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FREE**

August 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



60th Anniversary

Art in the Redwoods. There's Something for Everyone!

It's Diamond Time! Art in the Redwoods celebrates its 60th anniversary, and we're all here to welcome the return of this annual event. The celebration of art along with the accompanying food, music and creative arts vendors is a must-attend event on the grounds of Gualala Arts. Art in the Redwoods is August 19-22, with both in-person and online options. The festival opens with the Top Hat/Boxed Hat Dinner on Thursday, August 19. A favorite of many (particularly those of us who like to eat), the event is perhaps the most delicious fund-raiser of the year. Dinners need to be reserved in advance and, in turn, they'll be ready to pick up at Gualala Arts on the 19th between 3:00pm and 7:00pm. Each dinner is \$150, which includes a \$100 donation letter. This year, each dinner ticket holder will also receive a raffle ticket and . . .

cont'd on page 2

60th Annual Art in the Redwoods

Online & In Person
Thursday - Sunday
August 19 - 22



**Boxed Hat Dinner,
Thursday, August 19, 3-7 pm**
**Champagne Preview
Friday, August 20, 3-7 pm**
**Art, Food, Entertainment, Vendors,
Sculpture Garden, and more**
Sat, Aug. 21, 10 - 5 pm
Fri, Aug. 22, 10 - 4 pm

Advance Tickets for all events at Dolphin Gallery

Gualala Arts
4650I Old State Highway
Gualala, California 95445
GualalaArts.org • 707.884.1138

Sustainable Art: From The Ocean Floor to the Forest • The Art of Emma Hurley and Phil Clark
The August Exhibit at The Coast Highway Art Collective

The Coast Highway Art Collective is hosting an opening reception featuring the works of Emma Hurley, hand-carved and thrown functional ceramics and original art screen printed clothing, and Phil Clark, wood working and fine furniture, crafted from sustainable or recycled wood. The reception is on Saturday, Aug 14 from noon to 5 pm. The show runs from Aug. 5 through Aug. 29.

Point Arena local and avid surfer Emma Hurley has created a line of wearable “fish art,” reflecting her background in conservation biology and her love of the ocean. While

working as a fisheries biologist and an ocean educator in Santa Cruz, Hurley created a line of clothing using her hand-drawn designs, “inspired by ‘the colors, shapes, beauty, humor, mystery and character of the fish that live off the



cold brine water of California,” explains Hurley. Her goal with the brand, which she calls NorthCoast Brine, is to encourage stewardship and pride in the fish in our cold ocean waters. On hang tags attached to her garments, she provides species natural history information as well as advice on sustainable methods of taking and of eating seafood. “Many of the species I depict have a long history as human food. Most of us are now removed from the

process of catching and cleaning our seafood and only know halibut, lingcod, or rockfish as a square white fillet. My wearable art work puts an image to these common food species that are beautiful amazing animals in their own right,” she explains. Her wearable (shirts, tanks, hoodies) will be on display and for sale at the show.

Hurley also applies her ocean inspiration to the art of functional pottery. Wheel-thrown pieces are richly decorated with waves, fish and kelp. In late 2015, fellow surfer and potter Bo Kvenild, employed Hurley to help

glaze his large ceramic sculptures in his home studio where she fell in love with clay. Hurley throws various clay bodies into functional, lovingly hand-carved pieces in a process that can take hours and makes each unique. “Each

chunk of clay is handled and handled: from wedging to throwing to trimming to carving to glazing,” says Hurley. Yet Emma enjoys her ceramics to be used, eaten out of and maybe even chipped! “I love seeing these forms find new homes in homes and kitchens and new meanings to those who touch and hold the same chunk clay after me in its new form.” Emma’s online at NorthCoastBrine.com.

Phil Clark is a local, Point Arena wood-

working artist who has had a long career in fine furniture making and wood art projects. He studied architecture at Cal Poly in San Luis Obispo. After college, he owned an antique shop in Oakland and, by restoring antiques, learned what joinery techniques en-

dured and how authentic furniture weathered with time. Today, Clark exclusively uses traditional joinery to create heirloom quality furniture and accessories. He takes his inspiration from the Arts and Crafts Movement and furniture design, Rustic furniture and American Design that utilizes distinctive grains and live edge.

Clark says he is a self-taught artisan woodcrafter and his process is spontaneous; he does not draw or make calculations before he begins a piece. “I love the process of creation,” Clark says. “Each piece of wood is different; the grain, the shape and its natural singularity will dictate how I use it to produce my one-of-a-kind pieces. I use hand and power tools and native and domestic urban woods, that I salvage, find and repurpose. I have cut down trees, and milled them into lumber and then fashioned them into furniture, after air drying them for years.”

Clark’s lifelong occupation with wood has included an Eco-forestry business in

Oregon, certified by the Forest Stewardship Council. He has constructed new houses and barns and worked on historical restorations of houses and barns. He was proprietor of two galleries in Ashland, Oregon that fea-

tured the fine woodworking of members of the Siskiyou Woodcraft Guild and other local artists. His woodworking has included bridges, greenhouses, fences and arbors, a jeweler’s bench, weavers warping racks, rocking chairs, tables and bookshelves, altars and framed mirrors. “Honoring the tree’s life through functional art and design is my goal as a builder-maker. I hope you enjoy my work.”

The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building next door to the Redwood Credit Union. Regular gallery hours are Thursday through Sunday, 11:00am. to 3:00pm or by appointment. Visit the galley’s website at www.coast-highway-artists.com to view the collective members and see the range of work available regularly at the gallery. Collective members work in multiple media, including painting, printmaking, ceramics, metal sculpture, steampunk, glass, textiles, basketry, photography, jewelry, woodworking and modern art forms, uniquely expressed in the creations by award-winning artists.



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Our thanks to August contributors including Rozann Grunig, Barbara Johannes, mai haiku, Ashley McConnell, Mitch McFarland, Blake More, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

Arches Image (Page 15) by Joel Chaban

**Read the Peddler Online-
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www.thelighthousepeddler.com

Oh, we come on the ship they call the Mayflower
We come on the ship that sailed the moon
We come in the age's most uncertain hour
And sing an American tune,
It's all right, it's all right, You can't be forever blessed
Still, tomorrow's going to be another working day
And I'm trying to get some rest. That's all, I'm trying to get some rest. . .
From "American Tune" by Paul Simon

Issue #238 August 2021

Lighthouse Peddler

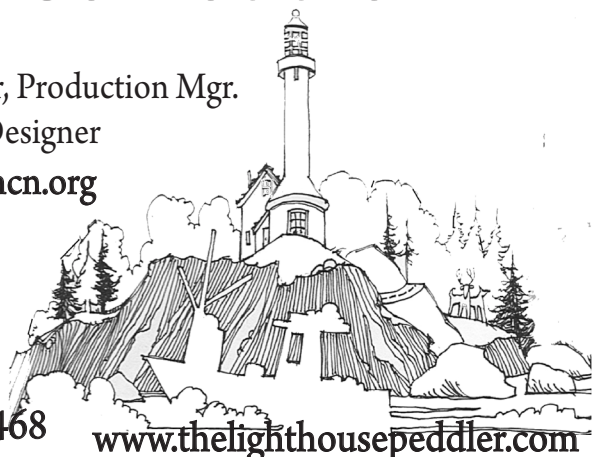
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Half Moon Bay Poet
Diane Moomey
Featured August 19
At Virtual Third Thursday Poetry
 Point Arena Third Thursday Poetry presents a virtual Zoom Poetry reading at 7:00pm on Thursday, August 19. This month features Half Moon Bay poet Diane Moomey, with open mic to follow.

Diane Lee Moomey has lived and wandered around the United States and Canada and now lives in Half Moon Bay, California, where she co-hosts a monthly poetry series, "Coastside Poetry". A regular reader at Bay Area poetry venues, she has had work published in The MacGuffin, Light, Poetry-Magazine.com, Mezzo Cammin, PoeTalk, The Sand Hill Review, California Poetry Quarterly, Caesura and Red Wheelbarrow, and been nominated for a Pushcart prize.



In 2016, 2017, 2018 and 2020, Moomey won prizes and Honorable Mentions from the Ina Coolbrith Circle and the Soul Making Keats Literary Contests. Her newest poetry collection, "Make For Higher Ground", is scheduled to be published later this year by Barefoot Muse Press. (https://www.pw.org/content/diane_moomey)

Through Foothill College's Community Based Program, Diane offers enrichment classes in Poetry Appreciation and Memoir/Storytelling. She is also a watercolorist and collage artist, an experience that both seeds and is seeded by, her poetic imagery. Visit her at www.dianeleemoomeyart.com.

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.

What can a pencil do for all of us? Amazing things. It can write transcendent poetry, uplifting music, or life-changing equations; it can sketch the future, give life to untold beauty, and communicate the full-force of our love and aspirations.

Adam Braun (1983-)

Point Arena Lighthouse Invites Everyone Saturday, August 7: It's National Lighthouse Day

The Point Arena Lighthouse will celebrate National Lighthouse Day on Saturday, August 7 from 10:00am to 3:30pm. All visitors will enjoy free admission to the grounds, Indoor Museum, Outdoor Museum and Light Station Store. The 151-year-old Lighthouse is located at 45500 Lighthouse Road in Point Arena.

National Lighthouse Day was originally established in 1989 to "honor the beacon of light that, for hundreds of years, symbolized safety and security for ships and boats at sea," according to the National Lighthouse Society. Point Arena Lighthouse



joins hundreds of lighthouses across America on August 7 in celebrating the day by offering free admission and special events.

A special feature of this year's celebration will be a presentation of a legislative proclamation honoring the Point Arena Light Station's 150th anniversary of lighting the way on the Mendocino coast. This proclamation will be presented by Emily Tecchio, field representative for Assemblyperson Jim Wood, to members of the Point Arena Lighthouse Keepers, Inc. Board of Directors. This presentation is set for 11:00am at the base of the Lighthouse Tower.



"Due to the COVID-19 Health Order in place in Mendocino County the U. S. Coast Guard Dolphin rescue helicopter and crew that normally are present for this event will not be able to attend," said Mark Hancock, Point Arena Lighthouse Executive Director. "We hope to welcome them back for next year's National Lighthouse Day as they are always very popular with our guests, particularly the youngsters."

Information is available by calling the Lighthouse at 707-882-2809, ext. 1 or visiting PointArenaLighthouse.com/visit/calendar-2/national-lighthouse-day/.

Pandemic Picnic, a proposal by Diane Moomey

Meet me at my car, masked, and spread a tablecloth (freshly washed) across my hood.

I'll have made us bread.

We'll take a fender each. I will reach across with love and gloves to pass you opener and Anchor Steam.

Sanitize your hands, a dish, a mango and a knife, make slices, turn the rind.

My bracelets will jangle—shaking crispy crackers from the box, arranging cheese with tweezers.

Crows will wait to catch the things we drop.

On a plate beside the figs and grapes you wash so well, (Life-bouy, I can tell):
 fingerbowls of alcohol, in case.

Pigeons will pass over, sure to leave a billet-doux. How very blue and white our sky. I'll say I do believe tomorrow's forecast is for thundershowers. We have umbrellas. And hours. Hours. Hours.

—copyright 2020 by Diane Lee Moomey; appeared in Caesura, Summer issue, 2020

"Even when laws have been written down, they ought not always to remain unaltered."

Aristotle (384 BC - 322 BC),

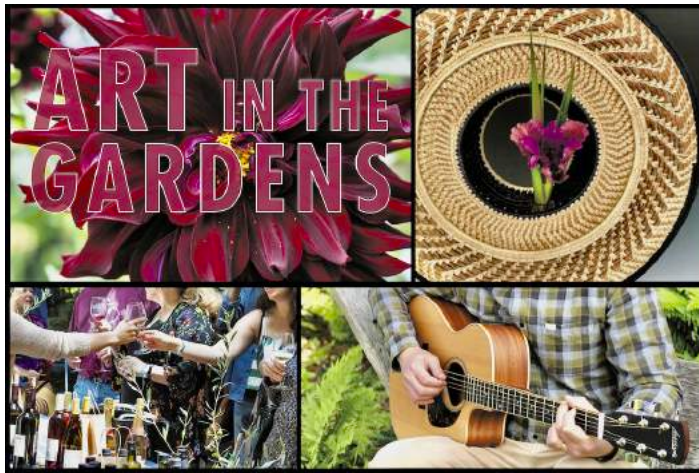
Art in the Gardens Is Back! At The Mendocino Coast Botanical Gardens
A Short Drive To Fort Bragg For A Wonderful Arts Experience • August 6- 8

Art in the Gardens is back! The event will be quite different this year, but all the same, it will celebrate art and community amongst the dramatic summertime blooms of the Mendocino Coast Botanical Gardens. Pick your own experience during this year's three-day event. Activities will include daily art workshops, the Saturday Soirée, and festivities on the Event Lawn featuring art vendors, live music, food, and drinks. Take a look at all of the opportunities below! Please note: Advance tickets are required for non-members.

Workshops are planned for August 6, 7 and 8. This year they've added a variety of opportunities for you to get creative and nurture your inner artist. Included are Kid's Painting for ages 9 and up (August 6 & 7), Paint & Sip for ages 21 and up (August 6-8), Paper Collage (August 6), Nature Journaling (August 7 & 8), and Pine Needle Basketry (August 7 & 8). August 7 brings the Saturday Soirée—Garden Party and Silent Auction. Join the fun during an exclusive evening amidst the flowers complete with music, hors d'oeuvres, drinks, dance, and unique garden art.

On August 7 and 8 Art in the Garden festivities include Live music, food, drinks, and art vendors on the Event Lawn from

11:00am to 4:00pm. These activities are free with general admission (advanced reservations required). Please note: These activities are free for current MCBG Members (no tickets/reservations required), for a more speedy entry please bring your membership card and pay for your guests in advance.



In addition to all of this you will find entertainment throughout the Gardens all weekend: August 6 — Victor Simon in the Perennial Garden from 11:00am to 1:00pm, and Aaron Ford in the Dahlia Garden from 1:00pm to 3:00pm. August 7 — McClure/Archain/Yañez Trio from 11:00am to 1:00pm on the Event Lawn, Earl Oliver in the Perennial Garden from 11:00am to 1:00pm, Chuck T in the Dahlia

Garden from 12:00pm to 2:00pm, and Mama Grows Funk on the Event Lawn from 2:00pm to 4:00pm. August 8 – Megan Miller and the Meta on the Event Lawn from 11:00am to 1:00pm, Back Porch Trio in the Dahlia Garden from 1:00pm to 3:00pm, Mendocino Dance Project in the Perennial Garden at 1:30pm, and The Indonesians on the Event Lawn from 2:00pm to 4:00pm.

Please note: Art in the Gardens events will be held rain or shine, and tickets are non-refundable. All proceeds from this fundraiser event support the Mendocino Coast Botanical Gardens. All visitors are requested to continue to wear a face mask inside of the entrance and gift shop. Please read and follow the local Health Order. If you are sick, please stay home. No outside food or beverages allowed. No smoking anywhere in the Gardens. Parking is free but limited, please plan to carpool. Art in the Gardens is an event where photography, audio, and video recording may occur. By entering the event, you consent to be photographed, filmed and/or otherwise recorded. Your entry constitutes your consent to such photography, filming and/or recording and to any use in promotion of Art in the Gardens and the Mendocino Coast Botanical Gardens (MCBG).AIG

Empower Yourself and Help Others

Learning Opportunities from Mendonoma Health Alliance

This fall Mendonoma Health Alliance continues to offer ideas on improving and managing your health. Most of these in-person and online services are provided at no cost to you. Check them out.

Mendonoma Health Alliance is offering **Stanford University's Chronic Disease Self Management Workshop.** Spread over 12 sessions, this is a virtual Health

Management Workshop available at no cost (free) through Zoom. The workshop is for adults with a chronic health condition and focuses on disease management skills, including decision making, problem-solving, and action planning. Some of the benefits of the workshop include **Empowering Yourself & Others, Learning New Skills, Strengthening Your Ties In Our Community, Making Lasting Connections, Reaching Your Goals, Enriching Your Life.** The online workshop begins September 14, meeting on Zoom every Tuesday & Thursday from 9:30am to 12:00pm. Space is limited. For more information or to register, you can contact Mendonoma Health Alliance: (707) 412-3176 x102 or email info@mendonomahealth.org.

As the saying goes, "knowledge can be the beginning of wisdom". With that in mind it's worth knowing that in addition to comprehensive programs, Mendonoma Health Alliance also offers free health screenings for individuals, and screenings can detect problems early. They have free cholesterol, blood pressure and A1C (pre-diabetes) screenings at several locations in our community.

This month screenings will take place as follows: at Art in the Redwoods at Gualala Arts on Saturday, August 21 from 10:00am to 1:00pm; at S&B Market in Manchester on Wednesday, August 25 from 10:00am to 12:00pm; at the Sunday Market, Fort Ross School, Sunday, August 29 from 10:00am to 12:00pm. In addition screenings are available by appointment only at the Men-

donoma Health Alliance Office, 38958 Cypress Way, Gualala, from 9:00am to 3:00pm, Monday through Thursday. Please visit www.mendonomahealth.org for more details.

Narcan Training is offered through Mendonoma Health as well. In as little as 20 minutes, you can learn techniques to save the life of a loved-one, friend, co-worker, neighbor—anyone—who is experiencing an overdose caused by prescription narcotics or heroin. Visit Mendonoma Health Alliance's YouTube page— <https://youtu.be/8W9Sku611-M>—to learn when and how to administer Narcan and much more. Anyone who completes a short training is eligible to receive free Narcan from Mendonoma Health Alliance.

All of Mendonoma Health's community education classes are available online. Visit their website at MendonomaHealth.org under Educational Workshops or you can also find them directly on YouTube.com by searching "Mendonoma Health Alliance".

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The 60th Anniversary
Art in the Redwoods
August 19 - 22
4 Days of Art, Food & Fun
• The Boxed Hat Dinner, Thursday, Aug. 19, 3 - 7 pm
• Preview the Art & Awards, Friday, Aug. 20, 3 - 7 pm
• Enjoy Art, the Sculpture Garden, Vendors, Food, Drink and Entertainment. Saturday, Aug. 21, 10 - 5pm
Sunday, Aug. 22, 10 - 4 pm

Purchase Advance Tickets at the Dolphin Gallery!

At The Dolphin Gallery
"Two Visions Emerge"
Larain Matheson and Mark Guthrie.
Continues thru Aug 8
"Baskets & Gourds: Anything Goes"
Bay Area Basket Makers Exhibit Opens, Aug. 14
Members Preview, Aug. 13

Gualala Arts: Open daily, 11 - 4
Dolphin: Open Thu-Mon, 11 - 4

Gualala Arts and Dolphin Gallery require face masks for all, inside and outside during events.

"True happiness is... to enjoy the present, without anxious dependence upon the future."
Seneca (4BC - 65 AD)

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Solution to crossword:

New Moon



August 8

Full Moon



August 22

ART IN THE REDWOODS from cover.

be entered in the drawing for a beautiful oil painting created and donated by Sandy Ostrau. The 30" x 30" painting can be seen on the cover of the Lighthouse Peddler. It's titled "Pier Shadows," and one lucky person will be able to bring the painting home after the festival.

The dinner itself presents enough options to please any food lover. Chef Rebecca Stewart is creating four different dinner-to-go options united under the umbrella of Bold World Flavor. Included entree choices are Salmon with Madagascar Thai curry sauce, or Roasted Caribbean spice chicken, or Braised short ribs, or Rustica Rotolo, a vegetarian option. More details are at GualalaArts.org.

Friday gives everyone a chance to preview the art on display for this year's Art in the Redwoods. Once again the preview includes the opportunity to enjoy some champagne while previewing the art, and those attending on Friday will be the first to see which art the judges have selected as their choices for ribbons in a variety of categories. Tickets for the preview are \$25 and can be purchased in advance at the Dolphin Gallery in Gualala.

Saturday and Sunday are the days when all of the excitement comes together on the grounds of Gualala Arts. The galleries will be filled with art, vendors will be offering their unique creations, food will be available for purchase and music will be heard off and on Saturday and Sunday. The gates open at 10:00am both days, and admission is \$10, again with tickets being sold at Dolphin Gallery during

August (tickets may not be available at the gate, so get yours in advance). There will be free admission for those visiting on Sunday, between 10:00am and 12:00noon.

Art awards for this year's festival will total more than \$5,000, all provided by local sponsors. Award-winning artwork is selected by the Fine Art Exhibit judges, and our visitors and gallery viewers will be able to purchase artwork directly from the online gallery or in person at Gualala Arts. A link to the online part of Art in the Redwoods is available at GualalaArts.org. The awards will be announced via live-stream Friday, August 20 at 6:00pm and then posted on the website.

Entertainment will include performances by the Ernest Block Bell Ringers, The Tonewoods, Coastal Singers, and a bit of storytelling. In addition, the Mendocino Dance Project will bring their dynamic and exciting talent for performances both Saturday and Sunday. "The company's

thought-provoking work addresses what it is like to be human from many different angles. The dancers are dedicated to their community, working as professional artists, living in a beautiful, rural environment. And BAKU returns to bring their unique "Jambient Soundscapes" to the festival on Sunday afternoon. Their music has been described as a fusion of jazz and Afro beat, drawing upon Cuban, Latin, Middle Eastern and other cultural influences.

Once again, Art in the Redwoods brings the community together—visitors and residents alike—for a fun and joyous weekend.

Pictured: Mendocino Dance Project



Welcome to the Latest Coastal Hills Community Bulletin

Here are some of the activities and events planned between Jenner and Timber Cove.

Sunday, August 1 will be Puffinhorn's Jerry Garcia Birthday Show at Gold Coast Coffee in Duncan Mills. This free event features Puffinhorn playing folk rock, jazz & lots of Garcia/Grateful Dead tunes on the back deck. All ages & dogs welcome! Food & drink will be available for purchase. Special guest performer is Sylvia Murphy on keyboard. For more information contact Gold Coast (707) 865-1441 or mike@thet-hugz.net.

Thursday, August 13, Thea Prieto celebrates the release of her book "From the Caves" which won the red Hen Novella Award. This is an online book launch, hosted by Powell's City of Books. Prieto will read from her new book and be in conversation with Leni Zumass, author of "Red Clocks". It's an open invitation for all to attend via Zoom. Registration is at <https://bit.ly/3jPkSL6>.

Mendonoma Health Alliance has online health help, open to all. (See complete details on page 5).

Hirsch Vineyards is looking for workers for the harvest season. Hirsch is located about 30 minutes from Cazadero, 25 minutes from the coast. The primary task is sorting grapes. Work starts approximately September 1 and will continue for 2-3 weeks. Hirsch is an equal opportunity employer. Please contact jasmine@hirschvineyards.com or 646-912-5227 to learn more.

And don't forget, CHCP Sunday Community Market continues at Fort Ross School every Sunday from 10:00am to 12:00pm. NOTE: Rain cancels and School COVID-19 protocols are in place.

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Words on Wellness • Deep Rusty Red by Karin Uphoff

Deep rusty-red dried flowers of sheep sorrel and curly dock stand out in dry grassy fields and the lingering greenery of roadside, as the growing season comes to an end. They are part of the hardy buckwheat family and cousins of coast buckwheat (*Eriogonum latifolium*) whose rosy pom-pom flowers have turned henna on the headlands. The roots, stocks and leaves of this velvety seaside plant were used by Native Americans for coughs, colds, tuberculosis, menstrual disorders, stomach pains and headaches. The whole plant was often included in steams and sweat lodges to ease the pain of achy joints. Various species of *Eriogonum* have been used as food, medicine and in ceremony by indigenous peoples worldwide.



Sheep sorrel, curly dock and broad bitter dock are all part of the *Rumex* genus of the greater buckwheat family. They are characteristically sour and astringent and considered blood cleansers. Sheep sorrel (*Rumex acetosella*) was introduced from Europe and now widespread here. Native Americans were quick to adopt this plant in their pharmacopeia for external use (warts, bruises and sores) and internal application as a cooling, diuretic liver cleanser. It is a main ingredient in the famous Essiac blood-

cleansing formula for alternative cancer treatment because of its anti-oxidant and anti-mutagenic properties.

I'm fond of the tall, rust-stalked curly dock, commonly called yellow dock (*Rumex crispus*) for its yellow taproot. Roots are dug up in fall and simmered for teas or tinctured for treating skin conditions, enlarged lymph glands, liver and gallbladder ailments, indigestion, constipation and anemia. For anemia one can cook it up with nettle and molasses and create a blood-building syrup. The root can also be used in salves to address eczema, mouth sores, chafed skin, itching, athlete's foot and bruises. These plants of the *Rumex* genus have a sour-spinach taste because they contain oxalic acid, which is most prominent in broad bitter dock (*Rumex obtusifolius*) which hybridizes with yellow dock and can be used interchangeably. Its large leaves are suitable for poultices applied to skin swellings and eruptions, plus can be juiced or boiled as a vegetable in moderate amounts to cleanse 'bad blood' typically caused by lymphatic stagnation. Because *Rumex* spp. contain oxalic acid, those who are prone to oxalate kidney stones should avoid ingesting these herbs. We are fortunate to have such freely growing health aides in our world.

Karin C. Uphoff, is a Master Herbalist, Iridologist, Bodyworker and author of **Botanical Body Care: Herbs and Natural Healing for Your Whole Body**.
Learn more at: www.karinuphoff.com. Image: https://en.wiktionary.org/wiki/sheep_sorrel

Belted Kingfisher: "Mostly, A Loner"

Belted Kingfishers are easy to spot along waterways, perched on conspicuous branches or wires, ready to dive headfirst for their meal. Their call is a loud, dry rattle. They have a large head and bill with a small body and tiny feet. They are slate-blue on their backs and heads with a shaggy crest. Both male and female have blue breast bands but the female is a rare case among North American birds by being the more colorful, with a rusty belly band and flank.



The Belted Kingfisher lives alone except during nesting season when both male and female take on the amazing task of burrowing horizontally into a bank for their nest. They take turns carving it out with their

bills and kicking the dirt behind them with their feet. The average tunnel length is three to seven feet and has been recorded at over fifteen feet. Excavation can take up to three weeks.

After the young fledge, or leave the nest, parents teach them to fish by dropping dead prey into the water for retrieval. Ten days later, they catch live food and are then forced away from their parent's territory.

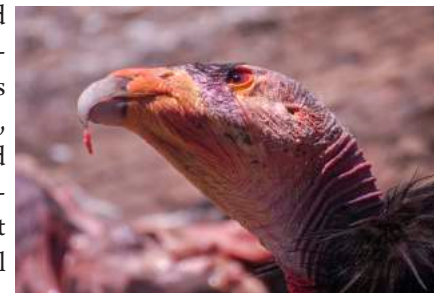
Kingfishers hunt from a perch or by hovering above water. The fish is caught with the bill; the kingfisher then returns to a perch where it beats the fish on a limb, then tosses it into the air and swallows it headfirst. They also eat tadpoles, crayfish, muskels, and young birds.

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Blue Grouse. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Image: Audubon.org

Endangered Condor Takes First Flight by Ashley McConnell / USFWS

An endangered California condor chick has successfully fledged from a cliff-side nest near the U.S. Fish and Wildlife Service's Hopper Mountain National Wildlife Refuge in Ventura County, California. The young condor took its first short flight on Oct. 14, six months after being raised by its parents in the mountains above Fillmore. Out of the 100 birds in the Southern California flock, 25 have now successfully fledged in the wild.

The chick, known as condor 980, hatched on April 10 and was raised by 9-year-old female condor 563 and 18-year-old male condor 262. The chick's mother, condor 563, was hatched and raised at the Oregon Zoo before being released at Bitter Creek National Wildlife Refuge in 2011. The chick's father, condor 262, comes from the first established nest in the wild since the species was re-introduced in 1992.



Condor 262 (pictured) is the father of recently-fledged condor chick 980, marking the 25th condor chick to successfully fledge in the wild in the Southern California flock. Credit: USFWS.

"What's fascinating about the dad in this case, is he came not only from the first nest in the wild since the early 90s, but he also came from a three-parent household," said Molly Astell wildlife biologist with the California Condor Recovery Program. "Two female condors paired with a single male and each laid an egg in the same cavity, which is pretty rare." To give both eggs the best chance at hatching successfully, biologists brought the egg containing 262 into captivity. In 2002, 262 was released back into the wild at Hopper Mountain National Wildlife Refuge.

Condor chick 980 spreads its wings within a cliffside nest in August 2019. The chick took its first flight on Oct. 14 after being raised by its parents in the mountains above Fillmore, California.

"Just a few decades ago, there were zero California condors in the wild, and today, due to successful captive breeding, we have condors taking their first flights in the wild and raising chicks of their own," said Astell.

So far this nesting season, scientists have recorded seven California condor nests in Southern California. 2018 was a record-breaking season with 12 nests recorded—the highest number of nests across the broadest range ever documented in the area.

"The hatch of chick 262 in 2002 was an important milestone in the California Condor Recovery Program," said Estelle Sandhaus, director of conservation and research at the Santa Barbara Zoo. "Today, we celebrate the next milestone for condor 262 – his very own chick fledged into the wild. Importantly, this

success is part of a population-wide trend: after a period of sustained nest productivity, a quarter of the Southern California condor flock is now wild-fledged."

Anyone in the world can watch California condors in the wild each nesting season via Cornell Lab of Ornithology's livestreaming nest cameras.

"For five years running, we've been privileged to help share a window into the lives of a condor family nesting in a cliff-side cavity tucked away in the Southern California wilderness," said Ben Walters, communications specialist for the Cornell Lab of Ornithology. "Watching the adults work together in an attempt to raise a small, downy chick into a lumbering, 20-pound condor is a sight to behold, especially since these magnificent birds were, up until recently, almost lost to us forever."

Biologists from the U.S. Fish and Wildlife Service and Wildlife Service and Santa Barbara Zoo will continue to monitor the chick closely.

In California, wild condors are found in the mountains of Monterey, San Benito . . .

Continued on page 13.

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More Films At Arena Theater in August

"Minari", "Black Widow", "The Truffle Hunters" and More

Screening at Arena Theater in August is a smart and embracing film that brings back memories (and perhaps images) of the assimilation of immigrant families into life in rural America. While not a purely idyllic portrayal, the story is both compelling and



(these days, makes one) a bit nostalgic. In 1983, the Korean immigrant Yi family moves from California to their new plot of land in rural Arkansas, where father Jacob hopes to grow Korean produce to sell to vendors in Dallas. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of fam-

ily and what really makes a home. There are three screenings set for "Minari", on Sunday, August 1, 4, 5.



ily and what really makes a home. There are three screenings set for "Minari", on Sunday, August 1, 4, 5.

Next in line is the latest Marvel film: "Black Widow" starring Scarlett Johansson. Natasha Romanoff, aka Black Widow, confronts the darker parts of her ledger when a dangerous conspiracy arises, one with ties to her past. Pursued by a force that will stop at nothing to bring her down, Natasha must deal with her history as a spy and the broken relationships left in her wake long be-

fore she became an Avenger. "Black Widow" shows August 6, 8 and 11.

Later this month is "The Truffle Hunters". As the Hollywood Reporter opined, "Gor-



geous. Unique. Delightful. Visual Poetry.

A fascinating glimpse inside a world of arcane knowledge and the luxury market that feeds off it. A constant feast for the eyes and a nourishment for the soul, giving the illusion of a journey back in time to a pre-technology age of simpler pleasures." "The Truffle Hunters" screens August 13, 15, 18 and 19.

Coming later this month is "Bring Your Own Brigade", (tentatively set for August 20.) This new documentary sheds light on the causes and solutions to a global wildfire epidemic, and sets out to explain why the nation's fire suppression policies are misguided.

In early November 2018, intense and uncontrollable wildfires forced the frenzied evacuation of thousands of terrified residents of two very different cities: Malibu in southern California and Paradise in Northern



California. In her new documentary, twice-Oscar®-nominated filmmaker Lucy Walker captures the heroism and horror of that unfathomable disaster. Her film asks why are catastrophic wildfires increasing in number and severity, and what can or will we do to meet the crisis?

Then, August 27 the screen will light up with "Roadrunner: A Film About Anthony Bourdain" giving us an up-close look at the late-great food and travel writer/journalist. The documentary covers his career as a chef, writer and host, revered and renowned for his authentic approach to food, culture and travel. Directed by Morgan Neville, we learn more about Bourdain than, perhaps,



we really want to know. His passion—style, humor, attitude and appetite—attracted an audience of people who wanted-to-be him or live somewhat vicariously through him making his suicide even more unpredictable.

Screening times for all films are Sundays at 4:00pm, Wednesdays at 2:00pm, Thursdays at 7:00pm, and Fridays (when available) at 7:00pm. Information is at Arena-Theater.org and at 707.882.3272.

The 2021 Studio Discovery Tour Is Here August 28 - September 6 Visit the Artists at their Studios.

Art lovers take note: the Studio Discovery Tour returns to the Mendonoma Coast for two consecutive weekends: August 28 and 29, and again on September 4, 5 and 6. The Studio Tour is just that: a self-directed



drive to visit artists in their studios for a conversation about art, and for a chance to purchase art directly from the artists! Over the course of the 5 days, visitors can meet 41 artists in 24 studios located along the southern Mendocino and northern Sonoma coastline.

Some of the art can be previewed now in Gualala's Discovery Gallery. Get a head start and plan your studio tour at the Discovery Gallery, where artists' bios will be posted, and the gallery's knowledgeable staff can direct you to the sites and services of our coastal paradise.

The Discovery Gallery is located at 31940 South Highway 1, in the Sea Cliff Center, in mid-town Gualala. More information is at (707) 884-1900. An updated listing of the artists participating in the Studio Discovery Tour is available at the Discovery Gallery in Gualala. Tour hours are 10:00am to 5:00pm. Please note: Days and times may vary at the artist's discretion.

Image: "Dreaming" by Jane Casner Mothersill



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**Baskets and Gourds Anything Goes • At the Dolphin Gallery
Bay Area Basket Makers Open A New Exhibit August 14**

"Baskets and Gourds Anything Goes" opens at the Dolphin Gallery Saturday, August 14 from 11:00am to 7:00pm. Members may preview the exhibit on Friday, August 13 from 11:00am to 4:00pm.

The summer exhibit by the Bay Area Basket Makers will consist primarily of baskets and other pieces of art using basket making techniques showing the diversity of the art form. The artwork will range from very small baskets (one member can fit five of her miniatures in the palm of her hand) to pieces that are several feet tall.

Many locals and visitors to the Mendocino coast will appreciate the idea that members of the Bay Area Basket Makers use seaweed, abalone shells, pine needles and other natural elements that are so much a part of the northern California coastline. The guild's work including both wall-art and three dimensional work will fill the gallery.

The members have ranged in age from 16 to one member who just turned 90+. Some of their members specialize in traditional basket making, some embrace structural / non-functional baskets and some are



drawn to baskets that would be considered avant-garde.

The Bay Area Basket Makers (BABM) guild was founded in 1984 by Maxine Kirmeyer and Jude' Silva to support and further interest in basketry as a craft and art

form. The guild serves as a source of information and as a means of communication among basketmakers, providing inspiration and friendship. They welcome basketmakers of all levels and expertise, from amateurs to professionals. During the year, they publish 5 issues of their newsletter "Twinings"



which is available in paper and by email, as well as on this website.

In addition to the aforementioned coastal elements, their members create baskets using a wide variety of other materials, from reed, splint, plants, kelp, paper, and gourds to more exotics like hog gut, fish skin and fish bones, horsehair, fleece, wire and wire



mesh, to reusable finds of plastic bags and yarns.

**"Free" • Sondra Sula's Art
On Display During August at the
Elk Collective Gallery**

Sondra Sula's solo show entitled "FREE" will be at the Artists Collective in Elk beginning August 1. The show will consist of her "Little Souls," which are small, framed found-object assemblages created in an intuitive manner. The exhibit opens August 1.



Sula has a clear vision about her work. "I feel a sense of freedom in this new unmasked world. I can breathe more deeply, literally and creatively. I felt a

bit more daring as I created this new work with a theme of going beyond boundaries."

Sula has a BFA in Painting and Photography and has been represented by galleries in Chicago, Santa Fe and here on the northern California coast. She is also the author of *Meditations on Mendocino* and other books that can be found at the Fort Bragg library or online.

The Elk Collective Gallery is open daily from 10:00am to 5:00pm. Information is at 707-877-1128. A gallery opening will take place on "Second Saturday," August 14 from noon to 3:00pm.

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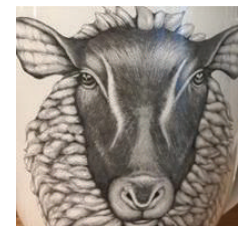
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5000 Days and Occams Razor

by David Steffen

Almost all of my moves—to places I've lived—were unplanned (or at least unexpected), and those “adventures” were usually about work. Among those changes of geography were from Milwaukee to Chicago, then to Los Angeles, on to New York, and from there to St. Paul. In total, we relocated five times, totaling some 8000 miles in career moves, yet the biggest surprise was the last 2000 miles: coming back to California from St. Paul about 15 years ago. Although clearly a conscious decision, moving back to California in 2006 was nevertheless unexpected. But the seeds for that move had been planted decades earlier.

My introduction to California was in 1972, when I was flown to Los Angeles as a sort-of ‘meet and greet’, before I began working for A&M Records as their rep in Chicago. Five years later I was transferred to Los Angeles. In short order we bought a small house in the L. A. suburb of Newhall (known today as Santa Clarita).

Many of my Hollywood-based co-workers at A&M had never heard of Newhall. That's not surprising since Newhall was actually 25 miles north of Hollywood and, more to the point, it was a million miles from many of my co-worker's homes in Beverly Hills, Woodland Hills, Tarzana and Brentwood. For example, Newhall's best-known Hollywood star was William S. Hart, and by the time we moved there, Hart had already been dead for 30 years. But it wasn't famous people that drove us to discover Newhall; the truth is, it was an area where housing was the most affordable, particularly in the red hot real estate market in 1977. We stayed in the area for 13 years and while there, explored other parts of the Golden State.

Our first visit to the Mendocino Coast was in December 1980. While working in Hollywood, I was talking with my friend

Bob Garcia, and told him we were thinking of visiting Mendocino County during the holidays. “If you want to simplify your trip” Bob said, “you should rent a house at The Sea Ranch”. I had no idea what a Sea Ranch was, but trusting Bob we contacted a rental agent, secured a place to stay, loaded up the car with

our luggage and the dogs—Irish Setter and English Setter—and headed north. Late that evening we found our way to a rented house at The Sea Ranch. Some of our days were hours of quiet relaxation, while other days were about local exploration.

On one of those “other” days we drove about an hour north to Mendocino. That day-trip solidified my previously imaginary thoughts about Mendocino. Although the ‘70s had passed into the ‘80s, young men and women were still found making a living selling leather goods, beads, homemade crafts and tie-dyed fashions from their VW micro-buses along Lansing Street and Main Street in the Village. For these youthful entrepreneurs, the ‘60s (and the perceptions of them as hippies) were alive and well.

More germane was the continued beauty of the California coast. Driving north one could look left and see the ocean, beaches, bays and coves; look right and there were tree-covered hills and rivers, and grazing land for cows, sheep, goats, horses, plus birds, lighthouses and a display of hundreds of bowling balls (you gotta see them to understand). And along the way there were the many beauti-

fully maintained houses, banks, commercial storefronts, and not surprisingly, a few seemingly abandoned structures. Mendocino County had elements of life I had seen and experienced in my travels, but rarely did I find them all in the same general area.

Some 25 years later we took another trip to



the Mendocino Coast, renting a house in Irish Beach with a renewed desire to enjoy and explore the coast. During our visit we drove from Jenner (on the south) to Trinidad (3+ hours further north). We quickly saw

that a move to the Mendocino coast might be a good idea. I think it was a surprise to both of us that before we left town we bought a house in Gualala and planned our move west. Happily we've been here for more than 15 years.

A favorite television program of mine in the 1980s was CBS's “Sunday Morning,” hosted by the late Charles Kuralt. One of those early ‘80s Sundays Kuralt introduced author, humorist and folklorist Roger Welsch, a midwest farmer, who became an occasional correspondent for “Sunday Morning”. Welsch's video essays were titled “Postcards from Nebraska”. By that time he had been a working midwest farmer for more than 20 years. One morning while the CBS television crew was filming Welsch in the local diner, a steady stream of other farmers and friends were coming in for breakfast. Seeing Welsch in front of the cameras one of his friends remarked, “Hey look, the tourists are in town”. After more than 20 years of farming, Welsch was still the subject of good-natured barbs about whether or not he had achieved the status of being ‘local’.

While having a latte at Trinks, or getting a sandwich at the Arena Co-op, picking out fresh veggies at the Gualala Saturday Farmers Market, or stopping at Two Fish, that TV-moment often comes back to me when new visitors and new residents ask me if I'm a local. I usually respond by telling them something like “we have a house up on the ridge.” “Local” is a label that requires thought and as I learned from Welsch, just be patient and let others apply the label when you've made it. Obviously the people we've met and the friends we've made are also part of our life on the coast

But I've come to learn a few more things about the Mendocino Coast. Our home is about a mile and a half from the actual shore-

line of the Pacific Ocean. We do live on a ridge almost 1000 feet above sea level which gives us a blue-water view. And that view is never lost on me.

The summer day we first looked at this house I knew it was well designed, well constructed and without obvious warts. (With all homes you find the warts later.) Standing on the deck I got my first whiff of the wisteria growing and climbing along the deck. The aroma was delightful. For a second I wondered if the owners had a spray bottle somewhere misting me with the wisteria's fragrance (hoping to get us to buy the house.) Wisteria, a member of the pea family, has hanging clusters of pale bluish-lilac flowers. Most importantly, it blooms twice each year. No spray bottle needed.

Our property also has a sufficient number of redwoods and firs. If you don't already know, redwoods are spectacular. The one pictured here stands about 15 feet from our house. Its circumference is easily 25 - 30 feet. These aren't “just trees”. Redwoods happen to be the tallest known trees and are among the largest living organisms on the planet. We're told they can grow to a height of 325 feet. I believe it. The one in our “yard” is likely 100-125 feet tall and may have started growing a century ago (sort of like me). One of these days I've got to get someone who know's about redwoods to tell me exactly how tall it is. (NOTE: I'm the guy next to the tree.)

We have plenty of birds, although I sometimes worry that their numbers are shrinking. The jays, woodpeckers, finches, families of quail, along with hummingbirds, hawks, buzzards and others are wonders. There are also quite a few forest pigeons. Believe me, having worked in New York City, I can tell you about pigeons. But these local band-tailed pigeons are clearly nature's attempt to give pigeons a better rep. There's a family of foxes that live about 50 feet down the hill from our home. They occasionally saunter through our property and have even been seen taking an afternoon nap near our driveway. Wildlife is not a problem on the Mendocino Coast and yet I wonder how that wildlife will fair as the climate continues to change, evolve.

There are so many moments. We're immediately aware of some, and others drift into our consciousness at their leisure. It's a bit more like Occam's Razor; I'm more likely to embrace the idea that it was a benevolent chain of events that brought us here. Bob's suggestion of where to stay helped, but maybe it is the Pacific Ocean, the fragrant wisteria, those gigantic trees, the rocky coastline and the local wildlife that combine to explain our presence here. Fifteen years on I'm grateful for William of Occam. It appears the razor still works.

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Haiku for
August

“heat waves
over a dry
river bed
red tail
hawk”

by mai haiku

"Why Didn't You Just Do What You Were Told?"

A Book by Jenny Diski • Reviewed by Jennifer Bort Yacovissi

These selected works showcase the late author's wit, insight, and never-boring exploration of how she fit into everything.

Beyond writing 10 novels, a story collection, and eight book-length works of nonfiction, the late Jenny Diski also contributed over 200 essays and reviews to the London Review of Books over a 25-year period. That is impressive output for someone whose ongoing self-portrait speaks of a love of lassitude. Indeed, she says, "Indolence has always been my most essential quality."

Diski, who died of cancer in 2016 at the age of 69, had been a newspaper columnist prior to starting her run at LRB, but the review gave her more real estate and the freedom to let her expansive mind wander in whatever direction it chose.

Her editor at LRB, Mary-Kay Wilmers, became a good friend; it is Wilmers who selected the columns that form *Why Didn't You Just Do What You Were Told?*, which flows in chronological order from Diski's inaugural piece in the review to the first in a series of 17 essays ("Another fucking cancer diary") that later became the book *In Gratitude*, published after her death.

As both Wilmers, in the introduction, and Diski's daughter, Chloe, in the afterword, note, virtually every LRB column involves Diski writing about herself in some way, just as her writing always did. The "I" of the author is a strong presence throughout, and it is inarguably what makes her work so compelling. She makes no pretense of being a disinterested observer — makes no pretense of anything — and her obvious comfort in weaving herself into any and every subject is an invitation to settle in and listen. She does not hold back, and she is never boring.

Most of the columns here are book reviews, many for biographies, and what a line-up they represent: from the rich and famous (Howard Hughes, Richard Branson, Keith Richards, Dennis Hopper) to the infamous (Jeffrey Dahmer) to the scandalous (Christine Keeler) to the royal (back-to-back princesses Diana and Margaret) to the politics-adjacent (Denis Thatcher). She also considers an entire set of the wives and sisters of authors (Vera Nabokov, Sonia Orwell, and Elizabeth Nietzsche) and other famous men (Martha Freud).

Diski has no use for maintaining distance or objectivity and dispenses with the usual reviewer's impulse of politesse; that's just one reason these reviews are fun to read. Her disdain — sometimes for the subject,

sometimes for the biographer, sometimes for both — drips off the page.

Sometimes it's even for other reviewers, as she scratches her head over the fawning praise heaped onto Keith Richards' mess of a seemingly unedited stream-of-consciousness autobiography. For herself, she declares, "I've dutifully slogged my way through every damn word, so I'm going to write about it anyway."

(One wonders whether Wilmers selected primarily negative reviews for this collection in order to showcase Diski's savage wit, or whether there simply weren't many positive reviews to choose from.)

The most personal of the reviews is of historian Barbara Taylor's memoir, *The Last Asylum*, in which Taylor describes in detail her 20 years as a mental patient. Diski finds herself competitively matching up their experiences, comparing and contrasting, and finally "sputtering, 'I should have been MUCH madder than I was. I haven't been NEARLY mad enough.'"

For me, the very first essay, "Moving Day," told me I was in good company. In it, Diski's former live-in lover ("the Ex-L-i-L") is moving his stuff out, while daughter Chloe (unnamed here) is off on holiday with her father, Diski's ex-husband.

She is looking forward to three solid weeks of solitude, something she finds essential to her being. "It's a celebration of solitude that won't be broken by people coming in from the outside world with their own stories and their own internal speed." No matter how much you may love or care about someone, living with them means you must adjust yourself to account for them. What a gift: the freedom to stop having to adjust.

Moreover, I could not help but think of all the mothers trapped in the house during this pandemic year with families whose perpetual demand to be fed and cared for took them to the brink. "No one here now," Diski writes of herself in her otherwise empty flat, "finds eating an essential part of their life... I make regular trips to the fridge to gaze on its cosmic emptiness. I adore its lit-up vacancy. No L-i-L, no daughter, needing the fridge full of possible feasts." An ocean of women moans with desire for such a longed-for release.

That search for an essential solitude informs one of the headline essays in this collection, "A Feeling for Ice," which formed the kernel of her travelogue/memoir *Skating to Antarctica*. It's the longest piece here

and serves as a master class in the weaving of seemingly disparate subjects into a cohesive whole.

Diski seeks a landscape of pure white, "a place of safety, a white oblivion," and, not having found it elsewhere, decides to pursue it in Antarctica. The thing from which she seeks safety is, at its heart, a childhood of tumult and precarity.

"My mother was a woman whose behavior was often inexplicable. Living with her, day by day, was like skating on newly formed ice. It constantly shattered, every day, but there was no alternative, no other place to go." Since her father died when she was 18, Diski had not had any contact with her mother, a fact with which she is fully at peace.

She does, however, go back to the apartment house of her childhood and discovers residents from that era still there after all these years. She's invited over to chat with these contemporaries of her parents, who offer insights about them that have the power to darken even the happier memories Diski holds. "I'm washing down this family history of social crime and multiple suiciding with my second cup of tea."

When she finally makes it to Antarctica, it takes some searching to find what she's after. Eventually, though, she goes off and discovers an isolated cove, her company some seals and penguins, "and suddenly here I am, just where I want to be, in a snowy, lonely place." For Diski, there is safety in solitude.

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.



The August Reading List Best Sellers and Best Bets

"Books and movies are like apples and oranges. They both are fruit, but taste completely different."

Stephen King (1947-)


- **I Alone Can Fix It**
by Carol Leonnig and Philip Rucker
- **This is Your Mind on Plants**
by Michael Pollan
- **Where The Crawdads Sing...**
by Delia Owens
- **The Girls Who Stepped Out Of Line**
by Mari K. Eder
- **The Quiet Zone**
by Stephen Kurczy
- **The History of Bones: A Memoir**
by John Lurie
- **The Glass Hotel**
by Emily St. Mandel
- **Project Hail Mary**
by Andy Weir
- **The Subtle Art of Not Giving a F*ck**
by Mark Manson
- **Refugee**
by Alan Gratz
- **The Pigeon Has To Go To School**
by Mo Willems
- **One of Us Is Lying**
by Karen M. McManus
- **The Love Songs of W.E.B. DuBois**
by Honoree Fanonne Jeffers
- **The Sound of the Sea**
by Cynthia Barnett
- **The Confidence Men**
by Margalit Fox
- **The Reason for the Darkness of the Night**
by John Tresch
- **The Vixen**
by Francine Prose

Another Book You Might Like*

*. **Why Didn't You Just Do What You Were Told**
A Book by Jenny Diski
(See review on this page)

The Lighthouse Peddler is pleased to bring our readers a list of the best-selling books being picked up and read by locals and visitors alike.

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

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"The best way to pay for a lovely moment is to enjoy it."

Richard Bach (1936-)

You were never told to surrender your civil liberties. You were asked to help each other stay healthy and survive.

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Scuttlebutt

by Mitch McFarland

I wanted to write this column about the disturbing (to me) drive toward another nuclear weapons build-up. All but one of the hard fought treaties to reduce nuclear arms and testing have gone away and the weapons industry is crying out to spend many more billions of your tax dollars "upgrading" our nuclear arsenal. Obviously, Ronald Reagan's belief that "nuclear war cannot be won and must never be fought" isn't suppose to affect our need to "upgrade" a nuclear arsenal that contains almost 5000 times the destructive power of Hiroshima. Do people under 40 even know about Hiroshima? Or care? Are more immediate needs overshadowing our costly and dangerous dalliance with nuclear weapons?

But I am not going to write about that. My wife Madeline thinks that it is not a subject that many of my readers want to read about because they feel like there is nothing we can do (except continue to pay for it). Politicians on both sides of the aisle are, for the most part, gung-ho on nuclear weapons. Trump increased the budget for nuclear weapons and Biden has proposed increasing it further! Jesus.

So I turn my attention to something more prosaic and close to home: swallows.

Our back deck is partially covered and we spend a lot of time sitting on what I call our "Group W bench" (as per "Alice's Restaurant") enjoying the view of the mountains rising beyond our meadow. Last year a mating pair of swallows build a nest under our overhang and hatched a brood. This year they were trying to come back, but I discouraged them by jumping off the bench and hollering and waving my arms. Nevertheless, their persistence was greater than my presence and they began to build again anyway. I don't dislike swallows at all, but the mess on our deck right where we walk was an inconvenience I was trying to avoid, so I built a little shelf under where they were working to catch the mess. They immediately abandoned that project and began quickly building one on top of the light fixture next to the door leading from the house to the deck. This light is 12 inches from the door and so we have to walk right by their nest every time we exit or enter. Despite having chosen to build there, the swallows were very upset by our numerous trips in and out of the house. Any time we came out the door they would fly away and if we were already on the bench when they arrived with new building material they would quickly retreat, often sitting nearby and chirping at us to leave.

They finished the nest. The female laid 4 eggs and in just over two weeks little peepers were poking out of the nest. Males and

females both tend to the young, so they were very busy feeding those four gaping mouths. By this time, brought on by necessity, the parents became a little more used to our presence. They were fluttering all around our heads. After all, we hadn't eaten their eggs or their young. I could now walk past the nest without them leaving—unless I looked at them at which time they would flee briefly. I guess the young didn't know we were a potential danger because even after they fledged they weren't bothered by us much.

We felt privileged to have a very close-up view as the young ones learned to do the incredible aerial acrobatics for which swallows are famous. We assumed they were fattening up for their 5000 mile migration to Costa Rica or Panama (some as far as Argentina). They still piled on top of each other at night above our deck light. One morning Madeline suggested that there might be more eggs in the nest. I thought that idea rather odd, but she got a stepladder and took a peek while everyone was gone and sure enough, there were four more eggs!

I got on the internet to check out swallow behavior and it turns out they can put out two broods a year given the right conditions. As of this writing those eggs haven't hatched yet, but the young ones are helping to sit on the eggs. I actually haven't been able to really tell the young ones from the parents for some time now. They look exactly alike to me, but their behavior is differ-

ent. I can walk right up to the nest and stare at some of them, the young ones I assume, from 18 inches away and they just keep our gaze locked. I assume it is the parents who still fly away when I closely approach the nest.

It is late July now and according to Wikipedia, I should expect these birds to take off for Central America in August, but they have to hatch those eggs and give the new batch up to three weeks to fledge. Then they all head south together.

I learned that swallows are the most successful birds on earth. They exist everywhere except Antarctica. They are closely associated with humans. In fact, swallows were not that numerous up to the caveman era until humans began building structures that swallows now seem to prefer.

Another thing I learned that may be of interest to coastal dwellers is that swallows will build a nest right beneath an osprey nest. They receive protection from other birds of prey that are repelled by the exclusively fish-eating ospreys. The ospreys are alerted to the presence of these predators by the alarm calls of the swallows. It is another of nature's odd symbiotic relationships.

I believe we all should be informed and concerned about the big issues of the day: climate change, nuclear weapons and power, and the creation of a wealth aristocracy that has such a dominating influence on our society; yet all we do have to remember is to stop and appreciate what natural wonders there are all around us. I think we are especially blessed to live where we do, surrounded by a natural world that refreshes our spirits when the human environment fails to do so.



SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

4		8		5			3
			9		8		6
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	7					3	5

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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CONDORS cont'd from page 7

. . . San Luis Obispo, Santa Barbara, Ventura, Los Angeles and Kern counties, and most recently in the western foothills of the Sierra Nevada Mountains in Tulare and Fresno counties.

The number of California condors dropped dramatically in the mid-20th century, leading the Service to designate the species as endangered under the Endangered Species Act. By 1982, there were only 22 of the iconic birds left in the wild. Today, due to intensive, ongoing captive



Condor 262 flies above Bitter Creek National Wildlife Refuge. Credit: USFWS

breeding and recovery efforts led by the Service in conjunction with multiple public and private partners, the California condor population has grown to around 500 birds worldwide, with just over 200 of those in California and more than half of the population flying free.

The number one cause of death of California condors is lead poisoning. This occurs by condors feeding on carcasses containing lead bullet fragments. When lead ammunition fractures inside the target animal, the fragments of the bullet can spread throughout the tissue of the animal that has been shot. As scavengers, condors unknowingly eat these small fragments and absorb the lead into their systems. Copper bullets, an effective lead alternative, are growing in popularity with the hunting community and minimize collateral wildlife damage as well as ingestion of lead fragments by hunters.

Another threat specific to condor chicks is "micro trash." Micro trash are small sized items such as nuts, bolts, washers, copper wire, plastic, bottle caps, glass and spent ammunition cartridges. Some condor parents collect these items and feed them to their chick, which can cause serious problems with the chick's development. While it is not completely understood why this occurs, many biologists believe that the condor parents mistake these items for pieces of bone and shell which provides a source of calcium if fed to the chick.

Ashley McConnell is the public affairs supervisor for the Ventura Fish and Wildlife Office. Ashley established her love of wildlife and the great outdoors as a child exploring national parks in South Africa. Today, she guides a team of communicators who tell stories about the unique and diverse wildlife and wild places of the southern and central California coast. USFWS.

Arena Tech Center Reopens Two Days A Week Coastal Resource Open to Students and Adults

Located at the South Coast High School Campus location at 185 Lake Street in Point Arena, the Arena Technology Center has reopened its doors two days a week, Mondays and Thursdays from 3:00pm to 7:00pm. As a school facility, masks will be required. They hope to add more days as the summer progresses.

Open to youth and adults for high speed internet access, online learning, classes, audio recording, and creative projects, the Arena Technology Center (ATC) is a subsidiary of the Point Arena Schools. The Center is located in the South Coast High School building behind the Youth Health Center, at 185 Lake Street, across from PAHS in "uptown" Point Arena. For more information email blake@arenatechcenter.org or call 882-4173 during ATC operational hours.

ATC Virtual Summer Special: Rhythmic Gymnastics: For beginners age 4-9; Virtually via Zoom on Thursdays, 3:30-4:30pm.

Learn the beautiful sport of rhythmic gymnastics with ropes, hoops, balls, clubs and ribbons. Rhythmic Gymnastics classes develop flexibility, strength, coordination, body technique, musicality, creativity, discipline and self confidence. Skills include, acrobatics, leaps, turns, balances, and dance.

The Class is taught by Thea Torgersen and Stephanie Roh. Torgersen is a former level 10 rhythmic gymnast with 25 years experience in rhythmic gymnastics, and 12 years teaching experience. Roh is a former level 8 rhythmic gymnast with 10 years experience teaching both rhythmic and artistic gymnastics. Both instructors are coaches at Global Rhythmic Academy in Petaluma—a USA Gymnastics member club and are Safe Sport and Safety Certified. For more information visit globalrhythmic.com, and to sign up and receive the Zoom link, email blake@arenatechcenter.org or call 882-4173 during ATC operational hours.

Ocean Ridge Park Planning and Development Continues Next Meeting Expected August 5

The effort to modestly develop Ocean Ridge Park continues. Bev Flynn reports that there will be a meeting with the architect and planning department on August 5. That August meeting, with architect Debra Lennox, will be an on-site meeting of Planning Department, WRA-biological study team, RCRC Board Members, and hopefully people from Fish and Wildlife and the Coastal Commission.

At the meeting they will be looking at the ESHA—Environmentally Sensitive Habitat Area—and the plans that RCRC has for the

site, particularly the 100' setback areas to see if a 50' setback area for parking and rehabbing the BBQ area can be created. Also, the septic system needs to be moved from where it was planned which is deeply in an RCRC area. Also proposed is a nature trail with educational information on the trees and plants as one form of mitigation. More trees can be planted as needed.

All of the efforts are coming together to aid obtaining a Use Permit for the property.



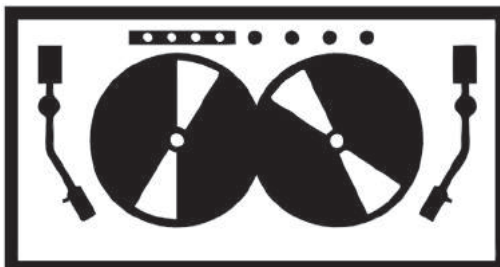
Waves & Tunes—Summer Dance Party August 6

A Friday Special Event at Arena Cove With DJ Sister Yasmin

Everyone's invited to join the fun and dance to incredible music, all styles for a Funky, Soulful Summer Dance Party. The party begins Friday, August 6 at 3:00pm at Point Arena Pizza, 790 Point Road, Point Arena (95468) at the historic Point Arena Cove.

From Ray Charles to Ray Barretto, Bob Marley to Bob Dylan, Fats Domino, Professor Longhair, Aretha Franklin, Michael Jackson—all to get you out on the dance floor, joyfully mixed by DJ Sister Yasmin.

Enjoy celebratory music, waves, tunes, delicious food, drink, and the amazing vibes and beautiful ocean views at the Point Arena Pier.



All ages welcome. No cover charge. This will be an outside, covid-safe event, on the deck/patio.

Point Arena Pizza serves brick oven Pizzas, local, organic salads, along with beer and wine. Truly "Pizza for The People". More information is available at 707-884-4703.

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Crossword

by Margie E. Burke

ACROSS

- 1 Zero in (on)
- 6 Word after big or buck
- 10 Swit's sitcom
- 14 End early
- 15 Denver's co-star
- 16 "Do ____ others..."
- 17 Thanksgiving centerpiece
- 19 Seating section
- 20 Royal flush card
- 21 Charades and such
- 23 One of the Spice Girls
- 25 Cantankerous
- 26 Wedding hiree
- 28 Eliot or Frost
- 29 Track shape
- 30 Flower cluster
- 32 Seek election
- 35 Atlanta-based airline

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60					61						62				
63					64						65				

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- 37 Here-there link
- 38 "One of ____ days...."
- 40 Biblical boat
- 41 Housefly larva
- 44 Many moons
- 45 Coniferous tree
- 46 Turn off and on again, say
- 48 Confront boldly
- 51 Gait between trot and gallop
- 52 Risk taker
- 54 "CSI" evidence
- 57 Yellowfin, e.g.
- 58 Annoyance
- 60 Lysol target
- 61 Building toy
- 62 It takes two to do it
- 63 Monthly check
- 64 Butcher's cut
- 65 Vacuum tube gas
- 10 Part of "TMNT"
- 11 Japanese cartoons
- 12 Range rover
- 13 Merry-go-round figure, to a child
- 18 One using T.L.C.
- 22 Receive at the door
- 24 Trapper's ware
- 26 Last part, in music
- 27 Formally state
- 28 Lofty speech
- 31 Gear tooth
- 32 With respect to
- 33 "Ruse" anagram
- 34 Twiggy digs
- 36 Off the mark
- 39 Can't stand
- 42 Aardvark's paradise
- 43 Basic belief
- 45 Warhol piece, e.g.
- 47 Rock layers
- 48 Someone in a cast
- 49 Unrefined
- 50 Big name in cameras
- 51 Short-legged dog
- 53 Nabisco favorite
- 55 Aborted mission
- 56 Auth. unknown
- 59 Black gunk

DOWN

- 1 "Is that a ____?"
- 2 Reedy instrument
- 3 Plant with ears
- 4 Coffee holder
- 5 Foggy state
- 6 Like some missiles
- 7 By chance
- 8 Mixed dish
- 9 Pekoe place



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Jerry Garcia (1942-1995)

Happy Birthday, Jerry!

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"Challenge and Hope in the Kelp Kingdom" by Mary Jane Schramm, Freelance Writer, Naturalist

Just a decade ago, the Sonoma-Mendocino coast's cool waters hosted dense forests of kelp, a large seaweed that provided vital habitat for myriad marine species: ecologically and commercially valuable fish and invertebrates that generate major revenues, plus seals, sea lions and seabirds. But in 2011 a deadly cascade of events initiated the collapse of the kelp forest ecosystem with a resulting catastrophic die-off of many creatures that depended on it for habitat and sustenance.

TOXIC SHOCK: A proliferation of toxic marine algae and sea star wasting disease removed key species in maintaining ecosystem balance. Ocean warming had already begun, but spiked suddenly in 2014 when warm water from Alaska reached Northern California and hunkered down for two years; simultaneously, El Nino thrust warm equatorial waters northward, compounding the heat. The ocean's bounty faltered, sea lions stranded, and massive seabird die-offs resulted. The survivor in this grim scenario was the purple sea urchin, admirably equipped to survive in the most challenging

Plan, in partnership with NOAA's Greater Farallones National Marine Sanctuary. To inform these activities, the State of California's Department of Fish and Wildlife and



Ocean Protection Council contributed its 20-year, ongoing baseline data on the region's marine life and environmental conditions. The Nature Conservancy conducted drone surveys to monitor priority sites, covering thousands of acres of Mendocino and Sonoma County coastal waters in 2019 and 2020; further surveys are planned this year. The Bodega Marine Laboratory is conducting research on kelp resiliency.

BEST BETS: Some of the most direct and promising strategies include sea urchin removal, and Reef Check currently orchestrates and oversees local divers who carefully hand-remove and vacuum up purple urchins. Moss Landing Marine Laboratories is involved in out-planting young lab-reared kelp to select sites. Culturing and reintroducing sea stars - the urchin's primary predator - is happening through The Nature Conservancy and Friday Harbor Marine Laboratory programs.

This September, Greater Farallones National Marine Sanctuary and the Greater Farallones Association will conduct a restoration site assessment cruise consisting of ecosystem and kelp surveys and other activities. They hope to engage youth in kelp restoration programs, and they may incorporate stranded kelp surveys in their Beach Watch program.

HOPE FOR THE FUTURE: To date these projects have been modest in scale. But the Greater Farallones Association issued an SOS to Congressman Jared Huffman, and in July he introduced the Keeping Ecosystems Living

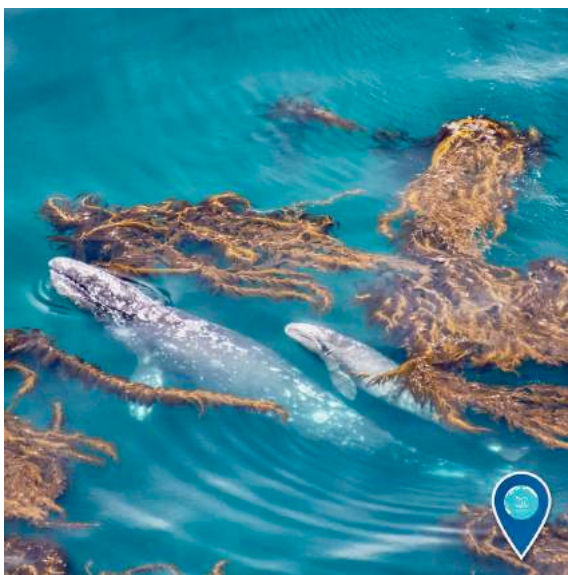
and Productive, "KELP Act." It would establish a NOAA grant program to fund restoration and management projects on the Sonoma and Mendocino coasts. This funding will be critical to the project's success. Over four years it would disburse \$200 million for grants to local tribes, academic researchers, the fishing industry, nonprofits, and state agencies. The Farallones association's Rietta Hohman states, "The KELP Act's passage will provide the funding for more 'on the ground' efforts to keep this collaboration going."

WARMING OCEANS: The role of climate change in this scenario will continue

to represent the major long-term challenge. But while daunting, the strength of these collaborations, with the support of government and other funding, can help allow nature to heal itself. And little infusion of cool water from an obliging La Nina would be much appreciated, too.

For more information, see *A kelp update (Apr. 2021) for the National Marine Sanctuary Foundation*. A kelp recovery video from *Earth is Blue*

<https://www.seattletimes.com/seattle-news/environment/scientists-now-link-massive-starfish-die-off-warming-ocean/>



conditions: they increased 60-fold. Their unchecked overgrazing reduced the kelp forest to a barren of stubble, devoid of many species. These cumulative stresses proved too much, and the system collapsed. A huge biomass of marine life was lost along with the disappearing kelp.

MEETING THE CHALLENGE: In response, state and federal resource managers, researchers, conservation groups, tribes, fishermen, and others united to halt and reverse this decline. Principals include the nonprofit Greater Farallones Association, the leader in developing the Sonoma-Mendocino Bull Kelp Recovery



At Stornetta California Coastal Monument. By Joel Chaban

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

Please be advised that some events currently included in Get Out! 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.

- Sunday 01: 4:00pm, "Minari" screening at Arena Theater (and 4th and 5th).
- Sunday 01: 12:00pm, Puffinhorn's tribute to Jerry Garcia. In Duncan's Mills.
- Friday 06: 3:00pm, Summer Dance Party w/DJ Sister Yasmin at Pt. Arena Pizza at the Cove.
- Friday 06: 7:00pm, "Black Widow" screening at Arena Theater (and 8th and 11th).
- Saturday 07: 9:30am, Gualala Farmers Market next to Gualala Community Ctr/Pay n' Take
- Saturday 07: 10:00am, National Lighthouse Day at Pt. Arena Lighthouse (Free admission)
- Saturday 07: 11:00am, Art in the Gardens in Fort Bragg.
- Sunday 08: 11:00am, Art in the Gardens in Fort Bragg.
- Friday 13: 7:00pm, "The Truffle Hunters" screening at Arena Theater (and 15th, 18th, 19th).
- Saturday 14: 12:00pm, Opening Reception featuring Sondra Sula at Artists Collective in Elk.
- Saturday 14: 11:00am, "Baskets, Gourds Anything Goes". New Exhibit at Dolphin Gallery.
- Saturday 14: 12:00pm, "Sustainable Art". Reception at Coast Hwy Art Collective, Pt. Arena.
- Saturday 14: 12:00pm, Harrison Goldberg and Tim Mueller perform at Dolphin Gallery.
- Thursday 19: 3:00pm, AIR Boxed Hat Dinner at Gualala Arts. Pickup between 3pm and 7pm.
- Thursday 19: 7:00pm, Third Thursday Poetry with Diane Moomey.
- Friday 20: 3:00pm, AIR Champagne Preview art & Judges Awards at Gualala Arts ('til 7pm)
- Friday 20: 7:00pm, "Bring Your Own Brigade" screening at Arena Theater.
- Saturday 21: 10:00am, AIR Art in the Redwoods at Gualala Arts. Art, music, food. 'Til 5pm.
- Sunday 22: 10:00am, AIR Art in the Redwoods at Gualala Arts. Art, vendors, food. 'Til 4pm.
- Sunday 22: 2:00pm, AIR BAKU perform at Art in the Redwoods, Gualala Arts.
- Tuesday 24: 6:00pm, City of Point Arena Council Meeting (Virtual).³
- Saturday 28: 10:00am, Studio Discovery Tour. Brochures/maps at Discovery Gallery, Gualala.
- Saturday 28: 12:00pm, Harrison Goldberg and Tim Mueller perform at Dolphin Gallery.
- Sunday 29: 10:00am, Studio Discovery Tour. Brochures/maps at Discovery Gallery, Gualala.

Looking Ahead to September

- Friday 03: 5:00pm, Flynn Creek Circus in Gualala (and on the 4th, 5th & 6th.)
- Sunday 05: 5:30pm, Rick Estrin & The Nightcats at Tallman Hotel in Upper Lake

1. Tickets for Movies at Arena Theater can be purchased in advance.

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

3. Pt. Arena City Council Meeting via teleconference. Check website for agenda. <https://zoom.us/j/92924523393>.

AFRICA ON THE MENDOCINO COAST

B. Bryan Preserve in Pt. Arena

is a 110-acre conservation center dedicated to the breeding and preservation of African hoof stock. Not a zoo, but a private preserve housing endangered majestic African animals in large open fields.

Visits available at 9:30am and 4:00pm by reservation only. Stay with us in the comfort and style of one of our eco-friendly cottages.
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