

**ALWAYS
FREE**

April 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



Pt. Arena Lighthouse Has Re-opened! Come Enjoy The Landmark Again.

The cover story in the Lighthouse Peddler is usually about a singular event—one evening, perhaps a weekend or even a week. This month we can go bigger! April 2021 marks the return of visitors to our coastal treasure: The Point Arena Light Station. The landmark will once again begin welcoming visitors who wish to walk the beautiful ocean front acreage, step into the Fog Signal Building housing the Gift Shop and Indoor museum, tour the expanded Outdoor Museum and Labyrinth and more. And those marvelous ocean-front

cottages will again open their doors for lodging. The public is invited to visit beginning April 2. With Mendocino County moving into the COVID-19 Red Tier and the Light Station staff receiving their COVID-19 vaccinations, the popular coastal gem is able to conduct its operations as long as it adheres to the State and County reopening guidelines. The Light Station will be open from 10:00am to 3:30pm daily, and admission to the Light Station Store, indoor museum,

(Continued on page 6)



Opening Reception and Retrospective

Friday, April 2

Noon to 5 p.m

The members of the Coast Highway Art Collective invite you to join them in celebrating

9 years

as a gallery. Covid protocols in place. Please wear a mask and social distance.

284 Main St., Point Arena
Exhibit on display April 1-25

**Point Arena Lighthouse
Launches "Club 150". Businesses
and Individuals Are Encouraged
to Join In !**

The Point Arena Lighthouse Keepers, Inc. (PALKI) is inviting people to join Club 150 as a way of supporting the Point Arena Light Station in its 151st year.

Point Arena Light Station #496 was officially established on September 30, 1869. Construction of the first Tower was completed in April 1870 and the light was first lit May 1, 1870. This date in 2021 will mark 151 years of the Lighthouse lighting the way on the Mendocino coast, but unfortunately the COVID-19 pandemic changed the Light Station's plans. PALKI, the non-profit organization that owns, maintains and manages the Light Station, is hoping that it can present some "150th + 1" events to celebrate this special place and its impressive history.

To help fund these events and the preservation of the Light Station for generations to come PALKI has created Club 150. For a \$150 donation people can join Club 150 and receive a 150th Anniversary T-shirt, cloisonné pin and embroidered patch. Club 150 members' names will also be engraved on a brass plaque mounted on the Club 150 redwood burl in the Buttress Room of the Lighthouse Tower.

The first 20 Club 150 members who join by April 24 will also receive an invita-

**Celebrating "Nine Years Of Art And Friendship"
Opening Reception at Coast Highway Art Collective, April 2**

Nine years ago in March, led by Founding Manager Barbara Fast, a group of like-minded artists joined together and opened the doors of the Coast Highway Art Collective.

On Friday, April 2, from 12:00pm to 5:00pm, the members of the Collective invite the public to join them for an opening reception of a retrospective show, honoring,

tion to the special "150th + 1" celebration at the Light Station on Saturday, May 1 at 6:30pm. "These lucky Club 150 members will be treated to champagne, Lighthouse Mimosas, sparkling juices and sweet and savory snacks," said Mark Hancock, PALKI Executive Director. "A special presentation on the history and technology of the Lighthouse will be given before the ceremonial relighting of the Tower to mimic the first light that was lit at 7:14pm on May 1, 1870. Only the first 20 Club 150 members will be invited, so be part of this special event.

Look for the Club 150 membership application on page 3 of this month's Lighthouse Peddler. Membership applications are also available online at PointArenaLighthouse.com or by visiting the Light Station during its normal business hours of 10:00am to 3:30pm. For additional information please contact the Light Station at 707-882-2809, ext. 1.

remembering and celebrating past and current members.

The Collective has an average of 20-25 members at any time. Some are founding members who have helped guide the group over the past nine years. While others members have come and gone, the constant among the group is a feeling of "family." As with all families, the group has welcomed new members, celebrated their achievements and watched valued members leave for other pursuits. They have mourned the deaths of two of the founding members, Arna Means and Jane Reichhold. Several pieces from both Arna and Jane will be featured during this exhibit.

Current CHAC manager, Ling-Yen Jones, says "I enjoy and love seeing the new pieces of art that artists bring into the gallery. The artists have given the CHAC the unique creativity that it needed and the fun, beautiful and joyful art the community wants to see. During the past year of social isolation, many artists have found it uninspiring and tough to continue to create. However, many collective members have found that inspi-

ration from being part of the gallery, preparing for an exhibit of their work and still being active in our group."

Artists participating in this exhibit include

Bea Acosta, pine needle baskets; Andrea Allen, Chinese brush paintings and ceramics; Phil Clark, wood furniture; Colette Coad, glass; Barbara Fast, fabric art and basket making; Chris Grassano, oil painting, Rozann Grunig, photography; Paula Haymond, mixed

media; Vicki Hodge, jewelry; Geraldine LiaBraaten, photography; Ling-Yen Jones, Jewelry; Arna Means, etchings and paintings, Jack O'Rourke, watercolor; Amanda Pence Hopkins, painting; Brenda Phillips, ceramics; Jane Reichhold, ceramics and beadwork; and Deborah Threlkel, abalone jewelry.

The exhibit runs from April 1 to the 25. The Coast Highway Art Collective is regularly open Thursday through Sunday from 11:00am to 2:00pm. The gallery is at 284 Main Street, Point Arena, next door to the Redwood Credit Union. More information is available at Coast-highway-artists.com.



VIRTUAL TOWN HALL • SATURDAY APRIL 24 • 11 AM



CONGRESSMAN JARED HUFFMAN



STATE SENATOR MIKE MCGUIRE



ASSEMBLYMEMBER JIM WOOD

Please join us when we host a Virtual Town Hall with our U. S. Congressman, our State Senator and our State Assemblymember as they update us on current legislation, issues and government activities that affect us all. They will answer submitted questions on a wide variety of topics including the Environment, the Pandemic, infrastructure, Voter Suppression, Immigration, Health Care, Racial Equality, Republican Recall of Governor Newsom, Redistricting and other possible topics. The Town Hall is open to everyone.

To participate, and/or to submit questions, please visit www.redwoodcoastdemocrats.org at any time between April 17 & 23



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Our thanks to April contributors include JoNel Aleccia, mai haiku, Rozann Grunig, Mitch McFarland, Blake More, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

Cover image: Hare image by Hanne Hasu from Pixabay

FROM THE EDITOR'S DESK

- Gualala Arts is ready for food and music this month. (Cover).
- Has it really been 9 years? Read about the Art Collective. (Page 2).
- Here's a club worth your attention. Join and help sustain the Lighthouse. (Page 2).
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- Get Out! has things for you to hear and see and do. (Back cover).

**Read the Peddler Online-
Its Free & In Full Color!**
www.thelighthousepeddler.com

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Lighthouse Peddler

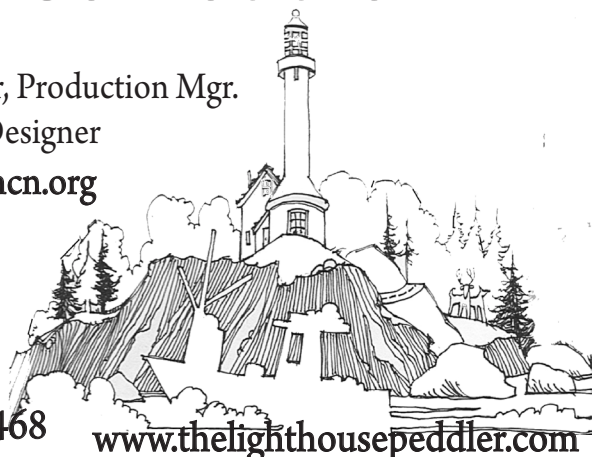
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Point Arena, CA 95468

www.thelighthousepeddler.com



Join the Point Arena
Light Station's
CLUB 150



Help fund Light Station "150th + 1" events by joining **CLUB 150**. For a **\$150 donation** you can join **CLUB 150** and receive the following:

- 150th Anniversary T-shirt, cloisonné pin & embroidered patch
- Your name on a brass plaque mounted on the **CLUB 150** redwood burl in the Buttress Room of the Lighthouse Tower

Application for CLUB 150 Membership

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

\$150 Check enclosed _____ **OR Credit Card Information:**

Card #: _____ Exp. Date: _____

T-shirt size (Unisex sizing)

_____ Small _____ Medium _____ Large _____ XL _____ 2XL

Please mail your membership application to:

Point Arena Lighthouse Keepers, Inc CLUB 150
P. O. Box 11
Point Arena CA 95468

You can also join Club 150 online at PointArenaLighthouse.com

GUALALISA

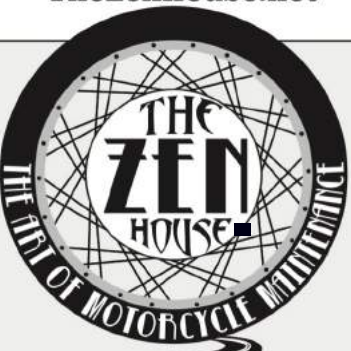
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 Henrik Ibsen (1828-1906)


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BUSINESS HOURS
 Mon • Tue • Thu • Fri
 2pm - 4pm
 CLOSED: Wednesday and Weekends

**Third Thursday Poetry Presents
 Tongo Eisen-Martin.
 Connect Online, April 15**

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, April 15. This month features San Francisco poet Tongo Eisen-Marti, with open mic to follow.

Tongo Eisen-Martin is a movement worker, educator, and poet who has organized around issues of human rights and self-determination for oppressed people



throughout the United States. His curriculum on extrajudicial killing of Black people, titled "We Charge Genocide Again", has been used as a teaching and organizing tool throughout the country. His book someone's dead already was nominated for a California Book Award. His latest book of poems "Heaven Is All Goodbyes" was published in the City Lights Pocket Poets Series, was shortlisted for the Griffin Poetry Prize, and won the California Book Award and the American Book Award.

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.

"This dream requires more condemned Africans
 Or
 State violence rises down
 Or
 Still life is just getting warmed up
 Or
 army life is looking for a new church
 and ignored all other suggestions
 Or
 folk tale writers have not made up
 their minds as to who is going to be
 their friends"

**The Labyrinth at Point Arena Light Station
 A Wonderful Addition to the Outdoor Museum**

If you've never been to the Point Arena Light Station (or it's been some time since your last visit,) the Light Station's 151st Anniversary of lighting the way for mariners sailing along the coast is a great time to explore this gem on the Mendocino Coast. The Light Station is reopening on Friday, April 2, and will be open daily from 10:00am to 3:30pm.

In 2020, the new outdoor museum was created as a complement to the indoor museum that is housed along with the Light Station Store in the 1896 Fog Signal Building. The outdoor museum offers visitors several historical, geologic, artistic and unique features throughout the 23 acre Light Station grounds.

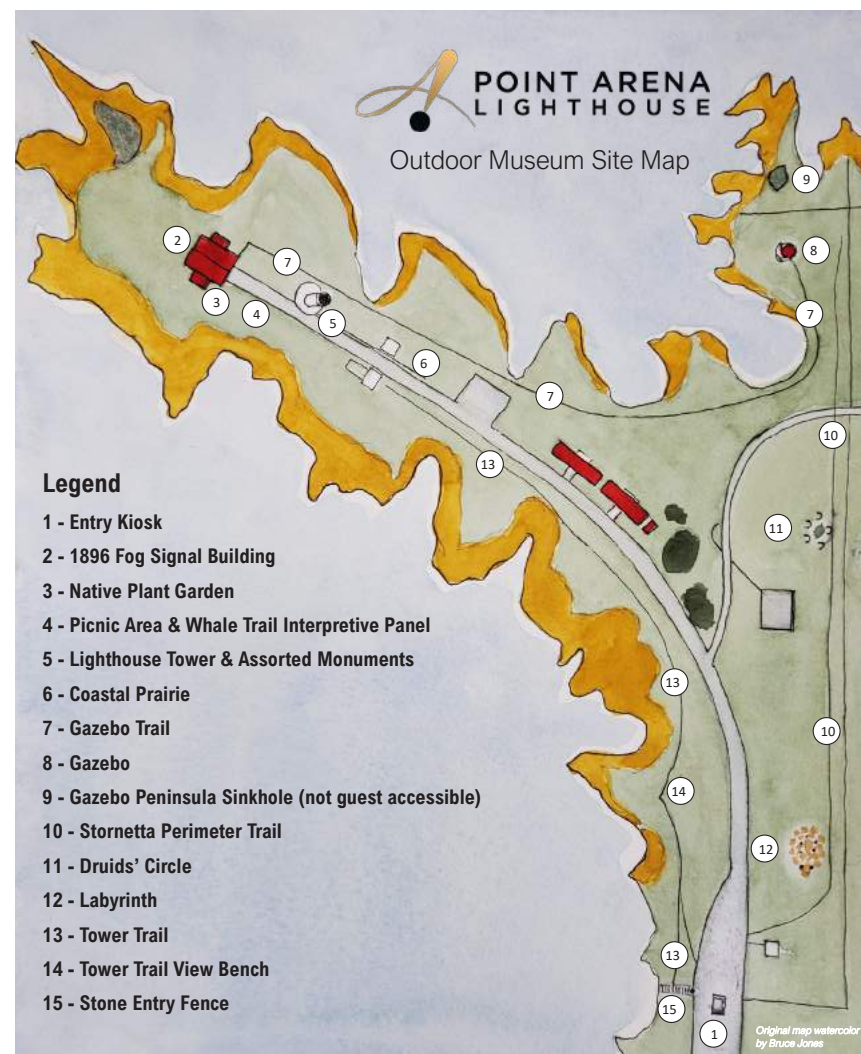
The newest feature, which has proven to be extremely popular with visitors, is the Light Station Labyrinth. Located just inside the entry gate on the eastern edge of the Station, this stone labyrinth offers visitors a meditative and contemplative avenue to enjoy the Station grounds and views. Envisioned and funded by PALKI Board Vice President Laura Franklin, the laby-

rinth was installed by noted stone masons Julien Carmellino of France and Kevin Carman of Riverside, CA. It is an unusual five circuit pattern designed by Marilyn Larson, a founding member of the Labyrinth Society (labyrinthociety.org) and Educational Chair of its Board. It is also the westernmost installation in the "Art Line," a series of walkable, interactive outdoor artworks across the heart of America along a 28 mile-wide band, centered on the 39th Latitude.



The outdoor museum will also introduce visitors to the Druid's Circle, the gazebo from the film "Forever Young" which was left after the 1992 filming was completed, Native Plant Garden, coastal prairie, Whale Trail interpretive panel, several historical plaques and markers around the property, the unique stone entry fence, various trails and memorial and view benches and more.

Information about the Light Station Store, museums and rental cottages is available at PointArenaLighthouse.com or by calling 707.882.2809, ext. 1.



Arena Theater Presents New Telecasts—Art and Music
Five Live-Streamed Events Available Now Through June 1

New live stream programs are ready to watch this month from Arena Theater. In collaboration with telecast provider "BY Experience" (Met Opera, Bolshoi Ballet, National Theatre Live, and Great Art on Screen), Arena Theater will present five live stream events over the next three months including three captured live on-stage theatrical performances, and three Great Art on Screen fine arts documentaries.

Like other streamed events from Arena Theater, watching any of the programs is available by going to the theater's website: ArenaTheater.Org, and then clicking on the telecast tab. Included in the upcoming productions are "War Horse," "Kinky Boots – The Musical," "Secret Impressionists," "42nd Street – The Musical," and "Hermitage: The Power of Art."

The first title available this month is "War Horse," (National Theatre Live), March 31 – April 6, followed by "Kinky Boots – The Musical," (NT Live from London's West End), April 14 – 20, "Secret Impressionists," (Great Art on Screen documentary series), April 28 – May 4, "42nd Street – The Musical," (NT Live from London's West End), May 12 – 18, "Hermitage: The Power of Art," (Great Art on Screen documentary series), May 26 – June 1.

The first title is "War Horse". This production, having already been seen by more than 8 million people around the world, is a powerfully moving and imaginative stage drama, a show of phenomenal inventiveness, filled with stirring music and songs. At its heart are astonishing life-size puppets by South Africa's Handspring Puppet Company, who bring breathing, galloping,



charging horses thrillingly to life on stage. Based on the beloved novel by Michael Morpurgo, and adapted for the stage by Nick Stafford. "War Horse" is available now through April 6. Tickets are \$15. The appointment screenings (all Pacific Time) will be daily at 10:00am, 1:00pm, 4:00pm and 7:00pm.

Next up, "Kinky Boots-The Musical", is available from April 14 - April 20. Captured

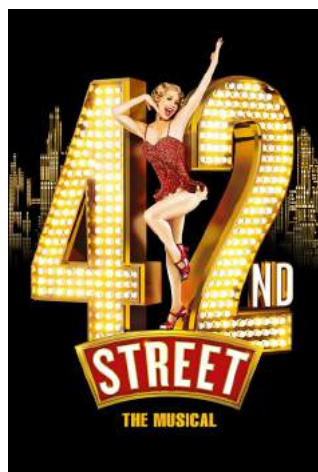
live from the London stage, it dazzles as the "freshest, most fabulous, feel-good musical of the decade". With songs by Grammy® and Tony® winning pop icon Cyndi Lauper, direction and choreography by Jerry Mitch-



ell (Legally Blonde, Hairspray), and book by Broadway legend Harvey Fierstein (La Cage Aux Folles), this "dazzling, fabulously sassy and uplifting" (Time Out) award-winning musical celebrates a joyous story of Brit grit to high-heeled hit as it takes you from the factory floor of Northampton to the glamorous catwalks of Milan! The appointment screenings (all Pacific Time) will be daily at 10:00am, 1:00pm, 4:00pm and 7:00pm.

"Secret Impressionists", a Great Art on Screen documentary series, reveals the story of the art revolution sparked by the Impressionist movement of the late 1800s. The art-documentary unveils 50 previously unseen works by Impressionist masters Manet, Caillebotte, Renoir, Monet, Cézanne, Signac, Sisley, and Morisot. Available from April 28 - May 4, tickets are \$15. The appointment screenings (all Pacific Time) will be daily at 10:00am, 1:00pm, 4:00pm and 7:00pm.

"42nd Street – The Musical" (from London's West End), captured live from the London stage and directed by the original author of the show, Mark Bramble, is one of Broadway's most classic and beloved tales. Full of crowd-pleasing tap dances, popular musical theatre standards including "Lullaby of Broadway", "We're in the Money", "42nd Street" and more, plus show-stopping ensemble production numbers. Not to be missed! 5 Stars "A wow factor revival of one of the greatest musicals of all time" – The Times (London) 5 Stars "The mother of all show-biz musicals" -- Daily Telegraph Available for viewing from May 12-May 18. Tickets are \$15. The appointment screenings (all Pacific Time) will be daily at



10:00am, 1:00pm, 4:00pm and 7:00pm.

"Hermitage: The Power of Art", is a spectacular Great Art on Screen documentary series, touring through St. Petersburg's State Hermitage Museum, a wonderful complex of buildings with the largest collection of paintings in the world, to retrace two and a half centuries. Audiences pass through the magnificent interiors that provided a meeting point for foreign artists, architects and intellectuals creating connections through art and culture. Toni Servillo



leads us on this journey through the Hermitage and the magnificent city of St. Petersburg with its waterfront, statues, canals and the bridges that form a symbolic cultural and visual element between places and distant civilizations. This film will be available from May 26 through June 1. Tickets are \$10. The appointment screenings (all Pacific Time) will be daily at 10:00am, 1:00pm, 4:00pm and 7:00pm.

All programs are live streamed and can only be watched on the date and time it takes place (the times indicated for each screening.). The appointment screenings are available one week for each program, from Wednesdays to Tuesdays, daily at 10:00am, 1:00pm, 4:00pm and 7:00pm. Tickets for National Theatre Live shows and Great

Art on Screen documentaries are available via the streaming platform, Stellar Tickets, with events viewable on any device, and customers can watch using a web browser, a mobile app or from their TV by accessing the Stellar app, available across a number of devices: Roku, Amazon (Fire), Google Play, Apple TV. Stellar will provide tech support and troubleshooting if needed.

Arena Theater is located at 214 Main Street, Point Arena, California. Arena Theater is a member-supported community theater owned and operated by the Arena Theater Association, a 501 (c) (3) not for profit corporation. For additional information visit: www.arenatheater.org.

Gualala Arts
SINCE 1961
707.884.1138
GualalaArts.org
46501 Old State Hwy
Gualala, CA 95445

**New Exhibits
Opening April 3 at
Gualala Arts.**

**"Combining Forces"
The Art of
Arun Patel and Keith Wilson**

**"Heart and Soul"
The Art of Jane Head.**

**A Fundraiser for Gualala Arts
The Photograph Sale of
Images by Sharon Nickodem**

**Ceramics by Local
Sculptor Susan Nutter.
Environmental Collaboration
Totems from Ann Savageau**

**New Exhibit opens at
Dolphin Gallery, April 10
"One Woman's Dreams
and Visions"
The Art of Carolyn Singer**

**"Art in the Schools"
Online! Only, begins Apr. 16.
Art by area Elementary and
High School Students.**

**Iyengar Yoga in the Redwoods!
Online Only! Workshop
with Janet MacLeod, April 16-18**

**Gualala Arts: Open daily, 11 am to 4 pm
Dolphin: Open Thu-Mon, 11 am to 4 pm**

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

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L	H	A	L	E	P	E	S	S	I	S	A

Solution to Crossword:

New Moon



April 12

Full Moon



April 27



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LIGHTHOUSE continued from cover

will be \$5 for everyone 12 years and over or \$25 per vehicle carrying up to eight people. Children under 12 are free, as are all Point Arena Lighthouse Keepers, Inc. (PALKI) members.

“We are so excited to be able to begin to welcome visitors back to the iconic Point Arena Light Station,” says Mark Hancock, Point Arena Lighthouse Keepers, Inc. (PALKI) Executive Director. “My team has reviewed our COVID-19 processes, procedures and protocols, and we have maintained our stock of disinfecting/sanitizing compounds so that we can ensure the safety of our guests and staff, and we look forward to welcoming guests beginning Easter weekend. The iconic 115’ tall Lighthouse Tower—tallest on the Pacific coast—will sadly have to remain closed, initially, as its tight dimensions in the Watch Room and Lantern Room and confined spiral staircase make it difficult to enforce social distancing and disinfection/sanitization for each tour. As a team we all agreed that it is in the best interests of our staff and guests to not allow tours in the Tower. We will revisit this as the State and County Orders continue to be revised, but the health and safety of our guests and staff will always take precedence.”

The Light Station, which is celebrating its 151st Anniversary of lighting the way for mariners sailing along the coast, introduced its outdoor museum in July 2020 to complement the indoor museum that is housed along with the Light Station Store in the 1896 Fog Signal Building. The outdoor museum offers visitors several historical, geographic, artistic and unique features throughout the 23 acre Light Station grounds (see



a separate story about the Outdoor Museum and Labyrinth in this issue of the Lighthouse Peddler).

“Please come out and support the Light Station in its ‘150th + 1’ Anniversary year,” continued Hancock. “Our Light Station Store has 150th Anniversary pins and patches and a great variety of Lighthouse outerwear, jewelry, home décor, toys, books, artwork and more. I am also pleased to announce that our charming and unique rental cottages are open for guests as well, including the beautifully remodeled Assistant Keeper’s House 4, Head Keeper’s House and Keeper’s Apartment. We hope to have our newest cottage, the Bookkeeper’s Room, open sometime in April. This cozy and romantic room will be fully Americans with Disabilities Act (ADA) compliant, a first for the Light Station lodging. We are following the Cal/OSHA guidance for lodging management, cleaning, disinfecting and sanitizing. I am deeply grateful for the many generous donations we received since the closure and the people that became Lifetime Members to help support us.”

The Light Station Store and indoor museum will be operating under the Red Tier rules for retail and museums, and all visitors will be required to wear masks and observe social distancing while in the Fog Signal Building. Masks and gloves will be available for purchase at the entry kiosk or in the Light Station Store, including custom made nautical-themed cloth masks made by Lighthouse supporter Maria Linker and donated by her to benefit the Light Station. Information about the Light Station Store, museums and rental cottages are at PointArenaLighthouse.com or call (707) 882-2809, ext. 1.

Under Served Families To Receive Free Access To The Coast Botanical Gardens

Hundreds of under-served families will soon receive free access to the Mendocino Coast Botanical Gardens.

The Mendocino Coast Children’s Fund is providing 200 local families with memberships to the Botanical Gardens. The “Botanical Benefits” program will increase access to the healing power of nature for our community’s hard-working families in a safe and beautiful space. Memberships will be distributed through MCCF partners including local schools, agencies, and programs serving under-served communities. Families will be selected from those living between Westport and Elk and inland to Comptche.

Visiting the Mendocino Coast Botanical Gardens on a regular basis gives families a chance to spend quality time together outdoors in a safe and beautiful space.

Redwood Coast Democrats Host A Virtual Town Hall, April 24

This month the Redwood Coast Democrats will host a virtual town hall with three of the most visible and engaged people representing us: Assembly Member Jim Wood, State Senator Mike McGuire, and Congressman Jared Huffman. The Virtual Town Hall is Saturday, April 24, 2021 at 11:00am.

Among the topics that will likely be addressed are the Environment, the Pandemic, Regional Infrastructure, Voter Suppression, Immigration, Health Care, Racial Equality, a Recall of Governor Gavin Newsom, Redistricting and other possible topics.

Everyone is welcome to participate as a passive observer, or submit questions for the group. Information will be available at RedwoodCoastDemocrats.org. Join other residents at this virtual town hall on April 24 and find out what’s going on.

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Words on Wellness • "Pacific Tree Frog" by Karin Uphoff

Rains and wind mix with the promise of warm sunshine and the deafening chorus of Pacific tree frogs - the quintessential song of spring. These little critters, whose bodies are the size of a walnut, can pack a sound punch when they join in ponds, bogs and puddles for their annual mating rites. That signature sound is made by males attempting to attract females to the water's edge. As one chirps, others join in, competing for the interest of any available lady frogs in a torrent of overlapping ribbits. They place themselves under rocks, logs



and drainage pipes to capture the acoustics, throwing their voices to sound bigger and louder – just stand outside at night and listen to their hubbub. I once walked to ocean's edge during full moon following a chirping chorus to an unlikely spot along the cliffs within the tidal spray zone. There, on a rocky outcropping, I discovered the smallest swale fed by a seasonal drip that was in full frog party mode.

A female lays up to 750 eggs in separate clumps, which the male fertilizes. Each egg mass surrounded by a protective jelly is attached to vegetation and camouflaged

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 • Note: Karin is away. This column is from April 2019.

by algae. Eggs hatch within five weeks and quickly grow into tadpoles with half-inch juveniles climbing out of the water six to eight weeks later. Most frogs die before this, eaten by fish, bullfrogs, herons, egrets, dragonfly larvae, raccoons and reptiles. Humans also take their toll in the form of lawn mowers,

pesticides, cats and cars. Despite high mortality rates, Pacific tree frogs are thriving and admirable in their do-diligent diet of spiders, beetles, flies, and ants, eating insects nearly as large as they are, by expanding their bodies to accommodate.

After their fall/winter hibernation, their spring sound-bloom brings us joy and imparts a contagious enthusiasm that some of us need in the last months of stormy weather. Research indicates the pitch and volume of these little critters adjusts to surrounding noise. Urban tree frogs are louder and this effort creates stress that raises their cortisol levels, which in turn reduces sperm counts. Such findings may be telling of what happens for other species, including our own. Here on the north coast the volume of frogs far exceeds human volume and I for one, hope it stays that way!

Western Tanager: "A Taste of the Tropics"

I will always remember the first morning I saw a Western Tanager. I could not believe it was real. This bird is bright yellow with black wings and a brilliant red head. The Western Tanager offers a taste of the tropics. The name Tanager is an anglicized version of Tangaras given them by the Tupi Indians of the Amazon region. These brightly colored songbirds are from a family of 236 species including Euphonias. But only 5 make it up to North America for breeding.



The breeding male Western Tanager has a Yellow chest and rump, black wings and tail and a bright red head. On the wings there is one yellow and one white wing bar. The female is a dull yellow green with faint wing bars. They have a pale bill and are around 7 inches long.

Breeding pairs come to the foothills and mountain forests in spring and summer. They glean insects from plants or catch

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Western Tanager. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendonoma Coast.

More information is at www.mendocinocoastaudubon.org.

them in the air. These include wasps, ants and beetles. They also eat fruits such as Elderberries. Their song sounds a lot like an American Robin's but is more hoarse and ends with a hiccup-like pit-ta-tik call.

They nest in tall conifers from sea level to 9,000 feet. They make their nests on branches, far from the trunk. The nest is made with loose twigs and grass, then lined with fine rootlets and hair. The female lays 3-5 blue eggs with brown markings. She incubates them for 2 weeks.

In April, May and August and September they can be attracted to back yards for baths and to feeders with cut oranges, bread and cake.

Western Tanagers can serve as ambassadors to the greater Americas. They can remind us that our choices for fast food beef, exotic fruits, and coffee, unless it is shade-grown, can have a harmful effect.

Lions and Tigers and Anteaters? US Scientists Scan the Menagerie for COVID

By JoNel Aleccia, Kaiser Health News

As COVID-19 cases surge in the U.S., one Texas veterinarian has been quietly tracking the spread of the disease — not in people, but in their pets.

Since June, Dr. Sarah Hamer and her team at Texas A&M University have tested hundreds of animals from area households where humans contracted COVID-19. They've swabbed dogs and cats, sure, but also pet hamsters and guinea pigs, looking for signs of infection. "We're open to all of it," said Hamer, a professor of epidemiology, who has found at least 19 cases of infection.

One pet that tested positive was Phoenix, a 7-year-old part-Siamese cat owned by Kaitlyn Romoser, who works in a university lab. Romoser, 23, was confirmed to have COVID-19 twice, once in March and again in September. The second time she was much sicker, she said, and Phoenix was her constant companion.

"If I would have known animals were just getting it everywhere, I would have tried to distance myself, but he will not distance himself from me," Romoser said. "He sleeps in my bed with me. There was absolutely no social distancing."

Across the country, veterinarians and other researchers are scouring the animal kingdom for signs of the virus that causes COVID-19. At least 2,000 animals in the U.S. have been tested for the coronavirus since the pandemic began, according to federal records. Cats and dogs that were exposed to sick owners represent most of the animals tested and 80% of the positive cases found.

But scientists have cast a wide net investi-

gating other animals that could be at risk. In states from California to Florida, researchers have tested species ranging from farmed minks and zoo cats to unexpected critters like dolphins, armadillos and anteaters.

The U.S. Department of Agriculture keeps an official tally of confirmed animal COVID cases that stands at several dozen.

But that list is a vast undercount of actual infections. In Utah and Wisconsin, for instance, more than 14,000 minks died in recent weeks after contracting COVID infections initially spread by humans.

So far, there's limited evidence that animals are

transmitting the virus to people. Veterinarians emphasize that pet owners appear to be in no danger from their furry companions and should continue to love and care for them. But scientists say continued testing is one way to remain vigilant in the face of a previously unknown pathogen.

"We just know that coronaviruses, as a family, infect a lot of species, mostly mammals," said Dr. Peter Rabinowitz, a professor of environmental and occupational health sciences and the director of the University of Washington Center for One Health Research in Seattle. "It makes sense to take a species-spanning approach and look at a wide spectrum."

Much of the testing has been rooted in scientific curiosity. Since the pandemic began, a major puzzle has been how the virus, which likely originated in bats, spread to humans. A leading theory is that it jumped



Continued on Page 13

Haiku for April

"in the sun
newly blooming
cherry buds
blush pink"

by mai haiku

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Combining Forces" (A Camera and a Brush) at Gualala Arts A New Exhibit of the Art of Arun Patel and Keith Wilson • Opening April 3

"Combining Forces" (A Camera and a Brush) is a new exhibit in the Burnett Gallery at Gualala Arts. Opening Saturday, April 3, the exhibit features the result of a collaboration between two artists—one a photographer and the other a painter. The exhibit continues through Sunday, May 2, 2021. Hours during the Saturday opening are 11:00am to 7:00pm. A preview for members is set for Friday, April 2 from 11:00am to 4:00pm. Regular gallery hours at Gualala Arts are 11:00am to 4:00pm every day.

Arun Patel, a photographer, and Keith Wilson, a painter, have long shared an intense common interest in the nature of



nature and sublime beauty by producing artwork as an informed response to the

non-artificial environment. "Combining Forces" will include some of their existing individual observations and also some collaborations which will interact in the creation of unique jointly-created artworks. Included will be works that feature both artists interpreting the same scene and/or both artists' work presented on the same paper or canvas.

The North Coast has been a continual inspiration for these artists, and this exhibit will provide a close up view of the unknown details and phenomena which make it a unique place to live. Through years of intense study of Japanese aesthetics and Chinese painting traditions coupled with extensive travel in rural Japan and China, a framework for experiencing the North Coast shore, meadows and forest zones has guided them.

Responding with a slow and measured observation of the local area, it is the intent to reveal and share these observations with the community through the created artworks providing the encouragement to the visiting viewers to develop similar individual viewing habits and engender an intense painterly appreciation of the North Coast.

Arun Patel will exhibit photographic work on special handmade papers. Keith Wilson will display oil paintings, sumi ink/watercolors and ink drawings on stone. The collaborative work will be a combination of digital output and hand painted photographic work.



Arun Patel is interested in creating art at the intersection of black & white photography and painting, taking principles from Asian landscape paintings such as the use of negative space and creating layers. Furthermore, he is passionate about Japanese washi paper, and matching the image to the translucence

and texture of the varied papers in his collection. Arun Patel's website is: www.ArunPatelStudio.com.

Keith Wilson has been a painter for over 40 years. He was a student of Charles Moore and worked on special projects with Lawrence Halprin. He has participated in Open Studios in the area and has exhibited locally including the Gualala Arts Center for over 12 years. Keith Wilson's website is: www.KeithWilsonArt.com.

Far left: "Phantom Limb-Lonetee Tree"
Above: "Shadow Monk-Ocean Monk"

Discover The Discovery Gallery

The weather is changing, optimism is rising, and the Discovery Gallery Artist Collective is getting a fresh look. The gallery is still not able to hold festive openings, but the day when that is possible is nearing. During the shutdown we've been particularly creative and our member artists have new work for your viewing and purchasing enjoyment.

We invite you to stop in to see this new and exciting work. We are located on the corner of the Seacliff building just a few steps south of Trink's. Enjoy an outdoor breakfast or lunch at Trink's and then walk to the gallery for a pleasurable way to digest your delicious meal. You will find new works by Paula Haymond, Leslie Moody Cresswell, Steve Chell, Carol Chell, Jane Head, Bruce Jones, Sharon Nickodem, Judy Pfeifer, Jennie Henderson, Michael Henderson, John Stickney, Karen Scott, Pam Goedhart, Walt Rush, Larain Matheson, Doric Jemison-Ball, Kalynn Olsen, Kelley Kieve, and Barbara Johannes.

Pandemic protocols remain in place for your safety. The gallery is open Thursday through Tuesday from 11:00am to 3:00pm. "We look forward to seeing you."

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"Heart and Soul"

A New Exhibit at Gualala Arts Featuring the Art of Jane Head Opens April 3

"Heart and Soul" is a new exhibit in the Elaine Jacob Foyer at Gualala Arts Center. Opening Saturday, April 3, the exhibit features the work of coastal artist Jane Head. The exhibit continues through May 2.

"Heart and Soul" at Gualala Arts is an exhibit of the works of Jane Head, a multi-faceted Mendocino Coast artist.



Jane Head's time on the California Coast has clearly influenced her creative side. As she recently told us, "It is with a grateful and blessed heart, that I present this new exhibition of art, crafted over the past 18 years. This magical place on the Mendocino Coast has given me many beautiful gifts. I am awed by its natural beauty, I am equally awed by the community of volunteers, talented and hardworking individuals who gift this community with their presence! I especially want to honor those people who work diligently to keep us safe and healthy at Redwood Coast Medical Services (RCMS) and for Gualala Arts and its commitment to the arts during these difficult times."

All proceeds from this show will be donated to RCMS and Gualala Arts. This will prove to be a delightful exhibit and an opportunity to support two of the coastal organizations that are important to all of us. Jane added, "I hope you will join me with your generosity! Enjoy the show!"

"Heart and Soul" continues through Sunday, May 2, 2021. Hours during the Saturday opening are 11:00am to 7:00pm. A preview for members is set for Friday, April 2 from 11:00am to 4:00pm. Regular gallery hours at Gualala Arts are 11:00am to 4:00pm every day.

The Dolphin Gallery presents "One Woman's Dreams and Visions" Carolyn Singer's Exhibit Opens Saturday, April 10

The Dolphin Gallery presents "One Woman's Dreams and Visions", a new exhibit opening Saturday, April 10. The exhibit features the works of Carolyn Singer, and includes mixed-media sculptures, collages using her mono-printed papers and colored pencil drawings.

Butterflies have been an important symbol in the art of Carolyn Singer for 50 years. Butterflies can symbolize transformation, rebirth, immortality, beauty, femaleness, freedom, transience, death, the soul.... In her show at the Dolphin Gallery, she will be showing sculptures, collages and pencil drawings featuring butterflies.

Singer's sculptures explore ways to represent childhood memories, simultaneous and interrelated events, dreams and waking visions. A lover of theatrical illusion and a collector of ephemera and "stuff" she creates environments and figures by transforming ordinary materials into the unexpected.



The collages are created with unique papers she prints with many layers of pattern. Very different are her colored pencil drawings using the butterfly format to explore abstract design.

Singer added, "I enjoy creating miniature figures, scenes, worlds. I love seeing the potential in something discarded or ordinary.. Butterflies have shown up in my art for a long time. I embroidered a butterfly 50 years ago. I've made fantasy butterfly drawings for 15 years. I made a butterfly filled torso sculpture two years ago. When I wanted to explore mono printing I turned the printed papers into butterfly collages. Now butterflies inhabit my newest sculpture."

The Dolphin Gallery is located in Gualala's Uptown Gallery District, Cypress Village, 39114 Ocean Drive, Gualala, 707.884.3896. The gallery is open Thursday through Monday, 11:00am to 4:00pm. The exhibit continues through June 6, 2021.

April 19 • Save The Date • Arena Theater Association's Annual Membership Meeting and Board Election (Virtual Meeting)

The Arena Theater Association will hold its Annual Membership Meeting and Board Election on Monday, April 19, at 6:00pm, via Zoom. A link to the meeting will become available closer to the date and can be requested by emailing info@arenatheater.org.

The membership will elect three board members for a three-year term. Running for a seat are Susan Crutcher, Lisa Joakimides (incumbent) and Art "Sundance" Sussman. President Barbara Pratt and Treasurer Dean Fernandez will be leaving the board.

The Zoom meeting is open to the public but only theater members in good standing can vote. Members can vote via a Google Form or download a PDF of the ballot, available April 2 at www.arenatheater.org. People who wish to vote but are not members may join now, visit <https://www.arenatheater.org/support/membership/>. Printed ballots should be mailed to Arena Theater, PO Box 611, Point Arena, CA 95468. Unfortunately, due to Covid-19 restrictions, ballots cannot be picked up or dropped off in-person.

The meeting will begin with

candidates briefly introducing themselves, followed by reports from the standing committees. Election results will be announced the next day and posted on the theater's website and in the weekly email.

For more information please contact the Arena Theater business office at 882-3272.

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What's In A Name?

by David Steffen

The news was grim this week. Time stopped. Not for all, and not (necessarily) here on the coast, but once again time stopped. Tuesday was expected to be, well, Tuesday. We all had things to do, places to go, people to speak with, letters to write, meals to prepare, calls to make. Check our texts, emails, see what's going on. And yet, Tuesday changed. There was a headline, but perhaps not the one you're thinking of.

Mike Nguyen is undergoing treatment for lymphoma, his second bout with cancer. I don't know him but I wish I did. Mr. Nguyen owns the Noodle Tree restaurant which sits across the road from the San Antonio campus of the University of Texas. In early March Mr. Nguyen was interviewed on CNN about Texas Governor Greg Abbot's decision to lift the mask mandate in the Lone Star State.

As a restaurant owner concerned about the spread of the Covid virus, Mr. Nguyen wasn't pleased. So he spoke his mind. Publicly. Let's see, he's a cancer survivor, a restaurant owner, and a concerned person. His name suggests he or his family emigrated to America from Asia. I don't know if he was born in Bangkok or Baltimore, and I don't care. Yet I must admit he was a victim of the crime, perpetrated by those following the teachings of the former president, known professionally as #45. Mr. Nguyen objected to the Texas governor's callous disregard for simple, sound principles during a pandemic. And that's when the shit hit the fan. Members of the cult of those who follow the teachings of their dear leader, #45, decided to attack Mr. Nguyen by trying to destroy his business.

The story by Andrea Salcedo appeared in the Washington Post on Tuesday, March 16:

On the day after Mike Nguyen found the racist slurs covering his restaurant's windows and patio tables, he saw the best and the worst of his community at once. People came out to help clean up after his San Antonio ramen shop was vandalized on Sunday, following

his national TV appearance last week in which he condemned Gov. Greg Abbott (R) for lifting Texas's mask mandate. In response to the interview, the Asian American chef and owner was flooded with death threats, one-star online reviews and harassing messages.



For the moment I'll choose to not assume that every single one of #45's followers are racist, xenophobic, ethnocentric, nationalistic, jingoistic, isolationist, prejudiced, intolerant, parochial, insular bigots. That being said, I'm afraid I am inclined to believe that the majority of them embrace one or more of those descriptives. Consider the words painted on the windows and the outdoor countertops of the Noodle Tree restaurant: "Kung Flu." "Commie." "Hope you die." "Ramen noodle flu." "Go back 2 China."

The cult of 45's racist activists should bother all of us. We don't all live in San Antonio, and it's unlikely most of us can drop what we're doing and head to Texas to show some support. The Post story continued, "But after his business was targeted, college students, neighbors, patrons, fellow business owners and local officials told the 33-year-old restaurant owner they were not going to tolerate ignorance and hate. . . . 'Yesterday started off very negative, but the positive is that it showed the unity'" Nguyen told The Washington Post on Monday. "Even though we have a division in Texas, I've had people on

both sides of the stance say, "This isn't right."

In May, 1977, my wife Dolly and I were sort of fortunate that we happened to be staying at a hotel in Century City, California. For those who are not certain just where this 'community' is let's just say that, in large part, it sits on what once was the Twentieth Century Fox film studio. After dinner, a friend of mine, Barry Gross, took us on a quick drive-through tour of the remaining Fox studio backlot. He stopped the car in an area among Fox's sound-stages, and invited us to get out of the car for a moment. He pointed north and told us, "Do you see the cars on the road up there? During the filming of 'Spartacus', thousands of slaves came charging down from that road—Santa Monica Boulevard—toward where we're standing right now." They were actors of course, and I'm not certain if Barry was absolutely correct, but one could actually visualize the slaves coming right down the hill to conquer Barry's Mercedes sedan. In any case, across the street from our hotel was a movie theater, and it was showing the premier of a new film. The next day we bought two tickets and sat down in a nearly-empty theater and watched "Star Wars". As almost everyone knows, the film opens with the "floating" narrative: "A long time ago, in a galaxy far, far away."

I tell you the tale of "Star Wars" meets "Spartacus" because as I'm writing this, my thoughts returned to our daughter. Dolly and I went through a number of 'journeys' on our way to parenthood, and our years of perseverance were rewarded with the birth of our daughter (pictured here). We didn't actually know about her at the exact moment of her birth. For all we knew she might be coming to us from a galaxy, far far away, but in March of 1988 we learned she had arrived. Sort of. Caitie was born in Korea and we were thrilled she was going to be ours. Six months later we flew to Seoul, spent four days there, and returned home on a Korean Air flight to Los Angeles as a family. About 10 months later our adoption was legally complete. Fast forward, Caitie graduated from USF and is creating a successful life for herself in the Bay Area. Honestly, while I think of her every day, I don't spend a lot of time worrying about her. And yet . . .

. . . Here we are in 2021 and we find that #45, a proven racist, misogynist and xenophobe, has given license to so many former-

ly-closeted racists, misogynists and xenophobes everywhere, encouraging them to let it all out. Obviously none of them have dared to look into their own family lineages to discover they're from Poland, Italy, Spain, Ireland, Germany, France, Greece, Britain, Mexico and elsewhere. Unless your family can trace its roots to one of the many true native Americans, the indigenous Americans from New York and New England, from the Trail of Tears to the Dakotas, or Arizona, Oklahoma, New Mexico, Utah, California or from other states, then you and your family, too, are 'imports', the progeny of immigrants. Transplants. Foreigners. Settlers.

For those who also may have read about Mr. Nguyen on the 16th, when you woke up on the 17th you were greeted with another atrocity, another massacre. With three separate stops a supposedly sentient-being drove to three Atlanta-area businesses and killed eight people, six of them with Asian-sounding surnames like Tan, Feng, Yue, Yaun, Park and Kim. These last two names struck closer to home with me than the others. Both Kim and Park are common family names in Korea.

The bigotry and worse unleashed by #45 cannot be tolerated. We must all resist the natural instinct for self-preservation. We cannot remain quiet. No one is safe with a former president who has proven his anti-women, anti-immigrant, all white agenda. As Maya Angelou reminded us years ago, "When someone tells you who they are, believe them". We know what he is.

Somewhat ironically this week, on the same day as the massacre in Atlanta, 172 Republicans in the House of Representatives, voted against a simple reauthorization of the Violence Against Women Act. Perhaps they just didn't connect the massacre as an example of violence against women. The bill, with all of the Democrats (supported by 29—perhaps enlightened Republicans), passed the reauthorization, but when it gets to the senate the Republicans there will undoubtedly also vote against reauthorization, or they may decide to filibuster.

Spread the word. From San Antonio, to Atlanta and beyond, racism, misogyny and xenophobia exist here in the land of e pluribus unum. It is unlikely that we can eradicate these biases in our lifetimes, but we can at least help begin the journey to a more perfect union.



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"OMG WTF Does the Constitution Actually Say"

A Book by Ben Sheehan • Reviewed by Jennifer Bort Yacovissi

Sometimes, it's helpful to be reminded of basic things you don't often think about. For example, when the current president of the United States starts musing on Twitter about the possibility of delaying the upcoming election, you might ponder, "Oh, can we just pick a date? I thought maybe there was some document that mandates how we set the schedule for presidential elections?"

Thanks to Ben Sheehan for reminding us that document is called the U.S. Constitution. His new book, *OMG WTF Does the Constitution Actually Say?*, also reminds us that the subject document contains a whole host of exceptionally useful information about how this country is supposed to work.

As you might guess from the title, Sheehan takes a decidedly unbuttoned approach to explaining the language and meaning of the Constitution, while providing context, intent, and logic — such as it may be — behind each section, along with lots of other illuminating information.

For example, if you've ever wondered about the full line of presidential succession, which Congress sets, the author explains that it's determined by the order in which cabinet positions were established, and he lists them along with the date they came into being. As he notes, if we ever get to number 18, secretary of homeland security, some really bad stuff has just happened.

And it's interesting to consider that neither the speaker of the house, number two in line, nor number three, the senate president pro tempore — a largely ceremonial position currently held by Chuck Grassley, age 86, and once by Strom Thurmond, at 99 — needs to be a representative or a senator. You or I could be second in line for the presidency if only we could get a majority in the U.S. House of Representatives to vote for us.

Sheehan's approach is wonderfully accessible, though his language is perhaps more colorful than it needs to be. Of the three presidential impeachments so far, he notes that one was "for lying under oath about a blowjob." Toned down a bit, this guide would be perfect to use even in middle-school classrooms, which the author would see as a positive step.

He bemoans the fact that most schools don't teach civics, a subject he describes as our "participation toolkit," one that "isn't

some ditchable elective — it's vital stuff." Sheehan continues:

"It's weird that a country that is run by 'the People' is full of people who don't know how it runs... If we don't know how our government works, it's hard for us to hold our elected leaders accountable."

He takes each section of each article of the Constitution one at a time, provides the full text, and then breaks it down in modern, digestible language. The Declaration of Independence gets a similar treatment. Even more helpfully, he sets up four useful notations for expanding beyond the text: BTW, FYI, IMO, and N/A.

Tellingly, many of the N/As — no longer applicable — deal with the Constitution's extensive language related to slavery, such as fully half of Article IV: Section 2, which explains that any fleeing slaves must be returned to their owners, even if they made it to a free state.

Reading the entire Constitution — the preamble, seven articles, letter of transmittal, and the 27 amendments — is a reminder that context is crucial to meaning, no more so than in the discussion of the Second Amendment.

Though "2Aers" love to ignore that amendment's crucial first two clauses, originalists like Antonin Scalia should have grasped what James Madison had in mind when he wrote, "A well regulated Militia, being necessary to the security of a free State..."

The word Militia is used twice in the first seven articles, and, as Sheehan notes, "Each time, 'Militia' refers to a supplemental army to the U.S. Army." Clearly, its modern analog is the National Guard and Reserves, though the Supreme Court on which Scalia sat in 2008 took a far broader — that is, a far more liberal — interpretation.

An issue that hits close to home is Sheehan's discussion of the Twenty-Third Amendment, which was ratified in March 1961 and finally gave residents of the District of Columbia the right to vote in presidential elections. Though his book came out before DC's statehood bill finally passed the house for the first time ever this June, Sheehan makes a compelling case for its full passage. He notes that, in fiscal year 2018:

"[District] residents paid \$28.5 billion in federal tax, more than 21 states and more than Vermont, Wyoming, Alaska, Montana, and West Virginia combined.

DC also has more residents than Wyoming or Vermont, but 0 senators and 1 non-voting representative... America is actually the only democracy (representative or otherwise) on earth where residents of the capital city don't have voting representation in the national legislature."

The case for continuing to disenfranchise tax-paying DC residents? Because the District would become a reliably blue state.

One would imagine that all leaders in a functioning democracy would want to do everything they could to encourage the highest level of voter participation. Unfortunately, that's not the case in America, and every democracy-loving citizen should find this concept alarming. Sometimes, we forget that we are "We the People," and that this is our government.

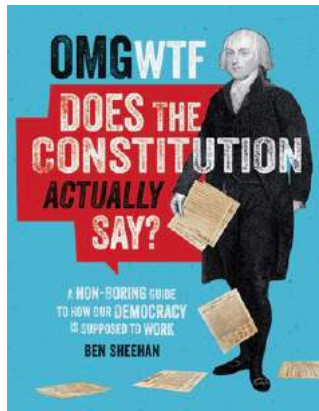
Between a raging global pandemic and lots of loose talk about rigged elections, this voting cycle is especially fraught. My advice: Tuck a copy of Ben Sheehan's book under your arm and go vote like your rights depend upon it.

Jennifer Bort Yacovissi grew up in Bethesda, MD, just a bit farther up the hill from Washington, DC, where her debut novel, Up the Hill to Home, takes place.

The novel is a fictionalized account of her mother's family in DC from the Civil War to the Great Depression. In addition to writing and reading historical and contemporary literary fiction, Jenny reviews for both the Independent and the Historical Novel Society. She owns a small project-management and engineering consulting firm, and enjoys gardening and being on the water. Jenny lives with her husband, Jim, in Crownsville, MD.

Mill Bend Community Forum Interactive Zoom Meet April 11

The Redwood Coast Land Conservancy (RCLC) invites all interested parties to attend the Mill Bend Community Forum, a free on-line, interactive presentation on April 11, from 3:00 to 5:00pm via zoom. Forum participants will learn about the progress made since the previous virtual forum in August 2020 and will hear about the ongoing planning for environmental conservation and recreational access of this newly acquired coastal property. The event will include live polling to provide feedback that will help RCLC formulate an Integrated Conservation Plan which will guide the focus of projects for Mill Bend over the coming decades. The 113 acre Mill Bend site is located at the mouth of the Gualala River and upland areas adjacent to the Gualala Art Center. For more information or to register for the event, go the RCLC website: <https://www.rclc.org/events/events-and-calendar/>.



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Solution to Sudoku:

Scuttlebutt

by Mitch McFarland



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Anyone could see this coming. We would eventually get a vaccine to curtail the virus and get back to normal activities and a significant portion of the population would not join the effort.

There are a large number of reasons why people would choose to not get vaccinated. A small percentage of people, and I imagine it is a very small percentage, have a legitimate medical reason for not getting the shots. That's fine. They get a pass.

Others are just afraid. Chances are these people carry quite a bit of fear with them in their everyday lives, so for them it is natural to hesitate. Some, of course, are just crazy nutcases that live in a fantasy world of their own making that they enjoy more than what takes place in the physical world that actually defines their lives. These are the Bill Gates micro-chip types. Another group probably thinks that if enough people get vaccinated or infected, then we will reach herd immunity that will allow them to slip back into society when the virus has dissipated beyond widespread concern. I have a feeling that these are the type of people who crash wedding receptions.

I believe a significant group are the defiant types that resent anything they are told to do, particularly by any form of government. They consider themselves independent, free thinkers, who have an "inalienable" right to determine their own behavior. Oh, please. Grow up.

The libertarian in me respects the right of others to control what happens to their own bodies. Though I think they are wrong, I support their right to refuse the vaccine. However, I do not support their right to join in with the rest of us who have chosen to collectively act to end a world-wide pandemic.

I am perfectly happy with the idea of restricting where they are allowed to intersect with the vaccinated population. There are already discussions of various kinds of Covid passports for travel and other public attendance. Ticketron is considering not selling concert tickets to people without a vaccination certificate of some kind. Airline travel may require vaccination before getting on a plane. On and on and, I say, right on. No shoes, no shirts, no vaccine, no service.

I personally don't want to sit in a restaurant or crowded movie theater with anti-vaxers. Depending on which of the above

kind of refuseniks they may be, it is not hard to imagine that someone who refused to get vaccinated might also be someone who has not carefully abided by required prevention measures. And I don't know why a restaurant owner would want someone who might be infected in their business. One case found in a restaurant would likely, shall we say, have a detrimental effect on reservations. And what about employees? Restaurants and other small businesses have a hard enough time getting employees for low wage jobs. They can't afford



to have employees out sick or on quarantine. Training new employees is time consuming and expensive.

Some cry that this would create second class citizens, deprived of their "right" to fully function in society. Well, yea! But they would become second class by their own choosing, not because they are being subjugated by a group of bigots.

I recall a time in the late 70s when a local old-timer was commenting on the fact that among the newly arriving hippies there were some people with college degrees living in shacks, even with success in the "real" world. She didn't understand why they would choose to be without the luxuries and acceptance of the the modern world. She termed them the "volunteer poor". She probably meant it somewhat derisively, but it was so right on, that few could argue with the notion. So I would like to offer the phrase "volunteer deprived". Let them take it as a badge of honor.

Three cheers for the environment. This is a policy area where we are likely to see the most dramatic change at the federal level, not just from the scorched earth Trump administration, but virtually all previous efforts to deal with our ever-deteriorating planet.

President Biden is surrounding himself with a team of people who have been instrumental in advancing efforts to protect the planet and its peoples.

Gina McCarthy has been appointed National Climate Adviser. She worked for 20 years in her native Massachusetts on energy issues before she transitioned to the federal level, becoming Obama's EPA administrator in 2013 where she developed Obama's Clean Power Plan. During the dark days of the Trump administration she was the President

of the Natural Resources Defense Council, a highly influential environmental organization. McCarthy's job will be to coordinate efforts across government and businesses regarding environmental issues. Former EPA administrator, Carol Browner, says that even compared to Obama, the Biden administration is putting its climate agenda "on steroids."

Next up is John Kerry, who, as Climate Czar will coordinate U.S. efforts with international partners. As Obama's Secretary of State, Kerry helped write the Paris Climate Agreement.

Former Michigan Gov. Jennifer Granholm will be Secretary of Energy. A graduate of U.C. Berkeley and Harvard Law she had been considered for numerous positions in the Obama administration, but returned to Michigan to rise to the governor's office. She most recently taught at U.C. Berkeley and has appeared on TV as a progressive voice.

Next up is Michael Regan as EPA Administrator. Regan spent a decade at the federal EPA during the Bill Clinton and George W. Bush administrations, where he worked on air pollution issues. In 2008, he joined the Environmental Defense Fund (EDF), another hugely influential environmental advocacy group. First up for him will be putting new policies in place regarding the regulation of CO2 and greenhouse gas emissions from power plants and cars.

Deb Haaland, a Pueblo Indian and 35th generation New Mexican, is the new Secretary of the Interior. I don't know much about her except that she endorsed Biden's plan to end oil and gas leases on federal land and has seriously pissed off Republicans. That's good enough for me.

Finally, there is my guy, Pete Buttigieg, who will serve as the Secretary of Transportation where that agency's billions of dollars will now be guided by environmental concerns.

Oh boy.

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PETS AND COVID from page 7

to an intermediate species, still unknown, and then to people.

In April, a 4-year-old Malayan tiger at the Bronx Zoo tested positive for COVID-19 in a first-of-its-kind case after seven big cats showed signs of respiratory illness. The tiger, Nadia, contracted the virus from a caretaker, federal health officials said. Four other tigers and three African lions were also confirmed to be infected.

In Washington state, the site of the first U.S. outbreak in humans, scientists rushed to design a COVID test for animals in March, said Charlie Powell, a spokesperson for the Washington State University College of Veterinary Medicine. "We knew with warm-blooded animals, housed together, there's going to be some cross-infection," he said. Tests for animals use different reagent compounds than those used for tests in people, so they don't deplete the human supply, Powell added.

Since spring, the Washington Animal Disease Diagnostic Laboratory has tested nearly 80 animals, including 38 dogs, 29 cats, two ferrets, a camel and two tanukas, a type of anteater. The lab also tested six minks from the outbreak in Utah, five of which accounted for the lab's only positive tests.

All told, nearly 1,400 animals have been tested for COVID-19 through the National Animal Health Laboratory Network or private labs, said Lyndsay Cole, a spokesperson for the USDA's Animal and Plant Health Inspection Service. More than 400 animals have been tested through the National Veterinary Services Laboratories. At least 250 more have been tested through academic research projects.

The vast majority of the tests have been in household cats and dogs with suspicious respiratory symptoms. In June, the USDA reported that a dog in New York was the first pet dog to test positive for the coronavirus after falling ill and struggling to breathe. The dog, a 7-year-old German shepherd named Buddy, later died. Officials determined he'd contracted the virus from his owner.

Neither the Centers for Disease Control and Prevention nor the USDA recommends routine testing for house pets or other animals — but that hasn't stopped owners from asking, said Dr. Douglas Kratt, president of the American Veterinary Medical Association.

"The questions have become a little more consistent at my practice," he said. "People do want to know about COVID-19 and their pets. Can their pet pick it up at a clinic or boarding or in doggie day care?"

The answer, so far, is that humans are the primary source of infection in pets. In September, a small, unpublished study from

the University of Guelph in Canada found that companion cats and dogs appeared to be infected by their sick owners, judging by antibodies to the coronavirus detected in their blood.

In Texas, Hamer started testing animals from households where someone had contracted COVID-19 to learn more about transmission pathways. "Right now, we're very much trying to describe what's happening in nature," she said.

So far, most of the animals — including Phoenix, Romoser's cat — have shown no signs of illness or disease. That's true so far for many species of animals tested for COVID-19, veterinarians said. Most nonhuman creatures appear to weather COVID infection with mild symptoms like sniffles and lethargy, if any.

Still, owners should apply best practices for avoiding COVID infection to pets, too, Kratt said. Don't let pets come into contact with unfamiliar animals, he suggested. Owners should wash their hands frequently and avoid nuzzling and other very close contact, if possible.

Cats appear to be more susceptible to COVID-19 than dogs, researchers said. And minks, which are farmed in the U.S. and elsewhere for their fur, appear quite vulnerable.

In the meantime, the list of creatures tested for COVID-19 — whether for illness or science — is growing. In Florida, 22 animals had been tested as of early October, including three wild dolphins, two civets, two clouded leopards, a gorilla, an orangutan, an alpaca and a bush baby, state officials said.

In California, 29 animals had been tested by the end of September, including a meerkat, a monkey and a coatimundi, a member of the raccoon family.

In Seattle, a plan to test orcas, or killer whales, in Puget Sound was called off at the last minute after a member of the scientific team was exposed to COVID-19 and had to quarantine, said Dr. Joe Gaydos, a senior wildlife veterinarian and science director for the SeaDoc Society, a conservation program at the University of California-Davis. The group missed its September window to locate the animals and obtain breath and fecal samples for analysis.

No one thinks marine animals will play a big role in the pandemic decimating the human population, Gaydos said. But testing many creatures on both land and sea is vital.

"We don't know what this virus is going to do or can do," Gaydos said.

KHN (Kaiser Health News) is a national newsroom that produces in-depth journalism about health issues. Together with Policy Analysis and Polling, KHN is one of the three major operating programs at KFF (Kaiser Family Foundation). KFF is an endowed nonprofit organization providing information on health issues to the nation.

Mendonoma Health Alliance Programs in April

Mendonoma Health Alliance (MHA) continues to offer a significant source of community support.

- **Online Nutritional Education & Cooking Demonstration** - Mendonoma Health Alliance is offering an online educational class on **April 7** that will include nutrition education as well as cooking demonstrations. This free class will focus on Hypertension. Our featured guest is Jill Nussinow, a local Registered Dietitian. Jill has been teaching people about the joys of eating whole food, plant-based meals for the past 30 years. For more information, please contact Mendonoma Health Alliance at (707) 412-3176 x102.

Class 2 Zoom Link (April 7): <https://zoom.us/j/98258776458>

- **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/>.

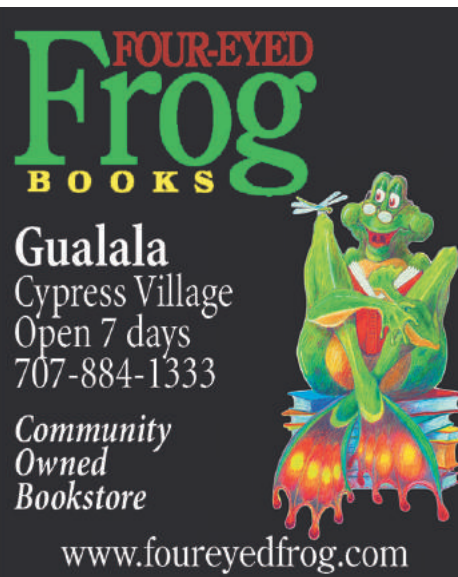
- **Free Grocery Delivery Service** - This service is to assist those who have chronic health conditions that put them in a high-risk category for COVID-19 or for anyone who is on quarantine. Grocery orders can be placed between 9:00am-12:00pm, Monday - Thursday for same day delivery within our service area. Payment for groceries may be made by PayPal, check or by cash. Call (707) 412-3176 x102 or email us at info@mendonomahealth.org.

The Health Alliance is a wonderful local resource that make a difference in our community. *(707) 412-3176 x102.



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Crossword

by Margie E. Burke

ACROSS

- 1 Not quite right
- 6 Fencing sword
- 10 Burglar's take
- 14 Two make a diameter
- 15 Wartime partner
- 16 Gawk at
- 17 Market indicator
- 18 Here or there
- 20 Theater back-drop
- 22 One taking orders
- 23 ___ to rest
- 24 Suede outfit?
- 25 Joshua tree habitat
- 28 Old West chasers
- 29 Caribou kin
- 30 Branch of philosophy
- 35 Animal house?
- 37 Polished off
- 38 "Star Wars" captain
- 39 Scatter among
- 44 It paves the way
- 45 Arrive, as darkness
- 46 School-skipper
- 48 Desk accessory
- 51 Word in a Lady Gaga film title
- 52 Elie Wiesel's "Night" is one
- 53 Split up
- 57 Pronounce distinctly
- 59 Tuckered out
- 60 End of a winning streak
- 61 Tall tale teller

1	2	3	4	5		6	7	8	9		10	11	12	13
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60					61						62			
63					64						65			

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- 62 Flip over
- 63 Genealogy diagram
- 64 On pins and needles
- 65 Substantial
- DOWN**
- 1 Cultural pursuits
- 2 Place to trade
- 3 Anagram for aide
- 4 Unattached
- 5 One way to pitch
- 6 Lightened (up)
- 7 Story element
- 8 Colonnade tree
- 9 Optical solution
- 10 Part of a pope's title
- 11 Playing marble
- 12 Worrier's worry
- 13 Suspicious
- 19 O'Keeffe subject
- 21 Place to build
- 24 Hard drinker
- 25 Supermarket section
- 26 Sparkle
- 27 Comedy routine
- 28 Communion plate
- 31 Snouted critter
- 32 Teensy bit
- 33 Reunion bunch
- 34 Database command
- 36 Answer
- 40 Excavation find
- 41 Like OR instruments
- 42 "Quit it!"
- 43 Printing error
- 47 Still too green
- 48 Refine, as ore
- 49 Bocelli, for one
- 50 Comedian's job
- 51 Smelling of suds
- 53 Like bachelor parties
- 54 Word after gray or play
- 55 It may be pitched
- 56 Circular current
- 58 Lend a hand



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Lao Tzu (6c)



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"Hot Blood In A Cold Sea"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

"They say the sea is cold, but the sea contains the hottest blood of all, and the wildest, the most urgent. All the whales in the wider deeps, hot are they, as they urge on and on ... there they blow, there they blow, hot wild white breath out of the sea!" Thus, D.H. Lawrence praised cetaceans in his poem "Whales Weep Not," decades before they entered the world's collective consciousness.

In the late 1960s and early 1970s, endangered humpback whales, still hunted for oil, meat and by-products, became global ambassadors, the acknowledged "poster children" for marine conservation. Their majesty, power, grace, haunting whale songs, intelligence and playfulness enchanted and resonated deep within us. They evoked a feeling of communality as fellow citizens of a water planet, deserving of our protection. The stage was set for a real "sea change" in marine conservation worldwide.

With international anti-whaling prohibitions and other environmental legislation, with the protection of their breeding and feeding grounds and a heightened public awareness of their plight, several badly depleted species began to recover.

SEAFOOD BOUNTY: Our West Coast national marine sanctuaries – Channel Islands, Monterey Bay, Cordell Bank, and Greater Farallones in California, and Olympic Coast in Washington, were designated specifically because of their critical impor-

tance to several endangered whale species. Their extraordinarily abundant marine life proved sufficient to sustain recovering populations of humpbacks, blue whales, and other species. From spring through fall, these waters serve up whale-sized portions of seafood. In June 2020, an aggregation of 47-plus blue whales, and numerous humpbacks, were documented feeding off the Farallon islands, just 27 miles from San Francisco. (Note: See video clip using link below.) However, sustenance alone isn't enough, and in a changing ocean, can be highly variable.

SAVING THE WHALES: Efforts are underway, right here, right now, to remove other obstacles to their recovery. Our West Coast national marine sanctuaries are working to reduce ship-strike mortality, entanglement in marine debris and fishing gear, vessel-based harassment, underwater noise, and habitat degradation. Still, four of our planet's 14 humpback whale distinct population segments (DPSs) remain on the US Endangered Species List as fully endangered

or threatened. Of these, two DPSs feed in California/Oregon/Washington waters. They are the endangered Central America breeding group, and the "threatened" Mexico group. Some scientists believe that the California-Oregon-Washington population remains well below pre-whaling numbers.

IT TAKES A VILLAGE: For forty years,



the north-central California sanctuaries have held offshore oil development at bay, and fought against other environmental threats. Greater Farallones National Marine Sanctuary works in partnership with the Greater Farallones Association, Cordell Bank National Marine Sanctuary, Pt. Blue Conservation Research, other institutions and members of the community. We conduct long-term, conservation-directed scientific investigations so our programs and policies have a sound scientific basis. We're working to recover our devastated kelp forests, and monitor climate change impacts. Our Beach Watch program trains volunteers to monitor our shores from Pt. Año Nuevo north to southern Mendocino

County. Research cruises document whale and seabird abundance, hazards to whales, prey abundance, and other environmental factors. Sanctuary educators bring marine science to area schools, and offer field excursions and other opportunities to experience whales and other sanctuary wildlife.

"BLUBBER LOVERS UNITE! Legendary oceanographer, deep-sea explorer and global ocean activist Dr. Sylvia Earle stated, "It is only individuals, in the end, that make a difference." You, too, can become a blubber-loving ocean steward. First, learn more about us at <https://farallones.noaa.gov> and our affiliate Greater Farallones Association at (www.farallones.org).

Look for volunteer opportunities such as Beach Watch (<https://beachwatch.farallones.org/get-involved/>). Discover the many ways you can enjoy our marine creatures and habitats through naturalist excursions and virtual soirees. Visit our story map of places to explore, and marinelife to encounter. Then, venture forth and explore this wonder-full patch of ocean, there for you to enjoy, cherish and protect. It might just prove the most rewarding ocean adventure you'll ever have!

*** <https://www.youtube.com/watch?v=rY89WFIPZYU> and learn more at <https://www.mercurynews.com/2020/06/18/amazing-dozens-of-blue-whales-spotted-off-northern-california-coast/>*

Mary Jane Schramm
NOAA Greater Farallones • National Marine Sanctuary
Maryjane.schramm@noaa.gov
IMAGE: Humpback gulp: Humpbacks can consume a ton of food each day. Credit: NOAA.

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SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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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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Get Out! April 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.

- Thursday 01: 10:00am, "War Horse". 1st day for this film at home with Arena Theater. ¹
- Friday 02: 10:00am, Pt. Arena Lighthouse Re-opens. Daily, until 3:30pm.
- Friday 02: 12:00pm, Coast Hwy Art Collective, 9th Anniversary Celebration
- Wednesday 07: 5:30pm, Online Nutrition with Jill Nussinow. Sponsored by Mendonoma Health.
- Saturday 03: 11:00am, "Combining Forces", Exhibit opens at Gualala Arts, Burnett Gallery
- Saturday 03: 11:00am, "Running Out Of Storage" Photography Sale at Gualala Arts
- Saturday 03: 11:00am, "Heart and Soul", Exhibit opens at Gualala Arts, Elaine Jacob Foyer
- Saturday 03: 11:00am, "Ceramic Retrospective", Exhibit opens at Gualala Arts, Coleman Hall
- Saturday 03: 11:00am, Ann Savageau's Environmental Collaboration Totems at Gualala Arts.
- Monday 05: 9:00am, Free Cholesterol and Blood Pressure Screenings at MHA.
- Saturday 10: 11:00am, "One Woman's Dreams and Visions", Exhibit opens at Dolphin Gallery
- Sunday 11: 3:00pm, Mill Bend Community Forum, hosted by RCLC.
- Monday 12: New Moon on the coast
- Wednesday 14: 10:00am, "Kinky Boots: The Musical". 1st day for this film w/ Arena Theater. ¹
- Thursday 15: 7:00pm, 3rd Thursday Poetry online with Tongo Eisen-Martin. ³
- Monday 19: 6:00pm, Arena Theater Membership & Board Meeting. ⁴
- Saturday 24: 11:00am, Democrats' Virtual Town Hall. Visit RedwoodCoastDemocrats.org.
- Tuesday 27: Full Moon on the coast
- Wednesday 28: 10:00am, "Secret Impressionists". 1st day for film at home with Arena Theater. ¹

Looking ahead to May:

- Wednesday 12: 10:00am, "42nd Street". 1st day for film at home with Arena Theater. ¹
- Wednesday 26: 10:00am, "Hermitage: Power of Art". 1st day for film at home w/ Arena Theater. ¹

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. Screenings at 10am, 1pm, 4pm, 7pm.

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

4. Arena Theater Membership and Board meeting is a Zoom (online) meeting. Check the Arena Theater website or call the office at 707.882.3272.

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