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FREE**

April 2020



Lighthouse Peddler

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



And Now For Something Completely Different

The 1960s brought us many important changes. While I could go through a long list of influences, one of the most memorable media moments was Monty Python's Flying Circus. You may not agree with my assertion about the importance of Monty Python, but here's just one piece of the television show's legacy: the title to this cover story.

An ongoing Python line was usually spoken by John Cleese as he sat at a desk, wearing a business suit like a television newscaster. Somewhere between a transition from a man being

roasted over a BBQ spit to an attractive young woman (or a man) in a bikini, Cleese would utter the line "And now for something completely different". His matter-of-facts delivery helped secure hilarious results. This week I couldn't help but hear Cleese's voice in my head as we prepared this issue of the Lighthouse Peddler.

It's been an entirely new world for us this week, this month, this year and we owe it all to Covid-19, . . . the Corona Virus. Like most of our readers our world is upside down. . . .

cont'd on page 10

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Mendonoma Health Alliance and Action Network Team Up Helping Locals to Meet the Needs of our Vulnerable Populations

Mendonoma Health Alliance is reaching out to those on the Mendonoma Coast who may need some additional help during the Shelter-in-Place emergency. For those who have chronic health conditions that put them in a high-risk category for COVID-19, or if you are a single parent who needs a hand shopping for some essentials for your



MHA and Action Network are teaming up to help meet the needs of the community's vulnerable populations by providing this free service. It's as easy as calling them, or emailing them your list of groceries (up to 15 items). They will do the shopping (wearing gloves) and bring your order to your door. For the health & safety of our staff, this is a door delivery service only. The staff is not authorized to enter homes at this time. Payment must be ready at the time of delivery. (Someone from MHA will call in advance with your grocery total). Coastal



home, now is the time to call Mendonoma Health Alliance (MHA) for help.



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It's important to remember that that it is possible for some items to be out of stock. They will do their best to accommodate your needs. To place an order, send an email to info@mendonomahealth.org or call (707) 412-3176 x 102.

MTA Bus Service Update

• Changes During Shelter in Place •

Mendocino Transit Authority has discontinued public bus service to Santa Rosa as of Wednesday, April 1, 2020. The reduction in service is an effort to curtail transmission of the coronavirus and is in compliance with state and Mendocino County Public Health Department guidance.

to **practice social distancing and use on-board hand sanitizers.**

MTA said that routes and schedules may continue to change. For updated MTA bus routes and schedules, visit: <http://bit.ly/MTAreducedservice> or alerts on the MTA

On the Mendocino south coast, two bus routes are affected:

- Regional #95 bus service along the south Mendocino coast from Point Arena to Gualala and on to Santa Rosa is discontinued throughout the order to shelter-in-place.



- MTA's route #75 bus will continue to provide essential transportation to south Mendocino coast residents. That bus will provide daily Monday through Friday roundtrip transportation from Gualala north to Navarro and through Anderson Valley to Ukiah. Route #75 will provide Saturday transportation from the Navarro Store to Ukiah and back only.

All MTA bus routes and schedules are reduced during the coronavirus pandemic. Updated bus schedules will be posted at bus shelters and online at MTA's website homepage alerts:

<http://bit.ly/MTAreducedservice>

MTA now provides essential bus transportation service only within Mendocino County during the coronavirus pandemic and welcomes customers aboard for essential trips. Buses are disinfected thoroughly before each trip, and riders are encouraged

website homepage: mendocinotransit.org. Or call (707) 462-1422 for information.

Mendocino Transit Authority provides clean, low-cost, safe and convenient public bus service throughout Mendocino County. Information at www.mendocinotransit.org.

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Our thanks to March contributors Janet Chancellor, Warren Galletti, Rozann Grunig, Mitch McFarland, Blake More, Tom Murphy, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

Mona Lisa (cover) Image by Sumanley xulx from Pixabay

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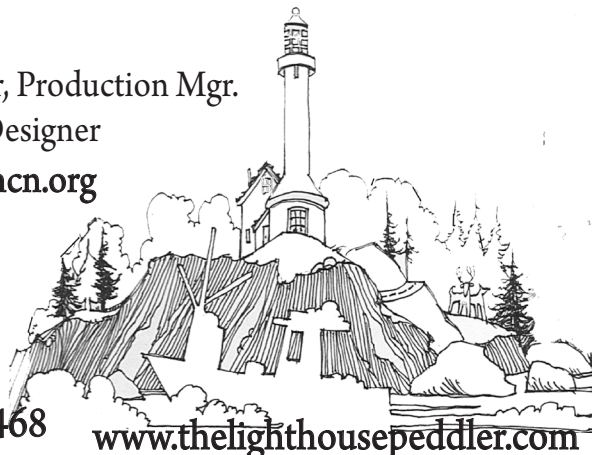
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Global Climate Strike on Earth Day • April 24 (With Luck) We Can All Participate

by Laura Schatzberg, with input from Joel Chaban and Bea Acosta

The first celebration of Earth Day was 50 years ago. In its wake changes began to happen in the way people regarded their position on our planet. We acknowledged that we had a responsibility to steward that which we had the privilege to inhabit. There was enthusiasm among many and words like recycle, compost and ecology came into wide usage. The Environmental Protection

Individual sacrifice is not going to reverse climate change. Concerted global action is needed. Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable. Global change is the only way.

This year Earth Day is the start of a climate awareness week with April 24th set as



Agency was established and the Clean Air, Clean Water and Endangered Species Acts were created. But it turns out that these tools were not used effectively enough. Our planet is in crisis despite all the changes we have made as a society and as individuals. The actions of a minority of concerned citizens will not suffice to save this globe from devastation.

We are no longer in the realm of the hypothetical. The crisis is now and the time to do something is now.

It is up to the powers that be – governments and world organizations - to crack down on practices that are responsible for planetary degradation. We can evaluate how good or bad a legislator's environmental track record is but the fact is that even the best record has left us in crisis. Congress has tiptoed around and kowtowed to big industry by avoiding creation of legislation and enforcement of existing rules and regulations necessary to protect the well-being of the Earth. Oil and gas, factory farms, arms manufacturers, logging companies, chemical manufacturers and others act with impunity running their show any way they want with little regard for sound science or the health and future of our planet and its creatures.

Global Climate Strike Day. All around the US there will be events to demonstrate for a healthy, sustainable environment. Students and workers will leave their posts to participate. In our little corner of the Earth we have events planned and hope that you will participate to show your concern for our home. This is an opportunity to be part of the movement to halt or slow the process of decline our planet is in.

In Point Arena on Friday, April 24, 2020 between 12:00 and 1:00 there will be a sidewalk march and a rally at Fisherman's Park.*

All are invited to participate; schools, private citizens, public officials, businesses and organizations, to join in a march starting from Pacific Community Charter School on Lake Street to the gas station and back up Main Street to Fisherman's Park. There will be a short program with speakers and community singing. Bring your determination and placards and let your voices be heard.

*NOTE: At the time this article was written, both the Federal and State governments declared a state of emergency due to COVID-19 virus. If those conditions are still in effect, this event will be canceled.

Image by Gerd Altmann from Pixabay

"If we are ever to halt climate change and conserve land, water and other resources, not to mention reduce animal suffering, we must celebrate Earth Day every day - at every meal.

Ingrid Newkirk (1949 -)

Action Network Helping Clients, Families and Community During Shelter In Place

Although Action Network's office is closed during Shelter In Place, the staff is working very diligently (from their homes) to assist their clients, families and community. According to Thais Mazur, Executive Director, "We recognize that communication and collaboration with agencies, funders, service organizations, schools and with our clients is paramount to offering as many services as we can during this time."

Action Network is communicating with its client base and providing services via telephone, text messages, website, email and "drop off" or safe "pick up" while abiding by the current social distancing orders.

They are currently working side by side with the many state and county organizations including Point Arena School District and Horicon; Sonoma County Indian Health Project; Coastal Seniors; Mendocino Health Alliance (MHA); RCMS; Mendocino Coast District Hospital; Mendocino Community Health Clinic; Hospitality House; Mendocino Coast Children's Fund; Project Sanctuary; MC Sheriff; First 5 Mendocino; Mendocino County Public Health Department; Health and Human Services Agency Mendocino; CalFresh; CalWorks Mendocino; Court Laptop—Superior Court of California; Family Resource Center Network; HHSA Family and Children's Services; Redwood Community Services; Mendocino Community Foundation; Sonoma County & Mendocino County Behavioral Health & Mental Health Services Act - Health and Human Services.

Action Network is also providing the following to their client families at this time:

- Safe distribution of children's and teen activity bags (while practicing social distancing of course) at Horicon Elementary and Action Network Gualala.
- Diaper Drive – Distributing diapers to families in need as well as asking for donation of more diapers. (Please consider making a donation of diapers of any size).
- Distribution of chrome books to students in need in order for them to keep up with their studies.
- Distribution of food and gas voucher for those in need.
- Partnering with MHA on a food drop off for families (see separate article on page 2).

Action Network's Family Advocates are working closely with families and teens in need to provide them with guidance and assistance during this stressful time. "We would like to thank you for your continued support during this trying time and we hope everyone stays safe, happy and healthy.



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"I think our biggest form of climate change we should worry about is nuclear weapons."

Donald Trump

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Scuttlebutt

by Mitch McFarland

I know it is hard to think about anything else but the virus right now. But here is something else for you to chew on:

I have written several times about what a monumental waste of money nuclear energy and weapons are and this month I was once again shocked by the blindness and greed of our national "leaders".

During the cold war the U.S. produced tons of weapons grade plutonium to be used to annihilate our "enemies" (and subsequently poison the entire planet). During the Clinton presidency the U.S. agreed with Russia to reduce our plutonium stockpiles by converting them into mixed-oxide, or MOX which can be used for fuel in nuclear power plants. An agreement was signed in 2000.



It sounded like a reasonable thing to do. After all, we have to do something with the stuff, but, surprise, surprise, it turned into a big boondoggle. Twenty years and \$7.6 billion later the plant isn't finished and efforts by both the Obama and Trump administration to close it down have finally succeeded after it was revealed that it would take another \$50 billion to finish the plant and reprocess the 34 tons of plutonium. Just finishing the plant would cost \$17 billion alone. As the MOX project isn't viable technically or financially, it has been termed a "monumental waste". Meanwhile, Russia has pulled out of the agreement citing U.S. non-compliance.

The new plan is to mix the plutonium with non-radioactive material and bury it in the Waste Isolation Plant in New Mexico. That is where they had the fire a couple years ago that shuttered the plant until it could be remediated (at the cost of \$2 billion). Perhaps readers will recall that this New Mexico project was not designed for the disposal of high grade plutonium, but apparently it is going to happen anyway. This is only one of the many unintended consequences of our foolhardy venture into the unknown world of nuclear fission. This "cheaper" alternative will only cost \$18.2 billion.

South Carolina's two Republican senators, Lindsey Graham and Tim Scott, are, of course, freaking out because of the loss of billions of dollars going to South Carolina. Other Republicans, including the nearly brain dead Trey Gowdy are accusing the Energy Department of abandoning "one of the most important nonproliferation programs in the history of the world." Yeah,

these guys are all about nonproliferation.

The Washington Post has written that The Energy Department's National Nuclear Security Administration (NNSA) is proposing that the South Carolina site instead begin producing plutonium cores that trigger nuclear weapons, better known as plutonium pits. The Pentagon wants the U.S. government to be able to produce 30 plutonium pits a year by 2026 and 80 a year by 2030 to sustain the military's plans for its nuclear weapons. I take it this is part of Lindsey Graham's nonproliferation plan.

The only facility currently capable of producing them, Los Alamos National Laboratory, has yet to make one suitable for a nuclear weapon, yet they are in a dogfight with South Carolina because they want to produce all the bomb triggers. Officials familiar with the plans are worried that the conversion of the South Carolina site to a new mission could cause more cost overruns. Who could imagine?

Meanwhile, the NNSA did not mention that up to 15,000 "excess" pits are already stored at the Pantex Plant near Amarillo, TX, with up to another 5,000 in "strategic reserve." The agency did not explain why new production is needed given that immense inventory of already existing plutonium pits. The only answer that has been put forth is that it will quell Lindsey Graham's objections. Billions in pork and isn't that what Republicans are always screaming about?

Now would one of the nuclear fission advocates out there explain to me why spending untold billions of dollars on more nuclear "experiments" and weapons is a solid investment. If your only answer is that nuclear power is carbon free, please save your breath because we are not going to spend the next 10,000+ years trying to figure out what to do with old solar panels and wind generators.

Nuclear advocates throw around figures in the tens of billions like they were talking about car fare. That money could fund many important projects and services if we didn't squander it on fancy, often unattainable, nuclear projects. Of course, we will have to spend many, many billions of tax dollars over the next centuries to deal with the mess we have already made, but why must we continue to dig deeper into this fabulously expensive hole we are digging?

As of this writing it looks a lot like Joe Biden will be the Democratic nominee for President. I've been a Bernie and Pete supporter so far, but I'm not going to lose any sleep over the fact that Biden will be the candidate.

I believe it was Paul Krugman who said that under a Bernie administration there would be incremental social progress, but no revolution as Congress and much of the populace would resist a wholesale change the everyday life. He added that under a Biden administration there would be incremental social progress, but no revolution because that is what the voters who elected him would support.

Biden has now stated that he would put a woman on the ticket with him. Though I have no particular reason to dislike Kamala Harris, I hope it isn't her. My choice is clearly Stacey Abrams. They are both black women, two constituencies that democrats must have turn out in large numbers in November.

The thing about picking a VP is that it is often done with a mind toward winning



that VP candidate's state. It is obvious that whoever the Democratic nominee is, they will win California, so Harris' place on the ticket isn't much help. Abrams only lost the governorship of Georgia by 55,000 votes while running against the guy in charge of the election. Winning Georgia would be big.

The most important thing, of course, is taking the Senate and I think that Biden would help down ballot candidates more than Bernie would. Bernie's army of young voters seem too busy on their phones to figure out how to vote, partially because many states have made it more difficult.

"I call upon the scientific community in our country, those who gave us nuclear weapons, to turn their great talents now to the cause of mankind and world peace: to give us the means of rendering these nuclear weapons impotent and obsolete."
Ronald Reagan (1911 - 2004)

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Gualala Arts is Closed Through April

Our Virtual Exhibit of Brian Holderman's work "Inferno: One Man's Journey of the Camp Fire through Art" is available to view at GualalaArts.org. All other exhibits, events and workshops have been cancelled or postponed during this time.

As we shelter in place to protect our most vulnerable friends and neighbors, Gualala Arts invites you to use this time to CREATE ART for our 2021 Exhibit, "Shelter From The Storm" #shelterfromthestormart

Creating an Exhibit is not only for artists. Anyone interested in exhibiting their own work or curating a show at Gualala Arts Center and Dolphin Gallery will find most of the information needed to develop a proposal at GualalaArts.org. Proposals for 2021 are due by June 1, 2020.

Image (nuclear) by Alexander Antropov from Pixabay and Image (vote) by Tumisu from Pixabay

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Solution to Crossword

Coast Highway Art Collective Celebrates 8 Years Creating Point Arena's Art Destination

The Coast Highway Art Collective celebrates its 8th anniversary this month. Unfortunately, due to recent events, the monthly opening reception has been cancelled. However, the collective is still a vibrant group, and its members are using this time in a creative explosion of new work. The gallery is home to the range and diversity of the collective members and a celebration of community involvement, a founding ideal of the group. The members thank the entire Mendocino community for their support over the years.

Located in a small, historical building built in the early 1900's, the gallery is in the heart of Point Arena. The collective was founded in 2012 by a group of local artists who wanted the help reinvigorate Point Arena, which was undergoing a kind of renewal after years of boom and bust.

The building has a very interesting history. Local book publisher, the late Warren Jones, purchased the building in a state of disrepair, having no idea how to use it other than improving his beloved City of Point Arena. A group of artists suggested an art gallery and he embraced the idea. Volunteers rebuilt the building and called the gallery CityArt. The interior was completed in 1997, and was active as the creative and vibrant CityArt Gallery for ten years. The gallery closed in 2007 and the building sat empty, waiting patiently for a new life.

Then, in 2012, the idea of the gallery was resurrected and Barbara Fast, a renaissance woman in her own right (former pediatric surgeon, artist and musician) became the founder and first manager of the newly minted Coast Highway Art Collective. The artists who work to make this collective succeed

are just as eclectic and quirky as the building they inhabit.

Currently there are 21 artists exhibiting at the gallery, including new members who formally showed at the Dolphin Gallery in Gualala. Work ranges from oils and watercolors, photography, glass, jewelry, textiles, woodworking including birdhouses and ceramics. With so many creative outlooks among this diverse group, one thing all agree on is the importance of the gallery as a place to display and sell their work, and the amazing sense of community and nurturing each member experiences.

Founding member Ling-Yen Jones says "I am using this time to create new items I have wanted to do but never had the time to create. I am working on a little ocean rock line. Collective members are sharing their new works in "inspiration" emails to the group, continuing to inspire each other. Some of my work is posted there, while others are on my online Etsy site. <https://www.etsy.com/shop/LingYenDesigns>.

Member John Stickney explains it this way "The collective is a place where the pressures are low and the friendliness is high. The CHAC is a place where they can show their art and where you can find interesting art in an engaging environment. Everyone pitches in, so the overhead is low, and the prices are very reasonable."

Original member Bea Acosta says "The gallery has provided me with a venue to show my work and a camaraderie of local artists who support each other." Another original member, Brenda Phillips, noted "I love having the gallery as a place I can show my latest inspirations. For years now, the gallery has been a wonderful showroom for my art.



Full Moon



April 8

New Moon



April 23

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The gallery often has guest artists in addition to the collective members. Monthly opening receptions for featured artists often include tasty food, drinks and live music in the garden when the weather cooperates.

The gallery participates in the annual Almost Fringe Festival, a fun event where artists are encouraged to let their imagination run wild and create from the heart, not from the wallet. The gallery opens its doors for the Point Arena's annual Hometown Holidays, a special night when Main Streets fills up with holiday shoppers and revelers. The gallery lights up with a holiday tree decorated with handmade ornaments made by collective members. Members also participate in shows at the White Cap Café in Anchor Bay and displays work at the library and the Post Office in Point Arena.

The Coast Highway Art Collective is located at 284 Main Street in Point Arena. Currently, the gallery is closed due to COVID19, but appointments are welcome and an individual tour is available. Call Ling-Yen Jones at 707-884-9153 to make arrangements. When the gallery reopens, the winter hours are from 11:00am to 4:00pm, Thursday, Friday, Saturday and Sunday, or by appointment. Summer hours are typically from 11:00am to 5:00pm.

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On Teleconference, Authorities Beg South Coast Residents to Stay Home as Virus Wave Builds

by Tom Murphy

Three local authorities urged South Coast residents to prepare for a coming surge of the Covid-19 virus by taking basic steps to protect themselves and our elders: **stay at home, wash your hands often, and avoid unnecessary trips to the store.**

RCMS Physician's Assistant Barbara Brittell, South Coast Fire Chief Gregg Warner, and Coastal Seniors Executive Director Nancy Gastonguay spoke to 100 people at an hour-long online town hall produced Friday night by GMAC Member Tom Murphy, who wrote this story.

The topics ranged from symptoms and prevention to the best way to help if local cases overwhelm RCMS's capacity. Here are a few key topics:

- Common symptoms include a dry cough, a temperature, and difficulty breathing. If you have these, call RCMS to schedule a visit. You will likely be told to return home and self-quarantine. "There's nothing more we could do for you anyway, even if you tested positive," said Brittell.

- The sickest patients may be tested, but the results take 8-10 days. Brittell said serious cases will be sent to hospitals but they're expected to exceed capacity quickly, leaving RCMS with nowhere to send the patients.

- The No. 1 goal for the community is to slow spread of the virus. That would stretch-out the demand on meager local resources. Residents can flatten the curve by strictly observing Mendocino and Sonoma county orders to stay home except for truly essential activities.

- RCMS and Coastal Seniors are seeking able-bodied volunteers for a wide-array of activities. Go to the RCMS site and click on the volunteer button or contact Coastal Seniors at 707- 882-2137 if you want to help.

"The most important thing for people to do is to remain sheltered at home," said Brittell. "That means not going to the grocery store repeatedly, to minimize your time in the grocery store, trying to have a big plan for shopping – like for a month and then you're done."

It also means "really minimizing your engagement with every other human being right now, especially our elders," she added.

At the time of Friday's teleconference, there were two confirmed cases in Mendocino County and 41 in Sonoma County, but those numbers are expected to explode soon. A third case in inland Mendocino County was announced Saturday. Nationally, there were 122,653 known cases as of Sunday afternoon, with 2,112 deaths, the

CDC said. Every state now has cases and the virus spreading rapidly to rural areas.

Many people who show symptoms haven't been tested due to a shortage of tests, but are presumed to have the virus and have been ordered to self-quarantine for 14 days. That means using a single bathroom and avoiding contact with anyone else in the home, Brittell said.

Some people without any symptoms may also have the disease, unwittingly spreading it in the community. In most people the virus will "resolve" itself within two weeks, but the risk is much greater for seniors and residents compromised by other conditions. Nobody has natural immunity to the virus, because it's never attacked humans before. Any age group can get Corona Virus, but the death rate is lower for younger people.

Keep Your Distance: "We need to really be careful with our seniors and people with medical needs," said Warner, a first responder for four decades. "With what we do have here, we can take care of the population as long as everyone maintains their six-foot

providing transportation" to local doctors, grocery stores, and veterinarians, said Gastonguay. "In addition, we're providing out-of-town transportation to Santa Rosa, Fort Bragg, and Ukiah for medical appointments only. There's no shopping [on out-of-town trips]."

The virus attacks the lungs, requiring respirators for the most severe patients. Brittell said RCMS has "respirator-like" devices that attach to oxygen tanks, but has none of the suitcase-sized respirators commonly seen on the news. They are in desperately short supply nationally. Some large companies are just starting to manufacture them in large numbers.

If ventilation is needed but no machine is available, Brittell said clinicians and, perhaps, volunteers will hand-pump air into patients' lungs every six seconds. "Even if it takes all night, that's what we'll do," she said. RCMS has rearranged its facilities in preparation of caring for numerous virus cases. All primary care visits in Gualala have been moved to the neighboring Sea Watch building, and the exam rooms in the main building have been refitted to handle only virus cases.

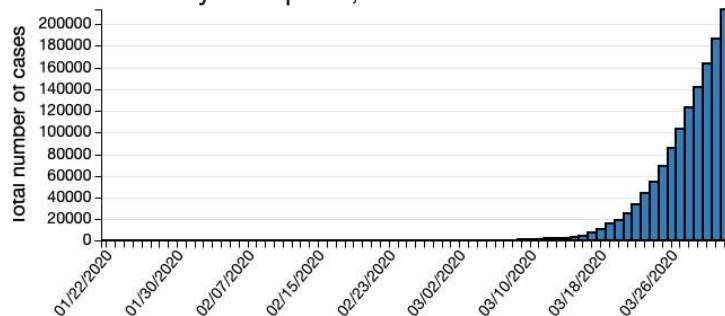
It erected three tents at its Gualala facility, including one to screen all patients arriving at the clinic. The other tents can handle 8-14 patients each. "We're not exactly sure what we'll be using those spaces for, but we're trying to prepare to have extra space in case we need it," said Brittell.

The Point Arena office remains open, but patients there are being screened at the door and referred to Gualala if they have a temperature or other virus symptoms. RCMS has also set up telemedicine services to that patients can speak with a doctor through virtual visits.

Brittell emphasized that urgent care is still available in Gualala for broken bones, heart attacks, or other non-virus problems. She said, "We don't want you to stay home and get sicker."

Tom Murphy, a member of the Gualala Municipal Advisory Council, is lifelong journalist who has covered health, business, technology, education, politics, and many other areas with The Associated Press, Bloomberg News, MarketWatch, and other national news organizations. He founded Newswire21.org, an award-winning nonprofit that blends the insights of local community members with the best practices of traditional journalism.

Cumulative Total Number of U.S. COVID-19 Cases January 12-April 1, 2020. Source: CDC



distance and keeps this risk in hand so that it doesn't spike.

"If it does spike, it's going to be all hands on deck and we could be very limited for treatment," he said. "I know RCMS, CLSD (Coast Life Support District), and all the fire agencies will be maxed out."

Coastal Seniors estimates there are 2,700 seniors between Irish Beach and Stewart's Point. It has altered its normal services which include providing hot meals, taking seniors shopping, delivering firewood, and much more. The agency is seeking food donations for its food bank with the next distribution scheduled for April 14.

The group closed its dining rooms in Point Arena and Gualala on March 18, but began providing "meals to go" on Monday, Tuesday, and Wednesdays to seniors and others who need them. It increased its meals on wheels program by one-third to serve newly housebound seniors.

"We're encouraging seniors to stay home, but for those who want to leave home, we're



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"The Brain Beneath The Waves"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

A pale, attenuated summer sunlight washed across the calm waters of Alaska's Inside Passage, and wind-ripples tickled the surface. We had anchored in a remote cove, protected from Pacific surge by barrier islands. Off the lee shore of Chichagof Island (watch out for the grizzlies!), a slender finger of land probed the swift, nutrient-rich current like a swizzle stick. Good conditions for localized upwelling, for whale food, and for finding hungry whales.

ALL IN THE FAMILY: Our small inflatable craft slowly approached a group of humpback whales. Alaska Whale Foundation



researchers, working under federal permits, had been studying this group of whales, famous for their sophisticated bubble-net feeding, for years. The core group included "Captain Hook," "Blubberlips," and several others. "Rake" - a new mom, had parked her nearly-weaned calf safely on the sidelines: the action would soon become intense. Cameras were poised, and I assisted a scientist in lowering a hydrophone. We watched and waited.

KNOWING THE SIGNALS: Everyone knew the drill: the whales surrounded a school of young Pacific herring. Each whale had taken up a pre-determined position at

the surface. The plan was to surround them with a 3-D curtain of bubbles exhaled sub-surface to startle and compact them into dense "bait-balls." One whale dove: this was the net-blower, who would set things into motion. Having set the net deep below, he laid down a series of pulsed calls, and soon others dove, in turn, corralled the fish, and joined the chorus of voices. Finally, a trumpeting blare signaled a rush to the surface, whales' huge mouths gaping, their pleated throats distended by volumes of fish and sea water. Success!

BREAKING BREAD TOGETHER: To achieve this level of sophisticated cooperative feeding, both visual and acoustic tools were employed. These whales evaluated, even while they hunted, constantly communicating vital information and adjusting strategies. Sometimes the net contained too few fish, and a lunge to the surface would waste valuable energy; abort mission.

SPINDLE-BRAIN: As a newbie to this study, I pondered, Who was quarterbacking? Do they switch roles? Is there a humpback vocabulary, an ethogram or catalogue of their behaviors? These acoustic recordings, combined with underwater and surface videography, would provide insights into whale communication over time, and perhaps help our species understand their conservation needs better. Like us, humpbacks possess spindle neurons in their brain's cortex; few

me!"), and modify them over time ("Still me, here!"). They are social networkers par excel-




lence. Just like us.

Humpbacks are now feeding off our coast. If you see one, give a salute; it may be your equal, in some respects. And seeking out commonalities is a healthy way to approach how other beings exist and function, and how we live and coexist among them. Learn more at <https://www.smithsonianmag.com/science-nature/brain-cells-for-socializing-133855450/> and at <https://marinesanctuary.org/blog/bubble-net-feeding-what-is-it/>

This November at the San Francisco Zoo, Greater Farallones National Marine Sanctuary will sponsor a soiree and talk examining humpback whale song and the Search for Extraterrestrial Intelligence (SETI). Featured is Dr. Laurance Doyle, who explores the relation of information theory to whale vocalizations, and searches for patterns in their communication systems as a proxy for an ETI signal, should one be received. Details will be posted at www.farallones.noaa.gov.

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earthly creatures do, aside from highly intelligent mammals such as great apes, elephants, and some cetaceans (dolphins, porpoises, and whales). Neuroanatomists say spindle cells are what make us "human," with functions like complex speech, self-recognition, the ability to anticipate problems, to strategize, form hunches, and have empathy for unrelated others. Found in the big brains of great apes and elephants, they are abundant in humans, too. But by comparison, spindle neurons are three times more abundant in some cetaceans than ourselves. This, plus these whales' behaviors, seem to confirm their higher-level brain function. Humpbacks are famous for their complex songs. They develop and recognize their personally identifying signature songs ("Hey guys, it's

Mary Jane Schramm
 NOAA Greater Farallones
 National Marine Sanctuary
 Maryjane.schramm@noaa.gov
 Image Credits: Above: "Humpback Breach"
 Credit: Schwemmer NOAA
 Left: Humpback Bubble Net. Credit: NEFS-NOAA
 Top Left: Humpback Feast.
 Credit: NMML NOAA

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

Solution to Sudoku

Words on Wellness • "A Plant-Powered Spring"

by Karin Uphoff

As we 'shelter-in-place' and contain our interactions, nature is expanding and touching all of us with the zeal of a plant-powered spring. She reminds us that we too, are a part of this vibrancy and power to co-create as she extends her healing plants to us. There is

plenty in the plant pantry for us to use for treating illness and allergies starting with those fresh greens that only last as long as the rain does: chickweed and cleavers. Chickweed looks like a five-inch fairy plant with numerous round delicate leaves, tiny starry-white flowers and a tell-tale single row of hairs going up the stem. Found clumped in weedy gardens or edges of roads

and parks, chickweed alleviates inflamed mucous membranes and helps gently ease congestion of the lungs. It can be eaten like sprouts on a salad or taco or made into fresh tea, or used topically as a poultice. It's cooling, high in vitamin C, gently detoxing and perfect for inflammatory conditions like rosacea and rashes. Cleavers is a clambering square-stem bedstraw with whorled leaves. It clings to other plants for support and you may have pulled it as a weed. But wait! You can wash some off, break it up and make a fresh tea using plenty of plant mate-

rial to your pot of water. Cleavers is queen of lymph-vessel cleansing, perfect for keeping lung and sinus fluids moving and reducing edema.

Two other herbs that come up in spring but stick around all summer are mugwort and white horehound. Both are strongly aromatic, a sign of their beneficial essential oils. The hand-like leaves of mugwort are green-grey on top and white underneath. More commonly used as a topical relief to poison oak itch, mugwort is a wormwood and excellent for fever/chills, indigestion and contains antimicrobial oils that make it contraindicated during

pregnancy and nursing. White horehound or 'horrible hound' exemplifies the 'good medicine tastes bad' idea. The leaves are strongly expectorant and pull sticky mucus out of the lungs. Teas and tinctures of this plant are more palatable with honey; minced fresh leaves can be preserved by covering in equal parts of apple cider vinegar and honey, or 2/3 parts vodka to 1/3 honey (shake biweekly). After two weeks it's ready to use and after four weeks, considered good and strong for straining and storing when you need it.

Image courtesy Commons.wikipedia.org

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

Spotted Towhee: "Loud, Curious, Beautiful"

You often hear Spotted Towhees scratching on the ground under bushes. They are so loud you expect a large animal to emerge from the brush, but the bird is only 8 inches long. If it is curious about you, it will perch on a low branch and make a loud raspy call.

I learned their names as Rufous-sided Towhees, but years ago they were split from their Eastern cousin called an Eastern Towhee, which lacks spots.

Spotted Towhees are beautiful birds sporting an all-black back, wings, tail and head. They have a gorgeous red eye, rufous flanks and white under parts.

The wings show white spots and the outside tail feathers bear white tips that show during flight. The female looks the same as the male, but is duller.

Spotted Towhees are year-round resi-

dents. They are found in riparian thickets, chaparral, brushy edges of woodlands, and undergrowth. Because of their foraging habits, they are sometimes called Ground Robins. They feed by hopping back and forth on both feet, noisily scratching leaf litter for insects, spiders, seeds and berries.

In courtship the male chases the female, perches on low branches and spreads its tail to display its large white spots.

Their nest is a cup constructed of leaves, grass, and bark shreds. It is built on the ground or in low branches in a bush.

The female incubates three or four creamy speckled eggs for a few weeks. The female leaves the nest and begins a second brood while the male feeds chicks. In summer, after breeding season, the whole family forages together.



Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Spotted Towhee. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. • Photo credit: Image by Bryan Hanson from Pixabay

Animal Care & Welfare • Heartworm

By Cathy Sue Riehm

Heartworm Disease is a mosquito-borne infectious disease that can affect our pets, even living here on the coast. "Most people are under the impression that we don't have heartworm here, but we do have the (temperature) environment that allows for the development of the heartworm larvae in the belly of the mosquito, so it can then be transmitted" says Dr. Karen Novak of Village Veterinary in Mendocino. "Our cases are low

compared to inland CA. However just a few miles inland from the coast, it gets hot. The warmer temperatures allow for the survival of the mosquito and the heartworm larvae to develop", Dr. Novak says. Dogs may be asymptomatic in the early stages of infection, but as the disease progresses, they may show symptoms such as weight loss, decreased exercise tolerance and coughing. Cats (and ferrets) can be infected as well, but are not considered good hosts. This means that while in dogs, large numbers of adult worms can be present (up to thirty) and live up to seven years, heartworm infection in cats generally consists of one to

three worms that live up to three years.

Prevention can be as easy as giving a once-a-month preventive, such as Heartgard (Ivermectin). For dogs that have never been on preventive, getting your dog heartworm tested at the vet before starting preventive is a good idea. Certain preventive works in areas—this means if adult worms do exist within your pet, giving the preventive could possibly leave a mass of dead worms, affecting the functioning of the heart. A heartworm test at your vet consists of a quick blood draw and a result within ten minutes. Giving your dog a product like Ivermectin could be a good option. Many

of us live surrounded by wildlife, such as deer and bobcats, or we simply have many species of animals living on our property with our pets, such as chickens and horses. Ivermectin not only covers heartworms, but also gets roundworms, hookworms and whipworms. Dr. Novak says that "as of 2016, there is hardly anywhere in California that is heartworm free, even here on our gorgeous Northern California coast".

This is an archived article from Cathy.



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**The 2020 Census is Here.
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Amid the pandemic it is easy to feel like all our usual schedules are out the window. But today is still a very important day, and it's important that you help spread the word.

What's the word? Census! Each of us must fill out the census form so that our rural areas, town, villages, cities, counties and states are represented. The data gathered from this census will dictate the amount of federal funding that will come to our county for the next ten years. Every individual that is counted, translates to \$20,000 over ten years. So, if we miss a family of four, that is \$80,000 our county will not receive for critical infrastructure needs including our roads, our schools, senior housing, fire fighters, and more. Each and every one of these things is important for our community. Don't procrastinate. Fill out the form you received in the mail, or take five minutes to visit the census website:

www.my2020census.gov

Complete the census. There are only a few questions: the names of who lives in my home, their birth dates, and our ethnic heritage. Stop thinking about it. Just do it!

COMPLETELY DIFFERENT
(continued from front cover)

. . . . We love publishing the Lighthouse Peddler. Each month we have 20-25 articles about upcoming events plus another 8-10 original articles, essays and short stories. This month, as readers already know, the only events in our area are going out to buy groceries, medicines, take-out food, pet food, gasoline, visiting the doctor and working for essential businesses.

Given all of the shelter-in-place orders throughout California, we are not even able to publish a **print** edition of the Lighthouse Peddler this month. Besides, there are no movies, no live theater, live music events, art openings, poetry readings or anything else. All that being said, we've decided to publish our April issue as an online-only edition of the Lighthouse Peddler, with an emphasis on original writing.

Inside this issue of the Peddler you will find articles about how local healthcare and non-profit organizations are working to support the coastal population. MTA has reduced their schedules and we have an article about that. There's a hopeful article about locals putting a spotlight on climate change as Earth Day nears. Mendonoma Health and Action Network want to help with grocery shopping. The Coast Highway Art Collective turns 8 this month. Rozann reminds us that there's no opening reception but . . . the Collective is having a birthday worth noting. Of course our favorite writers will be here too. We'll have Mitch's

"Scuttlebutt", Karin's "Words on Wellness", MJ's view from the Farallones, Jennifer's book review and more.

Our hope is that you'll find the April Lighthouse Peddler worth finding online. While we're sheltering in place we believe we've created a solid issue for you. After all, our goal is to continue creating a monthly newspaper that helps you find things to do, and also bring you some of the best original writing of any paper our size in northern California. This month, stay sheltered as needed, check in with your friends and family, keep your distance in public spaces, wash your hands regularly, say a prayer, burn some incense, talk to the beautiful sky or ocean or tree and above all else, think good thoughts. And please, stay well.

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Haiku for April

"under the sun
each apple blossom
bough
a ballet of bees"
by mai haiku

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"Unmaking The Presidency" • A Book By Susan Hennessey and Benjamin Wittes

Reviewed by Jennifer Bort Yacovissi

Pity the poor author attempting to document this administration in real time. Reading Bob Woodward's *Fear* or David Cay Johnston's *It's Even Worse Than You Think* is to hark back to what seems ancient history, episodes that are difficult to remember in the crush of events trampling daily — hourly — out of the White House in the time since.

Indeed, between the printing of the advance reader copy of *Unmaking the Presidency* and the release of the final version, co-authors Susan Hennessey and Benjamin Wittes — executive editor and editor-in-chief, respectively, of the *Lawfare* blog — needed to append a lengthy postscript in an attempt to catch up, discussing the early days of the investigation into the Ukraine scandal.

And still they have ended up well behind the latest: Consider that today, the book's release date, is also the first day of arguments in Trump's Senate impeachment trial.

This perpetual whipsawing from one presidential affront to another is just one dimension of our current political reality that the authors deconstruct. Far more than a simple recounting of Trumpian outrages, however, the authors present a sobering case for how the current president is altering the fabric of the office itself, possibly for keeps.

The point they drive home — a realization that perhaps has been sinking in with much of the electorate over the last three years — is just how little of the U.S. presidency is guided by statutory regulation.

Instead, it is primarily built upon traditions and expectations that have accrued from one office-holder to the next. Candidate Trump ran on promises of thumbing his nose at tradition and trampling all expectations. Promises kept!

Indeed, the authors emphasize, "Trump has rarely had to exceed the limits of executive power in order to abuse his office." This president spotlights the extent to which the office depends upon its holder's noble intent.

In place of time-honored customs, the authors delineate in detail all the ways in which Trump has created a personalized, "expressive presidency," one that is entirely about himself. Certainly, he is the first president to make it plain that he sees himself as larger than the office, and openly to show contempt for its normative boundaries.

This is the "I dare you" president, bulldozing his way through all democratic convention and challenging anyone to make him stop or hold him to account. He is "actively

betting against the framers' vision of an at least minimally virtuous presidency and the Constitution they designed to achieve it." He makes no pretense of caring for civic virtue, and his supporters bellow their approval.

The larger question is to what extent he is rewriting his successors' views of the office, or, for that matter, those of the electorate. Is this an aberration or an ushering in of what is now considered "modern day presidential"?

The authors deliberate this question in engrossing detail, with each chapter illuminating the historical, legal, political, and cultural aspects of a presidential norm into which this commander-in-chief has thrown a hand grenade.

Take, for example, Trump's lying. The jaded electorate is used to political dissembling and mendacity; what we've never encountered before is a chief executive who 1) lies about trivialities, and 2) cannot be shamed.

As the Washington Post's overburdened Fact Checker team quickly discovered:

"Trump lied about anything and everything, and he did it all the time. He repeated the same lies over and over again. He lied indiscriminately and about matters so mundane that factual correction served no particular educational function."

The prestige of the office can't but be diminished when it is occupied by someone incapable of shame, unconcerned about credibility. "A public presidential statement today comes with no presumption of factual accuracy," the authors write. But our inability to trust what the president says presents a danger to U.S. security.

Just weeks ago, after the president greenlighted the assassination of Iran's most powerful general, Qassem Soleimani, virtually no one, including our surprised allies, was willing to accept at face value the claim that it was done in response to an "imminent threat."

Rather than draining the swamp, this administration has drained any reservoir of trust with its citizens, and we know better than to believe what it tells us. What happens, then, when we really need to believe what we're being told but can't?

In the same vein, the authors describe the administration's erasure of any distinction between official and unofficial statements. For example, no definitive answer was ever provided about whether presidential tweets represent official positions and policy, leaving the rest of us, including officials of the

U.S. government, to figure out which is which. After all, the tone, the language, the use of all caps, is the same in either case; nothing ever sounds "presidential."

Generally, we've learned that firing by tweet is real, but major policy announcements via Twitter, such as a proposed ban on transgender servicemembers in the military, is a trial balloon.

Still, even the most cynical among us were unprepared for the October 9,, 2019, letter sent to Turkey's President Erdogan that begins, "Let's work out a good deal!" How to comprehend that this was official correspondence — not somebody's satirical imagining — on a matter of deadly import from one head of state to another?

And yet, as this election year begins, along with the president's trial in the Senate, it is unclear whether Trump will pay any price for his shattering of all convention. Short of holding a secret ballot, the Republicans will never vote to convict him, hostage as they are to his poll numbers and Twitter tirades.

So the only redress is through the ballot box. "And there's a real risk," the authors caution, "that... Trump will lose the popular vote by larger margins but still win the Electoral College."

Even if this is only a one-term presidency, it will take time to understand what's been spawned as the new normal. Perhaps, if four years of chaos finally shakes the American electorate awake and motivates a majority to vote, not just in 2020 and not just at the top of the ticket, something positive will have come from it.

Jennifer Bort Yacovissi's debut novel, Up the Hill to Home, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny writes a bi-monthly column and reviews frequently for the Independent, and serves on its board of directors. She also writes a bimonthly column for Late Last Night Books. Her short fiction has appeared in Gargoyle and Pen-in-Hand. Jenny is a member of PEN/America and the National Book Critics' Circle. Previously, she served as chair of the Washington Writers Conference and as president of the Annapolis chapter of the Maryland Writers' Association.

A List of Books Worth Reading (Alphabetical by Title)

"Reading is a conversation. All books talk. But a good book listens as well."

Mark Haddon (1962 -)

- **Becoming** by Michelle Obama
- **Before We Were Yours** by Lisa Wingate
- **Chesapeake Requiem** by Earl Swift
- **Educated** by Tara Westover
- **Just Mercy: Story of Justice & Redemption** by Bryan Stevenson
- **Leadership: In Turbulent Times** by Doris Kearns Goodwin
- **Little Fires Everywhere** by Celeste Ng
- **Long Road to Mercy** by David Baldacci
- **On Tyranny: Twenty Lessons from the Twentieth Century** by Timothy Snyder
- **The Boy, the Mole, the Fox and the Horse** by Charlie Mackesy
- **The Guardians** by John Grisham
- **The Hate U Give** by Angie Thomas
- **To Kill a Mockingbird (** by Harper Lee
- **Very Stable Genius** by Philip Rucker and Carol Leonnig
- **Where the Crawdads Sing (** by Delia Owens

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.

During the Shelter in Place, check the store's website—FourEyedFrog.com—to order a book, have it shipped to your home, or, donate to our Community-owned Bookstore.

Another Book You Might Like*

- *. **Unmaking The Presidency** by Susan Hennessey and Benjamin Wittes (See review on this page)

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Empty Streets, Empty Highways, Nervous People

by David Steffen

Mendocino County has been on my mind this week. Same for California and New York. Italy has been locked down. Borders are being closed. As of this writing the fifth largest economy in the world—California—has adopted “shelter-in place”. In varying degrees we are all in semi-solitary confinement. A trip to the grocery store, or the pharmacy, or the doctor is an adventure because (with few exceptions) those are the only places we can go. This pandemic is real. The only thing uncertain is what we—you, me, all of us—will be feeling when the restrictions are lifted.

As with any crisis there are, to be sure, non-believers. The Washington Post’s Annie Gowen quoted a Kansas woman who believes that the Corona virus is simply “mass hysteria caused by the liberal media. They want to take Trump and our economy down.” Right. Americans want to tank the entire economy. Pick your own theory: [1] A new virus has mutated from animals to humans, [2] it’s mass hysteria caused by the liberal media exaggerating this virus, or [3] it’s all a hoax. Whatever your belief, we’re seeing empty streets, empty roads, and businesses under duress.

I’ve lived in California for 25 years. About half of those years were spent in Los Angeles (1977-1990), while the other half (since 2006) have been here in northern California’s Mendocino County. Even when I wasn’t living here I visited the state often, mostly on business although occasionally simply as a tourist. I remember our first visit to Disneyland in December 1973. It was really a magical place as we met Mickey, Goofey and Minnie, took a turn on all the rides and exhausted ourselves with fun, and over the years we returned to the Magic Kingdom 6 or 8 times as friends and family visited us in California. Leave worries at the gate and enter a place of escape.

While working at BMG in New York in the ‘90s (I was running a small video and film division for the music giant) I traveled to California 3-4 times per year. My preference was almost always about catching an early flight, renting a car, and hitting the ground running when I arrived because traffic was then (and certainly is now) horrendous. One of those visits was on January 17, 1994. My flight was a 9:00am departure from JFK, getting me into Los Angeles International Airport (LAX) about 11:00am. About an hour before landing in

Los Angeles the pilot announced that there had been an earthquake in the L.A. area. I rarely gave earthquakes a 2nd thought after living a dozen years in southern California and having personally experienced some rumpers and some rollers.

Tucked into my rental car I headed from LAX to the 405/San Diego Freeway. Instead of typically heavy traffic leaving the airport and getting to the freeway, the



streets were clear. Taking a left turn onto the 405 I was in for a shock. All lanes of the freeway were empty. I mean, maybe a car here or a car there but essentially empty. Heading north I exited at Santa Monica Blvd. and drove to my meeting at the design firm Art Hotel in West Hollywood. While owner and designer Chris Whorf and I talked about images, packaging, and design elements for BMG’s upcoming video releases, we kept the radio on to hear the earthquake updates. I was tempted to consider driving north to Santa Clarita where we lived for 13 years. The reports came in continuously.

The quake hit at 4:30am California time and lasted almost 20 seconds. For the uninitiated, when you’re there feeling the quake, 20 seconds is an eternity. The Northridge Quake, as it would be (incorrectly) labeled, registered with a 6.7 Richter Scale magnitude. The epicenter was actually closer to the city of Reseda, near the spot where the 405 meets I-5 heading north toward the Santa Clarita Valley. As to the severity of the quake, here’s a line that should get your attention: “[the quake’s] peak ground acceleration was the highest ever instrumentally recorded in an urban area in North America”. It was felt 200+ miles away in Las Vegas. Two 6.0 aftershocks followed, the first about one minute after the initial event and the second approximately 11 hours later. There were several thousand

aftershocks in all. The death toll was 57, and more than 8,700 people were injured. Property damage was estimated to be almost \$50 billion, making it one of the costliest natural disasters in American history.

As it was now approaching 3:00pm, and hearing of the destruction of houses, commercial buildings, and a collapsed freeway (near Santa Clarita), my expectation of driving to my old neighborhood or keeping any of the other meetings over the next two days vanished. I called the airline, changed my flight, said goodbye to Chris, returned to LAX driving on a still empty 405, and flew back to New York. It was a brief and entirely surreal visit to La La Land.

This morning I drove down the hill to beautiful downtown Gualala to pick up a few necessities. There were a total of 3 customers at Gualala Supermarket. There was 1 person at the Post Office. Trink’s Cafe appeared to be closed. Granted, it’s not the same as talking about an empty San Diego Freeway after the quake, but just the same we’ve all been caught up in a new reality. It may be temporary but it’s real. A lot of us will lose wages and income. Some may lose more. But I realized that I’m happy living up here in Mendocino County right



now. I’d rather be enduring this current crisis with my friends, neighbors, and fellow business people knowing that on the other side, we’ll come out bruised, perhaps, but not beaten. At least that’s my hope.

“Either you decide to stay in the shallow end of the pool or you go out in the ocean.”

Christopher Reeve (1952-2004)

NTN Projects Plan For Completion Once Point Arena Schools Re-Open

From Warren Galletti

Before the recent school closure, PAHS students were given one class period, every school-day except Wednesday, to explore a topic that interested them.

Since last August, that chance was provided by PAHS's project-based learning plan, the core of the NTN model. All 124 PAHS students have chosen a project or a series of projects to work on. Most students can say, "This is what I chose to learn!"

Here are a few of those projects, which, once school starts up again, will be nearing completion.

Brandon Huse and Eric Estrada: Trick-out an aluminum boat

Last semester, Brian and Eric designed a line of bass fishing lures to use in tournaments held by the Lake County Fishing Club. Their lures worked! This semester they've raised the ante: they're turning an aluminum boat into a fully rigged bass boat.

Their second-hand aluminum boat and 15-horsepower motor were given to them by Richard O'Neil, President of Tom's Plumbing, Inc. of Gualala.

"We're going to trick it out in every way!" said Brian.

James Ritchie: Design and weld an aquarium stand

Whether James becomes an architect or welder or both, he is known for pursuing his interests. Last semester, he helped re-design and weld metal parts to a broken and stripped-down go-cart which his NTN team pulled out of a trash can.

This semester he designed and has begun to weld parts to a 30" tall x 24" wide x 48" long, steel stand for his salt-water fish aquarium. He found all parts all parts second hand.

His community mentor is Bill Stokem, retired metal worker and PAHS Maintenance manager. "James drew to scale exactly what he's making, including foot details. He's tackling the work from top to bottom, welding it up. He catches on really quickly. He has learned to wire feed weld in a circular motion; work that could take nine hours, he's doing in an hour."

Next project? James said, "I'd like to build some kind of mechanical contraption, maybe a model helicopter?"

Jonathan Milian Garcia and Jasmine Moreles, with mentor Roger Dingman: Make two Bokkens (Japanese wooden swords)

The Bokken is a traditional sword used for training Samurai warriors. Because

they're made of wood, they're designed to lessen the damage caused by training with steel swords.

"We chose this project because we like the culture," said Jasmine, who emphasized they were sticking to the traditional design as much as possible.

Their mentor, Gualala resident and retired contractor, Roger Dingman, taught them the necessary wood working skills, including measuring dimensions, cutting, and wood gluing.

Roger, who graduated from PAHS in '71, is enthusiastic about the project. "Once I show them, they get it. They're motivated.



It's not like when I was in high school and had an assigned project. They're interested in the project. It's something of their own creation."

A first-time mentor and an EduAct volunteer, he says he helps because he's having fun.

"When I was in school, the teachers assumed you liked a class. Your desires didn't matter. Now, kids pick up something they're interested in. They're motivated."

Vannesa Spencer: Build a beehive, learn beekeeping

"I wanted a hobby because I'm always indoors," said Vanessa. "I decided to learn how to build a beehive and learn about bees." So, she bought a beehive kit online and asked her father to help assemble it.

Building the beehive from online parts worked but took its toll. "My father did a lot of the construction, but the hive was really heavy. We built it outside on a tile table. The beehive ended up breaking our tile table. Luckily, we own a tile company!"

Vanessa's honeybees, which she also

purchased online, should be arriving about now.

Luckily, she said, her mentor, Benjamin Brown, M.D., founder of Gualala's Pacific Coast Herb Company, sister company to Pacific Coast Ayurveda, is an experienced beekeeper!

Taylor Holguin, mentor Shanna Lee, Alison Spangler and Mariana Moreles Vazquez: Design, build, and paint a large mural

They wrote the grant for supplies, collaborated on the purchase order, primed the marine plywood, and were learning the grid system to transfer the design to a larger surface when school closed.

This was a collaboration of three students who have been friends since second grade.

The three wrote the successful grant application to the Redwood Coast Education Foundation which paid for supplies.

Their mentor, Shanna Lee, PAHS art teacher, worked with them on composition, color schemes, and the initial transfer of their image to the plywood.

The three, 4'x8' panels, will be painted with their composition of the Point Arena Lighthouse and Pacific Ocean, and will be placed on the exterior, south west facing wall of the school's art room.

"We're hoping that'll happen this summer," said Shanna, "after the wall is painted."

Navara Harper, Kalina Fisher, and mentor Shelley Field: Learn how to make chocolate truffles

Navara and Kalina were interesting in learning how to make chocolate truffles. They needed an expert to show them because chocolate truffles aren't easy to make.

Chocolate truffles are bite-size chocolate confections made from ganache, a mixture of melted chocolate and warmed cream, cooled until firm, rolled, and coated with chocolate, cocoa powder or chopped nuts.

"We wanted to learn how to make them properly," said Navara.

They approached Franny Burkey, owner of Franny's Cup & Saucer in Point Arena. She connected them to Shelley Field, owner of Mendocino's artisan chocolate company, Wicked Bonbon.

Shelley, a master chocolatier, helped them with their first batch and introduced them to some of the physical and chemical aspects of chocolate.

Next project? Navara said, "We'd like to learn how to make hazelnut peanuts!"

Once school re-opens!

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"Every time a child says, 'I don't believe in fairies,' there is a fairy somewhere that falls down dead."
Sir James Matthew Barrie (1860-1937)

- Jonathan Milian Garcia, Jasmine Morales, Roger Dingman
- James Ritchie
- Navara harpoer, Kalina Fisher, Shelley Field
- Taylor Holguin, Shanna Lee, Alison Spangler, Mariana Moreles Vazquez
- Brandon Huse, Eric Estrada
- Vanessa Spencer

Crossword

by Margie E. Burke

ACROSS

- 1 Priceless?
 5 Head monk
 10 Long in the tooth
 14 Enlarge, as a hole
 15 System of beliefs
 16 Whimper
 17 Jason's ship
 18 Surfer's need
 19 "___ and shine!"
 20 Empty group, in math
 22 Tolerated
 24 Sound a bell
 25 Like some witnesses
 28 Sequel's sequel
 30 Familiar with
 31 Barnyard bleat
 34 Office door adornment
 38 "SNL" specialty
 40 Divisible by two
 41 Fine thread
 43 Macbeth's burial place
 44 "Semper fidelis", for one
 46 Exxon Valdez, e.g.
 48 Be in arrears
 49 Typeface option
 51 "Right you ___!"
 52 He played Henry V and Richard III
 55 Kind of lily
 59 7-Up alternative
 61 Ideal, as a society
 63 Butcher's cut
 64 Torah teacher
 67 Something to pull

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71					72						73			

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- 68 Get the pot going
 69 Dentist's tool
 70 Falls behind
 71 Look intently
 72 Santa's reindeer, e.g.
 73 It's genuine, in Germany
- DOWN**
- 1 He played Danny in the original "Ocean's 11"
 2 Air again
 3 Bird of prey
 4 Skin softener
 5 Top of the heap
 6 Clear soup
 7 River bottom
- 8 Laudatory lines
 9 Salad ingredient
 10 Time for showers
 11 Traveler's aid
 12 End of a threat
 13 Legal title
 21 Docking spot
 23 Storage containers
 26 Place to go play
 27 Witch's work
 29 Wis. neighbor
 32 Top-notch
 33 Many miles off
 34 Clownfish of film
 35 Swear
 36 Rock from outer space
- 37 Garlicky mayo
 39 Luau fruit
 42 Pilot's announcement, for short
 45 Newspaper bio
 47 Shell competitor
 50 Exaggerate
 53 Eyelid cosmetic
 54 Moscow money
 56 Lavender flower
 57 Bust a gut
 58 Feeling of anxiety
 59 Give a hand?
 60 Cornmeal cake
 62 Pinball error
 65 Missile's path
 66 Mare's mouth-piece



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"I don't mind what Congress does, as long as they don't do it in the streets and frighten the horses."
 Victor Hugo (1802 - 1885)



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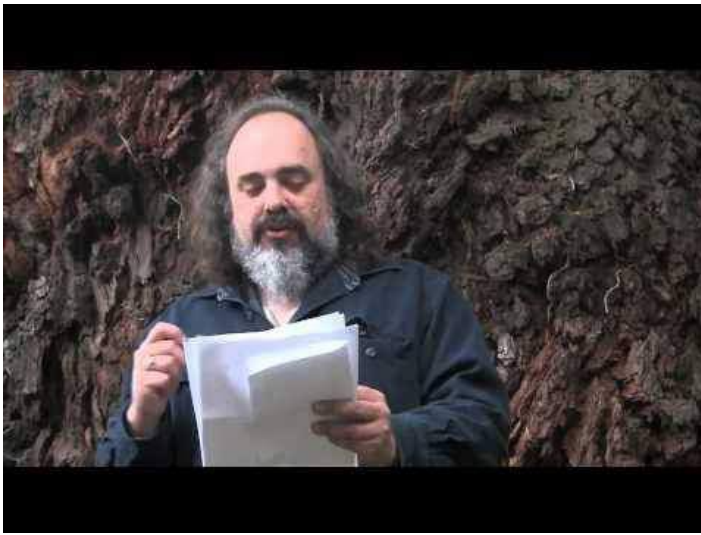
Alameda Poet Paul Corman-Roberts
(Was to be featured at April's Third Thursday Poetry)
by Blake More

Editor's note: Paul Corman-Roberts was scheduled to be the featured poet at April's Third Thursday Poetry. We are blessed with the arts in all forms: novels, biographies, dramas, non-fictional and short stories, films, music, television, graphic art, sculpture and more. Poetry, too, is a vital part of our celebrated arts. With that in mind we're pleased to include Blake More's profile of Mr. Corman-Roberts. He won't appear in person in April, but he's an artist we should know.

On Thursday, April 16, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Alameda poet Paul Corman-Roberts. The reading will take place at the Arena Market cafe and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Paul Corman-Roberts 2nd full length collection of Bone Moon Palace will be released by Nomadic Press in the Fall of 2020. Previous collections include his full length debut The Abomunauts Are Coming To Piss On Your Lawn (Howling Dog Press, 2006) and the chapbook collections NeoCommuter (Tainted Coffee Press, 2009) 19th Street Station (Full of Crow Chap Series, 2011) Notes From An Orgy (Paper Press, 2014) and We Shoot Typewriters (Nomadic Press, 2015.) His poem "Sausalito" won the Out of Our Magazine poetry contest in 2010 and his short story "The Deathbed Confession of Christopher Walken" placed 2nd in subTerrain Magazine's national fiction contest in Canada.

Individual work has appeared The Rumpus, Sparkle & Blink, Brave New Word, The Dead Mule School of Southern Literature, The Otis Literary Review, Buddy, Up The



Staircase, and many others. He has also served as an editor for online magazines Cherry Bleeds, Full of Crow and Red Fez where he still serves as an advisory member.

Corman-Roberts received a double Masters degree (MA/MFA) in Poetics from the New College of California in 2003. In 2012,

Corman-Roberts founded Oakland's Beast Crawl Literary Festival which he is currently in the process of reviving after a two-year hiatus. He was also the producer and host of the literary series Passages on the Lake and co-host/co-founder of Babar in Exile, also based out of Oakland. He has also performed in festivals all throughout the United States.

He currently teaches workshops for the Older Writer's Lab in conjunction with the San Francisco Public Library as well as the San Francisco Creative Writing Institute. He also works as a substitute of the Oakland Unified School District while living in exile on the forlorn island of Alameda while remaining actively and proudly involved in raising his daughter Hannah, a sixteen-year old future theater major.

Third Thursday Poetry & Jazz is supported by The Third Thursday Poetry Group, many anonymous donors, and Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

A Murder
In The Strip Mall

The king and queen

of Best Western
room 215
everything strewn:
surveying.
Psychic.
Varied shades of desperation,
agendas ducking into
back room charades
counting out
loud collateral obligation
The shoppers have abandoned
the parking lot in their wake
a scattered murder gorging
at the afterthought buffet
a smorgasbord of discard
framed by ramshackle
methamphetadreams
the duct tape convoy of
hollow drive-train eyes

The murder returns tomorrow
for their annual disillusionment with
an aborted consumer holocaust
a new feast of bitter sweet taunts &
mockery, the kingdom of 1000 years
once more delayed some
999 years
11 months
and 30 days.

Paul Corman-Roberts

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Other Bus Routes Reduced**

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- Route 75 RT from Gualala to Ukiah is Monday-Friday only.
- Route 75 RT Saturday service is from Navarro Store to Ukiah only.
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"An age which is incapable of poetry is incapable of any kind of literature except the cleverness of a decadence."

Raymond Chandler (1888-1959)

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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(The Get Out! Section is Taking the Month of April off.)

Alone, Together
by Janet Chancellor

The wind softly brushes its path through the trees
And ripples a rustling applause in their leaves.
The breeze gently ruffles the curls in my hair
And gives me the message that your love is there.

The sunshine surrounds me with its warm embrace
Caressing my neck and my shoulders and face.
I hear your soft whispers of love in my ear
And know without question that you are right here.

I walk all alone, yet with you, hand in hand
For I am your lady and you are my man.
I know what is holy. I trust what is true.
Eternal companion –my oneness is you.



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