet comes to Coleman Hall at Gualala Arts for a chamber music performance Sunday, March 13, at 4:00pm. Advance tickets are \$40 (\$5 more the day of, if available).

The Telegraph Quartet—Eric Chin and Joseph Maile, violins; Pei-Ling Lin, viola; Jeremiah Shaw, cello) formed in 2013 with an equal passion for the standard cham-



ber music repertoire and contemporary, non-standard works alike. Described by the San Francisco Chronicle as "...an incredibly valuable addition to the cultural landscape" and "powerfully adept... with a combination of brilliance and subtlety," the Telegraph Quartet was awarded the prestigious 2016 Walter W. Naumburg Chamber Music Award and the Grand Prize at the 2014 Fischhoff Chamber Music Competition. The Quartet has performed in concert halls, music festivals, and academic institutions across the United States and abroad, including New York City's Carnegie Hall and Lincoln Center, San Francisco's Herbst Theatre, the San Francisco Conservatory of Music's Chamber Masters Series, and at festivals including the Chautauqua Institute, Interlochen Arts Festival, Kneisel Hall Chamber Music Festival, and the Emilia Romagna Festival. The Quartet is currently on the chamber music faculty at the San Francisco Conservatory of Music as the Quartet-in-Residence.

The program for March 13 is scheduled to include Florence Price: "Five Folksongs in Counterpoint"; Grazyna Bacewicz: "String Quartet No. 4"; and Ravel: "String Quartet in F Major."

Beyond the concert stage, the Telegraph Quartet seeks to spread its music through education and audience engagement. The Quartet has given master classes at the San Francisco Conservatory of Music Collegiate and Pre-College Divisions, through the Morrison Artist Series at San Francisco State University, and abroad at the Taipei National University of the Arts and in San Miguel de Allende, Mexico.

The Telegraph Quartet is based in the San Francisco Bay Area. More information is at [GualalaArts.org](http://GualalaArts.org).



## Bolshoi Ballet in Cinema Returns Sunday, March 6, with "Swan Lake"

Sunday, March 6, the Bolshoi return with a definite "must see" performance: "Swan Lake". Doors open at 1:30pm, the performance begins at 1:00pm.

The ballet in three acts is performed by the Bolshoi Ballet; music by Piotr Tchaikovsky and choreographed by Yuri Grigorovich.

You know the story: Odette, a beautiful princess, is cursed by the evil sorcerer Von Rothbart to live as a swan forever. Her spell can only be broken if a prince swears his everlasting love to her.



The legend of the enigmatic swan/woman was premiered by the Bolshoi Ballet in 1877 and is set in the era of courtly romance. Reportedly, the ballet was initially slow to capture the public imagination, but Tchaikovsky's famous, lyrical score and the illustrious Black Swan pas de deux have made Swan Lake one of ballet's most popular productions in the classical canon.

Tickets are \$18 general, \$5 youth (18 and under), available the box office or online at [www.arenatheater.org](http://www.arenatheater.org). Social distancing and masks are required unless eating or drinking. Attendees must be vaccinated and bring proof of vaccination plus a photo ID. The Arena Theater snack bar will be open.

## Art in the Schools" at Gualala Arts • Opens March 11 The Annual Exhibit from Students on the Mendonoma Coast

"Art in the Schools" returns to Gualala Arts in March. The annual exhibit of art has been a favorite for visitors as they get the opportunity to see art from the view of elementary and high school students from schools in coastal Mendocino and Sonoma Counties. The exhibit opens Friday, March 11, 2022 in the Burnett Gallery and the Elaine Jacob Foyer at Gualala Arts. Viewing hours are 11:00am to 4:00pm.

All parents and family members are pleased when their children find creative ways to express themselves. Inspiring students of all ages to discover their own artistic love is an important part of growing up. Not every child will become a great artist but all children can find a way to express themselves. Once again, this year's coordinator is Sigrid Hillscan.

Similar to years past, the art of the high school students will be featured in the Elaine Jacob Foyer, while the elementary school students' art will be presented in the Burnett Gallery. Visitors will find a remarkable variety of talent and artistic expression on display, and as always, the exhibit will be thought provoking, inspirational, and very likely bring a smile to the face. The Mendocino/Sonoma "Arts in the Schools" exhibit represents over 600 students from Fort Ross to Manchester, and includes elementary, high school, home study and charter schools.

Our coastal schools work hard to pro-

vide art programs that enrich students with time each week to create art, whether with full-time art programs, volunteer programs, or through grant funding. Research shows that art and creativity help children succeed in core curriculum subjects. Continuing to have art programs in our local schools is a huge accomplishment especially considering budget cuts to such programming, and the difficulties associated with the pandemic. The community's attendance and support are appreciated.



And if you need just one more reason to visit the exhibit, young artist showcases are often the best place to procure a masterpiece before the artist finds acclaim and prices skyrocket accordingly! One never knows. "Art in the Schools" runs through Sunday, April 3, 2022.

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## Science on Screen Presents "Don't Look Up" at Arena Theater

### A Special Screening of Adam McKay's Disaster Satire, March 22

The Arena Theater will be showing three science films as part of a new Science on Screen grant awarded by the Sloan Foundation. Each of the events includes a live presentation by a speaker who provides interesting background and insights.

"Don't Look Up" is the first of the three films. It will be screened Tuesday, March 22 at 7:00pm.

Cinema stars including Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep, and Jonah Hill shine in this astronomical comedy featuring a comet that threatens to

destroy human civilization. The actions of media celebrities, politicians, a corporate billionaire, and the involved astronomers make us laugh and also moan at the all-too-human weaknesses that harm our ability to solve serious environmental problems.



Dr. Art Sussman, a nationally known science and environmental educator, will provide the accompanying presentation. To learn more about him, visit <https://drartscience.com>. Admission to the event is by voluntary donation.

**[S] Science on Screen**

## 2022 Community Health Needs Assessment

**Your Voice Matters!** Help local health care organizations plan for the future by completing this survey. Your input and perspective are vital to understanding the most urgent needs in our community. This anonymous online survey will take 5 minutes to complete.  
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## 2022 Evaluación de las necesidades de salud de la comunidad

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MENDONOMA HEALTH  
ALLIANCE

## With God on Our Side?

by David Steffen

Oh, my name it means nothing,  
and my age it means less  
For the country I come from,  
is called the Midwest  
I was taught and brought up that,  
the laws to abide  
And that the land that I live in,  
has God on its side

I was heading up the Sales Department at A&M Records in the 1980s, traveling across the country and internationally. I visited almost all of the 50 United States, plus Canada, Japan, England, France, Germany, The Netherlands, Hong Kong, Singapore and others. Engaging in conversations with my counterparts from around the world, between 1980 and 1990 I learned a great deal, including the simple fact that over time, the more I interacted with my international friends, the more I learned what the world really thinks about many issues, and America. Don't jump to conclusions. These managers from other countries didn't open up and tell me how much they hated America (they didn't) or how much they liked America (they did). The most direct question I consistently heard was "Why are you—the United States—doing "this" or "that".

Oh, the history books tell it,  
they tell it so well  
The Cavalries charged,  
the Indians fell  
The Cavalries charged,  
the Indians died  
Oh, the country was young,  
with God on its side

My friend Tony in London once asked about racism in America. The context wasn't 'shame on you.' Instead it was to talk about racism in general. After all, the British have their own long history with race, given the diversity of their conquests: Australia, India, Africa, China, et al. Recall one of the most—now infamous—phrases from 19th century Britain: "The sun never sets on the British Empire."

The Spanish-American,  
war had its days.  
And the civil war too was,  
soon laid away  
And the names of the heroes,  
I was made to memorize  
With guns in their hands,  
and God on their side

My friend Thomas in Hamburg inquired about freedom of speech. He thought that it was curious—his form of understatement—that there was so much hate speech in America. "Why", this thoughtful Ger-

man asked, "would you allow people to talk so disparagingly [his word] about foreign-born citizens living in America?" I told him about the 1st Amendment. You know, that amendment inspired by our European forefathers, the one that prevents the government from making laws regulating the establishment of religion, or that would prohibit the free exercise of religion, or abridge the freedom of speech, the freedom of the press, the freedom of assembly, or the right to petition the government for redress of grievances?

The first world war, boys,  
it came and it went  
The reason for fighting,  
I never did get  
But I learned to accept it,  
accept it with pride  
For you don't count the dead  
when God's on your side

The Second World War,  
Came to an end  
We forgave the Germans,  
and then we were friends  
Though they murdered six million,  
in the ovens they fried,  
The Germans now, too,  
have God on their side

My friend Kuni in Tokyo asked me one evening "why did America wage war with Vietnam?" While clearly not defending the war, I attempted to explain about people like Robert McNamara who used the "Domino Theory" to make their point. The "theory" actually dated back to the Eisenhower administration when he espoused the "falling domino" principle. In short, the loss of Vietnam to communist control would lead to similar communist victories in neighboring Southeast Asian countries like Laos, Cambodia, Thailand, and then, perhaps, India, Japan, the Philippines, Indonesia, Australia and New Zealand. It was a global version of "well, there goes the neighborhood."

In the nineteen-sixties  
came the Vietnam war  
Can someone tell me,  
what we were fighting for?  
So many young men died,  
so many mothers cried  
Now I ask the question,  
was God on our side?

I shared many a dinner with my friends Gerry and Joe at A&M Canada. Gerry was born in Canada, while Joe was an American ex-pat, recruited to leave Detroit and move to Toronto to

work for A&M. Joe adopted Canada as his home country. One evening Gerry wondered aloud why we Americans were so opposed to universal healthcare. We know that the simple answer is that healthcare, writ large, includes hospitals, pharmaceutical companies and almost every peripheral business and, as such, wields heavy political clout. It's viewed by most conservative politicians as "simply" another business category. 40 million Americans have a different view, as they have little or no healthcare.

I learned to hate the Russians  
all through my whole life  
If another war comes,  
it's them we must fight  
And to hate them and fear them,  
to run and to hide  
And accept it all bravely,  
with God on my side

With the collapse of the former Soviet Union in 1991 (and the subsequent light-hearted relationship between President Boris Yeltsin and President Bill Clinton,) some believed that the cold war, the domino theory, the East vs. West antagonism might disappear. If current events in Europe offer any evidence, it appears we still have a cold war which could turn very hot.

Through many dark hour,  
I've been thinking about this  
That Jesus Christ  
was betrayed by a kiss  
But I can't think for you,  
you'll have to decide  
Whether Judas Iscariot  
had God on his side.



Jayne Simon, Aaron Neville, David Steffen at Tipitinas, New Orleans, 1989

I was raised a Lutheran in the midwest,

in Milwaukee. I regularly attended Sunday services, went through the confirmation process and generally accepted the teachings. Dolly and I were married in a Lutheran church in suburban Chicago, and later joined a Lutheran church in Santa Monica when we moved to southern California. There's much about the Bible and formal Christianity that are worth thinking about, worth embracing. I must add that, like the domino theory, all of this must be thought through and not simply adopted as fact or law because one of our Lutheran, Roman Catholic, Jewish, Presbyterian, Methodist, Seventh Day Adventist, Latter Day Saints, Islamic or other learned person—tells us "this is it!"

So, now as I'm leaving,  
I'm weary as hell  
The confusion I'm feeling,  
ain't no tongue can tell  
The words fill my head and  
they fall to the floor  
That if God's on our side,  
He'll stop the next war.

This all came front and center in my brain today. While listening to a terrific weekend music program ("Backroads") on Grass Valley's KVMR, I heard host Larry Hillberg play the Neville Brothers' recording of Bob Dylan's "With God On Our Side". I immediately thought back to my days at A&M, and one of the albums I worked on: "Yellow Moon", a 1989 release by the Nevilles. One track on that marvelous recording was Dylan's song, sung by Aaron Neville with a very delicate, acoustic rhythm track.

If you don't know by now, I've interspersed my thoughts with some of the verses from Dylan's 1960s masterpiece. As I look at current events in February 2022, I'm dumbfounded that America's religious right is committed to eviscerating a woman's right to control her own body. I'm unable to understand just why—aside from raw power—the political right has decided to defer to an ignorant, spiteful, twice-impeached and indicted former president. I find it appalling that voting rights are being trashed. And there's more but, perhaps, that's enough for today. I still have hope, but it will take all of us to defend the Constitution and embrace the idea that we are all equal under the law. That we are all equal. Period.

"With God on Our Side". Words and  
Music by Bob Dylan.  
With great appreciation.

## "Five Tuesdays In Winter"

A Book by Lily King • Reviewed by Jennifer Bort Yacovissi

There's a forthright blurb on the cover of Lily King's new short-story collection, *Five Tuesdays in Winter*. It's from fellow author Ann Patchett, stating, "I loved this book." Indeed, King's writing is reminiscent of Patchett's: It's her quick strokes to paint a scene and telling details that build characters into people we recognize as much as it is the elements that go unspoken and serve to tweak the tension the tiniest bit tighter.

King is known for her bestselling novels, which include *Euphoria* and *Writers & Lovers*, but for readers who may not be familiar with her longer work, these stories serve as tasty hors d'oeuvres — they're satisfying and yet leave us wanting more.

The first half of the collection is redolent of adolescence, steeped in the funk of hormones, confusion, misery, and rage that mark teenagers as their own alien species, causing them to "become a creature I can't understand," as 14-year-old Carol's mother tells her in the opening story, which is indeed titled "Creature." Of course, from an adolescent's perspective, it is the adults who are the creatures, beyond all understanding and outside the reach of grace.

Without consulting her, Carol's mother agrees to a two-week, live-in babysitting arrangement for her with one of the rich families on the seacoast outside of town. For a girl living with her mother in an apartment, which is itself a step down from her father's cracker-box house — empty now that he's in rehab yet again — slipping into the lives of old money feels transformative.

Her first glimpse of the huge old house, as she bicycles down the long driveway, makes her realize that she never understood before what the word "mansion" actually encompassed: "Gray and white stone with turrets and balconies and other things that jutted or arched or recessed that I had no words for."

Though she initially mistakes the cook and manservant for her employers, Carol finds her footing in the household with relative ease. "It wasn't difficult, at least not before Hugh arrived." Hugh is the hallowed only son of the privileged family. For Carol, the light emanating from him shifts — as we understand it will — from warming to scalding.

There's a lovely symmetry between "Creature" and "When in the Dordogne." In the latter story, it is the abandoned teenage son living in the vast house whose perspective shifts as he watches two new caretakers take in the enormity of the surroundings:

"Ed ran into the house and circled the

rooms like a dog just let off its leash, climbed up the front staircase and came back down the tight back stairs and then went back up the front set again, whooping and whooping again..."

His mother has hastily hired these local college boys, Ed and Grant, to see to the house — not to her son — so that she can take his father abroad to recover from a "breakdown."

Both this unnamed narrator and Carol are in the summer of their 15th year, that yawning, defining gap between childhood and adulthood. In an echo from "Creature," if the boy in "Dordogne" shows the slightest pique, he becomes, his mother tells him "as she whisked me up to my room, a little beast who needed to change back to a boy."

But unlike Hugh, whose presence is the furnace in which Carol begins to forge her older self, Ed and Grant — not yet fully adult themselves, still feeling the effects of 14 — serve as insightful, caring guides through their charge's thicket of teen angst.

With something of that same symmetry, "Five Tuesdays in Winter" and "North Sea" both feature the adult gaze on its adolescent progeny — a gaze imbued with its own tortured mix of bewilderment and outrage, underpinned with the certainty of being an impostor, making it all up in any given moment, unequal to adulthood's rapacious demands.

In "Five Tuesdays," Mitchell is left with his 12-year-old daughter, Paula, after his wife decamps — "his college buddy Brad coming from Australia and leaving two weeks later with a box of live lobsters and Mitchell's wife" — while Oda, in "North Sea," is left with 12-year-old Hanne when her husband is killed biking to work. Paula wants to learn Spanish, and Hanne wants to learn horseback riding; the parents who stayed behind want only to learn to connect.

There's a sense of progression in the arrangement of the stories, from this initial view into adolescence, then into young adulthood ("Timeline"), parenthood ("South"), middle age ("Hotel Seattle," "Mansard"), and dotage ("Waiting for Charlie"), each with its own version of longing. Not surprisingly, many of the tales feature budding writers learning or honing their skill. (Do writers so often include characters who are writers because it's the only way for them to represent how they themselves perceive the world?)

It is the final entry in the collection, "The

Man at the Door," that takes a delightfully hard jog off the path of what has come before. Initially, it seems at one with the other stories: A harried mother — with a demanding infant, two unfinished novels in the basement, and a third underway on the kitchen table — is desperately trying to get words down on the page before they disappear from her mind. She's able to scribble a few inspired sentences before the baby starts to wail again, and she has to nurse him back to sleep. She "latched him on, and reread the three sentences. How quickly they had flattened, lost their music."

That's when a man appears at the door, banging on it with no plans to stop until it is opened to him. He holds in his hand an advance copy of her novel — the one she is currently working on — says he's from the publisher, and wants to discuss it with her.

As he redlines the copy, mansplaining her writing's weaknesses while drinking gin that she didn't have a moment ago from a bar last seen in her childhood home, he morphs into every critic she has ever heard from: the Everywoman Writer subjected to the Male Critique. By the time she disposes of him, she realizes that she doesn't have trouble with endings after all.

*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. Her short fiction has appeared in Gargoyle and Pen-in-Hand. Jenny reviews regularly for the Washington Independent Review of Books and serves on its board of directors as president. She has served as chair or program director of the Washington Writers Conference since 2017, and for several recent years was president of the Annapolis chapter of the Maryland Writers' Association. Stop by Jenny's website for a collection of her reviews and columns and follow her on Twitter at @jbyacovissi.*



## March's Reading List

- Best Sellers and Best Bets -

"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

Oscar Wilde (1854-1900)

- **All About Love** by bell hooks
- **Atomic Habits** by James Clear
- **Braiding Sweetgrass** by Robin Wall Kimmerer
- **Call Us What We Carry** by Amanda Gorman
- **Crying in H Mart** by Michelle Zauner
- **The Dawn of Everything** by David Graeber and David Wengrow
- **Educated** by Tara Westover
- **The Judge's List** by John Grisham
- **Little Leaders.** by Vashti Harrison
- **The Maid** by Nita Prose
- **Midnight in Washington** by Adam Schiff
- **One of Us is Lying** by Karen M. McManus
- **Renegades** by Barack Obama and Bruce Springsteen
- **The Storyteller** by Dave Grohl
- **Talking to Strangers** by Malcolm Gladwell
- **Violeta** by Isabel Allende
- **The Wonderful Things You Will Be** by Emily Winfield Martin

### Another Book You Might Like\*

- \*. **Five Tuesdays in Winter** A Book by Lily King (See review on this page)

The Lighthouse Peddler is pleased to bring our readers a list of the best-selling books being picked up and read by locals and visitors alike. Our thanks to Four-Eyed Frog Books, a Community-owned Bookstore.

## Haiku for March

"twisted pine  
pushed beat and  
gnarled branches

wind art"

by mai haiku

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

Solution to Sudoku

# Scuttlebutt

by Mitch McFarland

It seems that the epidemic part of the corona virus outbreak is about over- at least in the minds of many. Certainly in most places we have reached the point where something like 80% of the population has either been vaccinated or had the virus and have antibodies. This is where we were told last year that we would be at herd immunity. Unfortunately “herds” don't get sick- individuals do, so there will still be people dying of coronavirus or suffering long Covid, but at numbers small enough that most of the population doesn't seem to care. That number, as of this writing, is still



2000 people a day dying. Curiously, at the beginning of Covid when 1000 people were dying each day we thought of it as foreboding disaster, but now 2000 a day is basically ho-hum. Folks are sick of the restrictions that have been placed on us and are ready to move on. While we have spent twenty years bemoaning 3000 dead (not all Americans) from the 911 attacks, apparently nearly a million dead Americans from Covid can be shrugged off.

I recently took a trip to the Angel's Camp/Sonora area and I can tell you that those folks are done with the precautions. Restaurants are packed with people hugging and kissing greetings, and there wasn't a mask in sight. In fact, at one restaurant I observed a few people entering with a mask, only to quickly snatch it off when they saw no one in the building wearing a mask- including wait staff. These folks, like us, were probably from out of town.

It seems that the general consensus around the world is that those who want to be vaccinated can be (in rich countries) and those who don't are willing to take their chances.

The part I don't get is what is the big deal about vaccination? How did vaccines suddenly become the most contentious issue in American politics? The Canadian trucker freak-out is over getting a vaccine, even though 90% of the truckers are vaccinated. I guess global climate change, income in-

equality, and loss of democracy are too esoteric for the anti-vaxxers to bother getting excited about. Where's the truck convoy for those issues?

As far as I am concerned all the reasons for not being vaccinated are nonsense, except one, which the libertarian in me is willing to accept and that is “I'm willing to take my chances and you have no right to stop me.” This concept assumes that “if you are afraid of catching covid from me, then get vaccinated.” All these other pseudo-scientific reasons are goofy. People who struggled in high school biology class spend some

time on the internet and now they know more than people who have devoted their lives and careers to studying virus transmission. Come on folks, just admit you don't FEEL like it. That is an excuse I can understand. Even many who have received vaccinations through their lives, somehow have con-

vinced themselves that this vaccine is some kind of a trick to make pharmaceutical companies richer, or Bill Gates to control our minds or some other flimsy excuse to justify their feelings. A psychologist recently wrote that people use their feelings to make decisions, then engage their rational minds to come up with reasons to justify their view. Covid couldn't be a better illustration of this idea.

As of 2/2/22, federal data from the Centers for Disease Control and Prevention show that 75.3% of the total population in the United States have received at least one dose of a COVID-19 vaccine. So about one-quarter of the population isn't interested in being vaccinated (minus those who have no access for some reason). I read a ton of statistics about who is vaccinated and who isn't. Unvaccinated respondents were more likely to have lower education levels (46% attended only high school or less) and lower income levels (42% earn less than \$40,000 per year) than their vaccinated counterparts, who are nearly twice as likely to have earned a college degree or more. But that is not it. I know highly educated people whom I respect that are not vaxxed and some who I consider to be near morons who a very enthusiastic about the vaccine. It obviously is not an intellectual decision.

Yes, the Trumpier parts of the country are less likely to be vaccinated, but not to a degree that that explains vaccine hesitancy.

Millennials also tend to shun vaccines more than older people, but that is easily explained by the fact that young people generally feel fairly bulletproof stemming from their youthful vigor. I know I did. When I was in my twenties I was a clean living vegetarian who was active, did some yoga and pretty much assumed I would live to 100.

What emerges for me is that it is not about any demographic factor or set of facts, but simply what one feels and feelings are determined by all the thoughts and experiences of our past. This is something you just can't quantify.

There has to be some point at which our governments take a step back and let nature take it's course. That time is beginning already and most of us are OK with that. There is one statistic that I'm sure of (even though I made it up): Everyone is tired of this illness and wishes to return to “normal”- whatever that is.

Covid will leave many stains on society, but none worse than the revelation that a good portion of our population prefers to ignore science if it doesn't feel right. Global warming anyone?

*Image by Astrid Zellmann from Pixabay*

“The real pandemic in America isn't Covid-19. It's stupidity. And unfortunately, it's incurable.”

Quentin R. Bufogle,  
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## SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

### 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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## Mendonoma Health Alliance's Community Health Needs Assessment Take The Survey and Support Local Wellness Efforts

Mendonoma Health Alliance (MHA) has launched a Community Health Needs Assessment study for the coastal communities of Timber Cove/ Cazadero through The Sea Ranch in Sonoma County and Gualala through Elk in Mendocino County. The purpose of the Needs Assessment is to learn about the health and wellness challenges being faced by the community as a whole, and groups within the community, to gain a better understanding of the barriers that keep people from accessing services. Results from the study will help local health care and community organizations improve existing services and plan for future services.

The Needs Assessment study is a three-part project that includes a survey for all community members to complete; community focus groups; and interviews with well-established community figures and residents. The survey takes about 10-15 minutes to complete and began hitting all residential and post office mailboxes along the Mendonoma coast in January. The survey is available in English and Spanish and is also available online for people who prefer a digital submission instead of a mail-in or drop-off option. Survey submissions will be accepted until April 30, 2022.

Micheline White, Executive Director of Mendonoma Health Alliance, explained, "This needs assessment is really important for the future of services in our community. The more information we have about the challenges our community is facing – and how different groups are experiencing those challenges – the better our health and wellness organizations will be able to plan." She continued, "However, in order for us to truly understand the entire community, we need everyone to participate and provide feedback. We can't plan for individuals that

we have not heard from. We hope to receive a minimum of 2,500 responses and encourage residents to talk to their local family and friends about participation."

Focus groups are designed to collect opinions and perspectives from community members in a non-judgmental environment through discussion and brainstorming. Sign-ups for the focus groups has already begun. Groups will be held now through the end of April 2022. Participants will be provided with a \$50 gift card for their participation in a 90-minute group. Two groups will be scheduled for each community along the Mendonoma coast, along with options for groups in Spanish. Most groups will be held virtually due to the current status of COVID-19 in our community but some in-person, socially distanced options may be available at a later date.

Those who are interested in participating don't have to wait for sign-up notices to be posted. You can contact MHA using the contact information below to reserve a spot. Additionally, if you feel you have a well-rounded understanding of the community or know someone who does, contact us to sign up for an individual interview. Examples of ideal interview participants include medical providers, service organization leaders and staff, long-time residents, law enforcement, security or fire personnel, local teachers, and school administrators or staff. Interview participants will also receive a \$50 visa card for participation.

For more information or to sign up for a focus group or interview, call (707) 412-3176 x 102 or send an email to [info@mendonomahealth.org](mailto:info@mendonomahealth.org). To access the Needs Assessment survey online, go to [www.surveymonkey.com/r/QDW7TQC](http://www.surveymonkey.com/r/QDW7TQC) for English and [www.surveymonkey.com/r/6FX2TKB](http://www.surveymonkey.com/r/6FX2TKB) for Spanish.

## Welcome to the March Events and Happenings for Ft. Ross, Jenner, Timber Cove and Cazadero.

Here are some of the activities and events happening in Coastal Sonoma County.

- Free COVID antigen test kits are available at the Timber Cove Fire House Wednesday, March 2, from 5:00pm to 6:30pm. The number of kits available is limited.

- **American Rescue Plan Act (ARPA).** On December 14, 2021, the Board of Supervisors approved approximately \$34 million in ARPA funding for Community Investments in Negative Economic Impacts on Individuals and Households and Disparities in Public Health. **Outcomes.** The Notice of Funding Availability (NOFA) is open now through April 7. Please see ARPA NOFA for more information on targeted activities for funding; priority populations and qualified census tracts; performance and reporting requirements; and the application process. Details here: <http://upstreaminvestments.org/ARPA/>.

- **2022 Community Health Needs Assessment:** Timber Cove through Elk, Your Voice Matters! Your input and perspective are vital to understanding the most urgent needs in our community. This anonymous survey will take 5-10 minutes to complete. <https://www.surveymonkey.com/r/QDW7TQC>.

- **ARPA NOFA Technical Assistance Workshop.** When: Thursday, March 3rd | 10-11:30am. Where: Zoom. Register now at: <https://us02web.zoom.us/join/register/tZAofuCspzMQG93zLArikjX5Wz-VIZYM11UCR>

- **CHCP Sunday Community Market** continues at Fort Ross School Sundays from 10:00am to 12:00pm.

- **Veterinary Vaccine Clinic** with Dr. Jennifer Frankot is every Thursday from 8:30am to 12:30pm at Hwy 1 & Skaggs Springs Rd, Stewarts Point.

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## "Ariadne auf Naxos" and "Don Carlos"

### Two Opera Events in March at Arena Theater

Two productions help double the pleasure for great opera in March. Strauss's enchanting masterpiece "Ariadne auf Naxos" screens on March 12; "Don Carlos" follows on March 26. Tickets for each performance are \$24 general, \$22 senior, and \$18 youth (18 and under) and are available at [ArenaTheater.Org](http://ArenaTheater.Org). Please note: All Met Opera audience members must be fully vaccinated and provide proof of vaccination through an original physical vaccination card or photograph of it upon arrival at the box office. The Arena Theater snack bar will be open.

The outstanding cast for the March 12 transmission includes the exhilarating so-

prano Lise Davidsen along with mezzo-soprano Isabel Leonard as the "composer," so-



prano Brenda Rae as the spirited Zerbinetta

and tenor Brandon Jovanovich as Ariadne's lover, the god Bacchus. Marek Janowski conducts.

On March 26 return to Arena Theater for "Don Carlos", which includes tenor Matthew Polenzani in the title role, soprano Sonya Yoncheva as Élisabeth de Valois, and mezzo-soprano Jamie Barton as Eboli. Bass-baritones Eric Owens and John Relyea are Philippe II and the Grand Inquisitor, and baritone Étienne Dupuis rounds out the all-star principal cast as Rodrigue. Verdi's masterpiece receives a monumental new staging by David McVicar (his 11th Met production.)

Details are at [ArenaTheater.org](http://ArenaTheater.org).

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# Crossword

by Margie E. Burke

## ACROSS

- 1 Stadium souvenirs  
 5 Have \_\_\_ on (claim)  
 9 Fraternity letter  
 14 Declare  
 15 Lie next to  
 16 Nobleman  
 17 Fix up  
 18 Sparkly mineral  
 19 "\_\_\_, Don't Shop"  
 20 Former  
 22 Every so often  
 24 Ever and \_\_\_  
 26 River embankment  
 27 Life imitator  
 29 Company owner, e.g.  
 34 Table in chemistry class  
 36 Kate of "The Martian"  
 37 Epson product  
 38 Ripple  
 41 Strong desire  
 42 Like some traits  
 43 Put on a show  
 47 Foot the bill  
 48 Jockey's controls  
 49 Close in on  
 51 Swear words  
 55 Signs of spoilage  
 58 Went wild over  
 59 Kind of ring or swing  
 61 Translucent gem  
 62 Accustom  
 63 Plead

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			48						49		50			
51	52	53						54		55			56	57
58						59			60		61			
62						63					64			
65						66					67			

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- 64 Salazar of TV's "Undone"  
 65 Silent performer  
 66 Rough guess  
 67 Sports award
- DOWN**
- 1 Find fault  
 2 State positively  
 3 Bunion healer  
 4 Go gaga  
 5 Reservoir maker  
 6 Wading bird  
 7 Pastoral  
 8 Flower part  
 9 Drops off  
 10 Smooth operators
- 11 Teen's big date  
 12 Clinton's birthplace  
 13 Aardvark's fare  
 21 R2D2, e.g.  
 23 Cain raiser  
 25 Art subject  
 27 Cobbler fruit  
 28 Fred Berry role  
 30 Round Table title  
 31 Inappropriate  
 32 Field of play  
 33 Well-attired  
 35 Meddle  
 38 Took the gold  
 39 Prayer's end  
 40 YouTube upload  
 42 Misrepresent
- 44 Kindle user  
 45 Vintage toy material  
 46 Ill will  
 50 Love to pieces  
 51 Stiffly formal  
 52 "Doctor Who" villainess, with "the"  
 53 Egg, to a biologist  
 54 Class with mats  
 56 Coarse file  
 57 Do in, as a dragon  
 60 Center of a ball?

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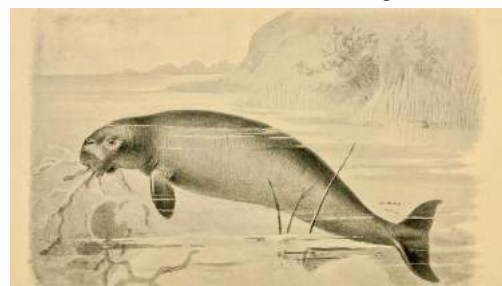
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## "Lost At Sea"

by Mary Jane Schramm, Freelance Writer, Naturalist

Amid swirling kelp fronds in sunlit shallows, the massive creature grazed placidly, her enormous bulk all but invisible beneath the waves, a calf tucked snugly into her side. Periodically their heads broke the surface, nostrils flared to take a few breaths. The mother displayed a broad, dark, pebbly expanse of back and a flat whale-like tail; and, indeed, she was the size of a short and very unstreamlined whale. She had gathered



within her herd of 20 or more intimates, to socialize, nurse, and feed on kelp and sea grasses in the cold nearshore waters of the subarctic North Pacific. They were concentrated around the Commander Islands off Russia, in the western Aleutian chain, but sadly, their feeding grounds lay along the route of Alaska-bound Russian fur hunters, and the sailors knew just where to find them. Unlike the highly prized sea otters they sought, these animals were not their primary targets. But, on long expeditions, the beef-like meat and blubber of these "sea cows" nicely augmented ship's stores.



**Seagoing Potatoes:** The now-extinct Steller's sea cow, *Hydrodamalis gigas*, of the order Sirenia, is most closely related to the modern dugong of the South Pacific and Indian Oceans, and the manatee of the tropical Atlantic. A former Floridian, I regarded manatees as large, aquatic spuds, which they

greatly resemble. However, Steller's subjects were triple their size, up to 30 feet long and hugely rotund, weighing 11 tons. Few records exist of their ecology and behaviors except as documented by German biologist and explorer Georg Wilhelm Steller who scientifically described the species in 1741 – just 28 years before the species disappeared forever, in 1768.

**Witness To Extinction:** Fossils from the Pleistocene Epoch Ice Age that ended around 14,000 years ago, indicate Steller's sea cows inhabited coastal waters from Baja California north to the Bering Sea, and south along the Japanese coast. Their huge size and other adaptations to a cold-water regimen enabled some to endure subarctic conditions where kelp thrived. Paleolithic hunters may have had some impacts, and firsthand accounts note that Aleut and Yupik hunters easily paddled and waded into the shallows among herds of unwary sea cows. By the time Europeans arrived, sea cows may have been in decline, but the Pacific maritime fur trade administered the final disastrous blow, and it was two-fold.

Apart from direct hunting, scientists believe the sudden depletion of the Stellers' food supply, kelp, could have tipped them into an irreversible downward spiral. The fur hunters devastated otter populations. Sea otters eat sea urchins, which left unchecked devastate entire kelp forests and algae beds, leaving the sea cows to starve. "Disappeared" kelp forests and sea urchin barrens along the Sonoma and Mendocino coasts show how even a few species' loss can catastrophically disrupt ecosystems.

**Du-Gone?** The International Union for

the Conservation of Nature (IUCN) Red List of Threatened Species lists the Steller's sea cow's extant relatives, dugongs and manatees, as vulnerable or endangered. IUCN states, "Dugongs are represented by diminished remnant populations, many of which are close to extinction." Habitat loss, vessel and fisheries interactions, and climate change take heavy tolls.



**Deep Thoughts:** It's important to anticipate potential impacts our species may have, as we are now engaged in exploring and exploiting new ocean frontiers, as in deep sea mining. But we must pursue these initiatives with a precautionary approach. Like a Jenga tower, it's hard to say what piece, once removed, could cause the structure to collapse. A solid first step is to conduct baseline studies of these habitats, as our local national marine sanctuaries are doing; see more at <https://farallones.noaa.gov/science/sea-floor.html>.

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### More From "Lost At Sea"

Learn more about dugongs at:  
<https://tinyurl.com/5n7kzba9>

See biologists give Florida's wild manatees a health check-up: <https://tinyurl.com/4r2usjj5>

Smithsonian video: <https://m.youtube.com/watch?v=O624zmss7UM>

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## Get Out! March Music, Poetry, Theater, Film, Art, Radio, Online & more.

Please note: some events currently included in Get Out! are virtual. This "◇◇" means that the host organization will have information on attending virtually via Zoom or other platform.

- Wednesday 02: 9:38am, New Moon on the Coast.
- Wednesday 02: 3:00pm, Teen & Young Adult Poetry Circle, On Line ◇◇
- Thursday 03: 8:30am, Veterinary Vaccine Clinic at Stewarts Point (across from TwoFish.)
- Friday 04: 2:00pm, Meet the Artist—Photographer Rhianna Gallagher—at Think Visual
- Friday 04: 6:00pm, BAKU, music performance at Timber Cove Resort
- Friday 04: 7:00pm, Feature Film "The Power of the Dog" opens at Arena Theater
- Saturday 05: 12:00pm, Media Abstract & Jewelry Opening at Coast Hwy Art Collective
- Sunday 06: 10:00am, Community Market at Fort Ross School.
- Sunday 06: 1:00pm, Bolshoi Ballet "Swan Lake" at Arena Theater.
- Monday 07: 7:00pm, ATFC presents "The Umbrellas of Cherbourg" at Arena Theater
- Thursday 10: 6:00pm, Trio enchantment at Sunset & Jazz at Sea Ranch Lodge.
- Friday 11: 11:00am, "Art In The Schools" at Gualala Arts. Opens March 11.
- Friday 11: 6:00pm, Opening Reception at Sea Ranch Lodge for Sandy Ostrau
- Friday 11: 7:00pm, Feature Film "Death on the Nile" opens at Arena Theater
- Saturday 12: 10:00am, MET Opera Live in HD, "Ariadne auf Naxos" at Arena Theater.
- Saturday 12: 11:00am, "Habitat". Opening at Dolphin Gallery w/ Sara Post and Thomas Post
- Saturday 12: 4:00pm, Women of Wine. Alice Warnecke Sutro at Sea Ranch Lodge.
- Saturday 12: 7:30pm, Live music at Arena Theater featuring Buckridge Racket Club
- Sunday 13: 3:00pm, Mendocino County Youth Poet Laureate Virtual reading. ◇◇
- Sunday 13: 4:00pm, The Telegraph Quartet, Chamber Music Series at Gualala Arts.
- Thursday 17: 7:00pm, Third Thursday Poetry featuring Kathy Evans. ◇◇
- Friday 18: 12:18am, Full Moon arrives over California.
- Friday 18: 7:00pm, Feature Film "Licorice Pizza" opens at Arena Theater
- Saturday 19: 2:00pm, Redwood Coast Dem's Virtual Town Hall. RCMS's Ara Chakrabarti ◇◇
- Saturday 19: 7:30pm, Bluesman John Nemeth at Arena Theater's "Blues on the Coast"
- Monday 21: 7:00pm, "Buena Vista Social Club". Music on Film Nite at Arena Theater.
- Tuesday 22: 4:00pm, "Don't Look Up". Special film screening at Arena Theater.
- Thursday 24: 6:00pm, Trio Enchantment at Sea Ranch Lodge
- Saturday 26: 9:00am, MET Opera Live in HD, "Don Carlos" at Arena Theater.

## SOUTH COAST BUS SERVICE

**ROUTE 75:**  
POINT ARENA/ GUALALA TO UKIAH/ FORT BRAGG



Route 75 Monday through Friday from Point Arena to Gualala at 7:15am. Saturdays: Route 75 runs only from the Navarro Store at 9:15am to Ukiah and back.

**ROUTE 95:**  
POINT ARENA/ GUALALA TO SANTA ROSA



Route 95 is operating 7 days a week from Point Arena to Santa Rosa and back. Leaving Point Arena Monday through Saturday at 8:00am and Sundays at 10:00am.



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