

**ALWAYS
FREE**

May 2020



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



The Masks We're Wearing: A Colorful Presence

For the past couple of months we have all been witnessing how life has changed. Not permanently, we trust, but the reality is we are now living with that change. We're adjusting our habits. Groceries, pharmacy, gas station, take-out food, essential needs all seem to be the main focus of our lives. It's not just the question of which necessities we need, but it's also the journey to get those necessities. Instead of stopping at Arena Pharmacy or Gualala Super or the local Chevron or the Seafood Shack as a part of our casual 'drive (or walk) into town,' we are now planning our trips. Strategic thinking goes into these excursions. We're going once a

week or maybe twice but few are making separate journeys on separate days.

Almost all of us are wearing a mask when we leave home. While some people have opted for a genuine surgical mask, most of us have improvised. I find that the many varied homemade masks are a delight to see. The individual creativity is an art unto itself. Homemade masks are a rainbow of colors, from bright to drab and everything in between.

Shapes vary from a carefully crafted homemade replica of a surgical mask

cont'd on page 9

Judith Hughes, Dipl. O.M., L. Ac.



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I'm so old, I don't buy green bananas any more.

Lou Holtz (1937-)

Coast Highway Art Collective Presents the Art of Mike Connor Virtual Exhibit Now Available at The Collective's Website

This month, the Coast Highway Art Collective in Point Arena is featuring the work of abstract painter and collective member Mike Connor. Visitors are encouraged to view Connor's work on their website, <https://coast-highway-artists.com/> and click on the virtual tour tab.

Connors was born in Minneapolis and came to California in 1980, working as a graphic designer in advertising. In May, 2016, he had a life-altering experience when he had a major heart attack. The road to recovery included meditation stress therapy, where he relived his heart attack. Connor had always enjoyed painting as a hobby, but after this experience, he found "profound inspiration" and began painting at a frantic pace – over 300 paintings in the first year after the attack.

His cardiologist suggested he get some mindfulness recovery; which Connor had been exploring as part of his meditation practice. Out of this work came his "Water Series," Connor explains "Being underwater became a metaphor for the afterlife. That



was the heart attack experience. And then I just kept going. The water became such a muse for me in so many ways. We've now moved to a place overlooking the ocean near Mendocino and it's not just therapeutic, it's inspirational."

"The body of work I have and continue to evolve would never have existed were it not for my heart attack," Connors continued. "In that way, it's a gift that will inspire me the rest of my life. After you flat line on an operating table, and live to talk about it, you



realize how precious time is. As an artist, along with being a husband and father, that motivates me to create as much as I can to follow each muse. You just don't know what may happen at any given moment.

The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, next door to the Redwood Credit Union. The gallery not maintaining regular hours at this time due to current conditions, but visitors can make an individual appointment to visit the gallery. Call Ling-Yen Jones at (707) 884-9153 to set up a visit.

More information is available at www.coast-highway-artists.com.

Images: Top, "Heaven is in a Tree"
Above, left: "Outbound"

National Theatre Comes Home Films Screen for Free in May

Arena Theater has been presenting the telecasts of The National Theatre of London, and the coastal audiences have embraced the regular performances. Unfortunately, as with other productions, the National Theatre is closed until July 1. To help the fans who have come to love these offerings, this month there will a regular screening of productions via YouTube. If you have access to YouTube, National Theatre At Home is an initiative designed to continue to engage audiences in their homes during this period of confinement.

National Theatre will be releasing one encore title per week through May on the National Theatre YouTube channel (address



below). Each title is free to stream, and will be available for one week only. First up:

- "Frankenstein" starring Benedict Cumberbatch and Jonny Lee Miller, alternating the roles of Frankenstein and his creation. "Frankenstein" screens now through May 8.
- "Antony & Cleopatra", the acclaimed, sold-out production—directed by Simon Godwin—features Ralph Fiennes and Sophie Okonedo as the fated lovers. "Antony & Cleopatra" is available from May 8-14.
- Two additional films will be screened but the titles were not available at press time.

You can search YouTube or follow the link below to the National Theatre site. Either way, this is a great opportunity to see these films in the comfort of your home.

www.nationaltheatre.org.uk/nt-at-home.

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Haiku for May

"time flies

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fish

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by mai haiku

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FROM THE EDITOR'S DESK

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Back cover	• An abbreviated "Get Out!" returns. Let's hope it's a prelude to much more. (Back cover)

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

Cover Image by Maggy Bulet from Pixabay

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By the way, here and there in this issue you'll see references to Giving Tuesday. Why? Tuesday, May 5 is a special day when non-profit organizations all over, including here on the coast, are hoping for some additional support. If you can, please do. If you can't, we understand. Not every non-profit is officially participating in Giving Tuesday but don't let that stop you. Give to any organization you wish. But do what you can.

Finally, let me leave you with the Webb Wilder Credo:

**"Work Hard, Rock Hard, Eat Hard, Sleep Hard, Grow Big,
Wear Glasses If You Need 'em"**

Issue #223 May 2020

Lighthouse Peddler

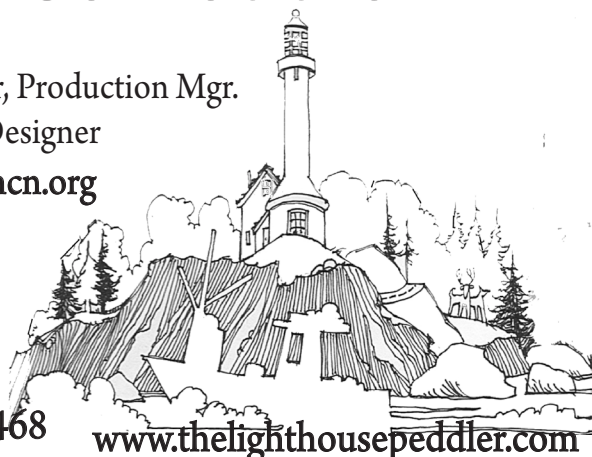
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“Inferno: One Man’s Journey of The Camp Fire through Art”
A Virtual Display of Art at GualalaArt.Org

Fire is an almost constant danger in northern California, and many of us have experienced it. Whether it's smoke from a distant fire, ash from something closer or simply(?) news reports from familiar parts of Mendocino County, our senses take notice and we start to wonder. For most of us we rarely get to the full-blown worry stage. For others it's a much different story. One artist used his artistic talent to help get through the devastation brought by the 2018 Camp Fire.

“A life once led by emotional turmoil wrought by the Camp Fire has now been healed through art’s power to visually share a story of hope.” That’s the lens through

and what better place to start over.”

The virtual exhibit has now added a video section featuring 7 clips that are just a click



painting in the series is titled, Hope. This painting depicts vegetation peeking its way through the devastation. “It is a show about what happened to me on that day but ending with hope that things will rejuvenate and come back. That is what I want people to walk away with. Even though it was a very devastating time and there was a lot of destruction that happened, we can take that pain and do something creative and positive instead of turning our efforts into something that won’t help us grow from



away. One clip shows the local Safeway store enveloped in flames. Another shows what appear to be little spot fires that in another time could be assumed to be decorative lights during the holidays. Perhaps nothing is more powerful than the view from Brian’s car as he drives up his old street and realizes the only one house is standing (not his) and all that’s remains of his home is a metal sculpture in front of the ashes of his home. The longest clip is an interview with Brian talking about the experience, where he emotionally replays his personal experience that day in Paradise.

Holderman’s paintings have allowed him to release the pain he had inside. The final

the experience. We can’t change what happened, but we can make a decision about how we’ll react to it.”

The paintings and photographs in the exhibit are available for purchase by contacting Gualala Arts or emailing info@gualalaarts.org.



which Brian Holderman creates his art. Gualala Arts’ virtual exhibit—“Inferno: One Man’s Journey of The Camp Fire through Art”—is a multi-faceted exhibit of Holderman’s work including his paintings, photographs and now video clips.

All of this has evolved out of Brian Holderman’s experience of being trapped for eight-hours in the blaze that devastated Paradise California comes to life through 10 paintings, 20 photographs, and five video clips. On that fateful day, he was at work in Chico, but decided to return to Paradise to rescue his two dogs, including one that was Bear, a service dog at the school where he was the principal. “I knew the students would be devastated if anything happened to Bear. What I didn’t realize is the emotional affect the experience would have on me.”

A transplant to Gualala, Holderman made the move permanent after visiting the area and realizing the Mendocino Coast was a place that could embrace him and help him express his healing through art. When he visited the area in April 2019 he realized that “This was the first time I felt I could truly breathe without the memories of the Camp Fire. This was such a healing place. During that weekend, I made the decision to move to the area. I lost everything in the Camp Fire

Coast Life Support Special All Mail Election
Don't Forget To Vote!!

Katrina Bartolomie, Assessor-County Clerk-Recorder, Registrar of Voters, has a reminder for all voters in the Coast Life Support District: “If you have not voted on Measure J yet, please VOTE your ballot and mail it in as soon as possible. We want to count your ballot! Election Day is just around the corner – Tuesday, May 5, 2020.”

Clearly, this is an important issue for all those (all of us) who live, work or reside in the district. No one wants to ride in an ambulance, but you never know when you’ll need one.

Measure J provides 2 paramedic ambulances days and night, regardless of weather, 24-hours every day, with a higher level of care, responding to increasing number and seriousness of 911 calls. It allows for life-saving treatments and stabilization on the way to the hospital, and supports recruitment and retention of experienced paramedics and EMTs.

If you haven’t received your ballot in the mail or misplaced it, please call one of the

county’s offices ASAP—Mendocino County Residents call (707) 234-6819; Sonoma County residents call (707) 565-6800 so we can mail you out a replacement ballot.

If you are in Ukiah, the Mendocino County Election’s Office is located in Room 1020 of the County Administration Building located at 501 Low Gap Road, Ukiah. If you are in Santa Rosa the Sonoma County Elections Office is located at 435 Fiscal Dr., Santa Rosa. Our offices will be open from 7:00am to 8:00pm on Election Night May 5, 2020 to answer your questions.

Mail your ballot as soon as possible. Your ballot must be postmarked by Election Day, Tuesday May 5, 2020. By law, your ballot must be received by Friday, May 8, 2020 (within 3 days of the election) and include the Election Day postmark to be counted for this Special Election.

For questions or additional information, please contact the Mendocino County Election / County Clerk’s Office by calling 707 234-6819.

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"Often when you think you're at the end of something, you're at the beginning of something else."
Fred Rogers (1928-2003)

**“It is certain,
in any case,
that ignorance,
allied with power,
is the most
ferocious enemy
justice can have.”**

James Baldwin
(1924-1987)

An advertisement in the public interest
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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; Mendonoma 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."

Redwood Coast Recreation Center in Gualala Still Standing and Ready For The Next Chapter

Many of our readers are familiar with the Redwood Coast Recreation Center. For those who know it and to those who are new to the name, the RCRC is a work in progress. A dedicated group of individuals have been committed to complete the mission of creating a full, accessible, user-friendly recreation experience. To that end they have been working with local groups, Mendocino County and others and they've provided us with an update.



RCRC is still working on getting the "Use Permit" from the Mendocino County Planning Department. In lieu of rezoning, the "Use Permit" grants RCRC authorization to build a pool, locker rooms, multi-purpose pavilion, and rest rooms.

The Planning Department is requiring yet another study from RCRC. The Planning Department deemed the Scoping Study done some years ago incomplete. So RCRC hired the firm, WRA, Environmental Consultants, to conduct the required complete Biological Study. Last week representatives of WRA conducted the first of two site visits. The WRA Biological Study will cost \$7,500 to \$10,500. RCRC is hoping that locals and visitors will donate what they can to help with these costs!

For years RCRC has been able to use the pool at the Sea Ranch for, among other things, swim lessons. According to RCRC Board Co-Chair Beverly Flynn, "we just found out that the Sea Ranch will not allow us to have swim lessons this year. They need to reconfigure their locker rooms due to Covid-19 social distancing requirements. We have been providing swim lessons to the children for more than twenty years and it will feel very strange not to do them this year."

Meanwhile RCRC is working on filling the new kiosk (paid for by the Lions Club) with information about us including a couple of the renderings of the future pool that our architect, Mattias Oppliger, made for us.

Although there are rules preventing disc golf playing right now it is possible to walk on the property if you can walk or bike to it.

Added Flynn, "we are following the rules for Bower Park which is open to locals for walking. Please do keep social distancing rules."

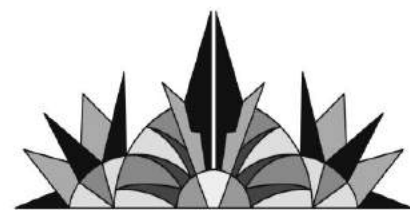
Little things can help as well. Those who come to the park are welcome (actually encouraged) to pull French broom* and clear dead wood. Even if you just pull some on



your walk it would be great. If you want to spend a couple hours give Bev a call and you can use an amazing "French broom wrench" which allows you get the roots out.

The Board of the non-profit, RCRC, keeps the park open for the benefit of the community. It pays taxes twice a year, insurance and maintenance every month. Everyone can walk and bike there. Is there something you want? Step up and make it happen. "Please join us in our efforts to create a neighborhood park that responds to your needs."

**French Broom is a perennial shrub from the Mediterranean region. It has clusters of 4 to 10 yellow flowers at the end of green stems. The leaves contain 3 leaflets and the hairy seed pods resemble those of other members of the Pea Family. French Broom can reach up to 10 feet in height and is highly aggressive, having the ability to thrive in both disturbed and undisturbed areas. It can be a real pest.*



ARENA THEATER
arenatheater.org
May 2020
What's streaming at the theater

Coming via Zoom:
Arena Theater

Membership Meeting & Board Election 2020
Monday June 15, 6 p.m.

Nightly Met Opera Streams
Encore titles featuring international stars

National Theatre at Home
Weekly encore titles of audience favorites

Arena Theater Cinema
Fri May 8–Sun May 17
New York International Children's Film Festival Kid Flicks

Friday May 15
Up From The Streets
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"My favorite things in life don't cost any money. It's really clear that the most precious resource we all have is time."

Steve Jobs (1955-2011)



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U	H	T	N	E	C	S	E	L	O	A	D	O
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O	N	I	D	A	M	I	D	A	H	A	S	T
H	S	I	S	A	P	A	T	A	Y	S	T	H

Solution to Crossword:

Full Moon



May 7

New Moon




May 22

Arena Theater
Annual Membership Meeting,
Board Election,
Dancefloor Facelift,
Spring Cleaning and More

Membership Meeting & Board Election: The Arena Theater Association's annual membership meeting is now set for June 15 at 6:00pm. It will be a virtual event (details to come). The deadline for people interested in running for the Arena Theater board has been extended to Wednesday, May 13. Arena Theater is seeking candidates for three seats on the board, and each seat is a three-year term obligation. Anyone interested in becoming a board member is encouraged to submit a letter of interest (100-150 words) briefly describing background and area of interest (e.g. live shows, cinema, special talents such as fundraising, or simply general). Candidates must be a member in good standing; non-members may join prior to the May 13 submission deadline. Candidate statements can be submitted by email to info@arena-theater.org, or by mail to Arena Theater, PO Box 611, Point Arena, CA 95468. (Sorry, no drop offs.) For more information, people can leave a message at the Arena Theater office at (707) 882-3272.

Dancefloor Facelift While Arena Theater remains dark with all events and movies canceled through May, facilities director Tim McMurtry took advantage of the mandatory downtime and carried out much needed maintenance work on the theater's dance floor. The big project, utilized equipment provided by Tom Hicks. "We can't wait to welcome our audience back for a night of music and dancing," said McMurtry.

Spring-cleaning at Arena Theater "Even though we're closed to the public, the historic Arena Theater still requires maintenance and care," said board member and facilities director Tim McMurtry when his sons, Jasper and Cody administered a thorough spring-cleaning to the theater's fifty solar panels, located on the building's roof top. The solar system, installed in 2016 by local company Pete and Sun, with electrical work done by Randy Kolosick, has reduced the theater's monthly electrical bill from \$700 to \$100. The monthly savings are paying for a low-interest loan financed by theater mem-



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MTA Bus Service Update

• Changes During Shelter in Place (May Update)

Many people in Mendocino County depend on the services provided by MTA, the Mendocino Transit Authority. With that in mind, here's the latest from the MTA website:

- Last week, Mendocino County's Public Health Officer has issued an order requiring Mendocino County residents to wear face masks in public. The order (CA Health and Safety Code 120295, et seq.) is intended to reduce or stop the spread of the coronavirus. Beginning on Friday, May 1, passengers/riders on MTA will have to wear a face mask in order to board any MTA bus.
- On April 1, 2020 Mendocino Transit Authority **discontinued public bus service to Santa Rosa**. The reduction in service continues in May.
- **ROUTE 95:** The suspension of Regional #95 bus service along the south Mendocino coast from Point Arena to Gualala and on to Santa Rosa remains in place. This suspension will continue throughout the order to shelter-in-place.
- **ROUTE 75:** Bus service on this route will continue, providing essential transportation to south Mendocino coast residents. The



Route 75 bus will provide **daily Monday through Friday** roundtrip transportation from Gualala north to Navarro and through Anderson Valley to Ukiah. Route #75 will also provide Saturday transportation from the Navarro Store to Ukiah and back only.

- **ROUTE 65:** MTA will no longer take passengers south to Santa Rosa on Route #65 inland buses.
- **INLAND ROUTE:** MTA continues to offer **weekly roundtrip bus service from Hopland to Ukiah and back**.
- 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 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:
 - mendocinotransit.org.
 - or call:
 - **(707) 462-1422**.

bers who have agreed to defer payments for three months during the current Covid-19 crisis. The price tag for the \$75,000 project also included costs for an entirely new roof cladding by Cortland Roofing.

Information about Nartional Theatre Live and MET Opera screenings can be found eleweher in this issue of the Lighthouse Peddler.

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Words on Wellness • "Lemon Balm"

by Karin Uphoff

A little rain and a lot of sun brings up the crinkly green of lemon balm leaves with their soft scalloped edges. Also called Melissa (*Melissa officinalis*), this member of the mint family is native to mountainous areas of southern Europe and north Africa, yet has naturalized in nearly every temperate spot around the globe. Recognized by its lemony-fresh scent, it is easy to grow by seed or propagation. Just the whiff of it in the garden gladdens the mind and provides balm for the spirit. To harvest, cut several inches off top growth of plants at flowering during the first year. On established plants, two or three cuttings of leaves before flowering can be made each season. Use leaves fresh or dried, although dried leaves lose much of their aroma.



As a medicinal plant, lemon balm is used for reducing fever; soothing stomach ailments, headaches, influenza and toothaches; for easing the pain of gout; cleansing sores; and as a sedative. However, during these stressful times, the essential oils in the leaves are most helpful for relieving tension and depressive thinking. Fresh tea from

this plant calms the mind which calms the breath and promotes clarity. The oils have also been shown to have antiviral, antibacterial, and antispasmodic activity—what a perfect tea for our times!

The chemicals in lemon balm inhibit a broad range of common bacteria and viruses, including colds and flu and herpes virus 1 and 2 (also used topically). Although lemon balm is a safe herb overall and suitable for children, it is considered a thyroid inhibitor and used to treat hyperthyroid conditions. If you have low thyroid activity, best not to drink it regularly and avoid the tincture.

Make lemon balm tea with fresh leaves, tearing them up into a pot using one part leaves to two parts boiled water. Cover and let sit a good thirty minutes or longer for a strong flavorful tea. Reheat on low with a lid so you don't lose the essential oils or drink as an ice-tea with a little shave of lemon peel. Lemon balm has a long culinary tradition added to salads, pesto, desserts, chicken and fish dishes, or anytime you want to increase lemony flavor. It also works well in salve, lip balm, bath salts, soaps and honey.

Image by congerdesign from Pixabay

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

Animal Care & Welfare • Can My Pets Get COVID 19?

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

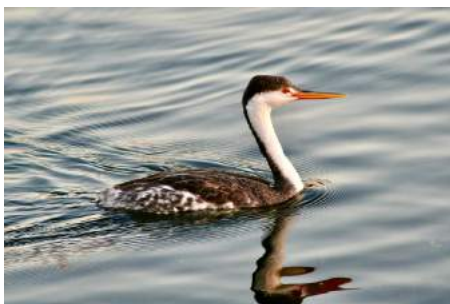


within your pet, giving the preventive could possibly leave a mass of dead worms, affecting the functioning of the heart. A heartworm test at your vet consists of a quick blood draw and a result within ten minutes. Giving your dog

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".

Western and Clark's Grebe: "Elegantly Adapted for Water"

The long, white necked grebe with the red eye was recently split into two species: Western Grebe and Clark's Grebe. Both are seen along our coast in the fall and winter. In spring and summer they nest on large lakes inland. The bill of Clark's Grebe is brighter yellow and its plumage is paler over all with the white extending completely around the eye. The Western Grebe is darker with a greenish-yellow bill and dark gray around the eye.



Grebes are poor flyers. They migrate on moonlit nights. They are elegantly adapted for water. Their long neck is made for diving and their spear-like bill for catching small fish. The grebe's feet are not webbed but lobed and held open when the foot is paddling, which increases the surface area.

Grebes' courtship dances are renowned

in the bird world. They stand side-by-side then dash across the water with their heads bowed. They also stand breast-to-breast with pieces of water plants in their beaks like a tango dancer with a rose in her teeth. Western and Clark's Grebes breed in large colonies. They make floating nests that are attached to underwater plants.

When the young hatch, they climb on the backs of the parents where they are carried and fed. Grebes will eat hundreds of their own feathers and feed them to their young. It is thought that this pads the stomach against the undigested fish bones.

Grebes were killed by the thousands for feathers for hats. Now their large numbers at places like Clear Lake are another sign to give us hope.

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

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Aida, Luisa Miller, Prince Igor and More from the MET Live
Arena Theater and the Metropolitan Opera Live Offer Free Streaming During May

Arena Theater is the Mendocino County source for Metropolitan Opera Live. The MET prides itself on bringing the finest performers and the greatest productions to audiences around the world and, happily, Arena Theater has been the MET's home on the coast for almost a decade. The regular performances draw enthusiastic fans from all over our coastal community (and the recent broadcast of Porgy & Bess brought a capacity audience)! However, as with many of the wonderful offerings at Arena Theater, the MET is not presenting the planned schedule of live broadcasts at this time. However, you can still see some great opera by streaming MET performances at home. It's as simple as going to the MET page on the Arena Theater website, or going directly to metopera.org and selecting the "Watch Now" button.

As I'm writing this (on Sunday, April 26) the MET is streaming a 4-hour **At-Home Gala** featuring some of the world's greatest talents, each offering a favorite melody, song or score, performed at their home. These FREE streams are made available beginning at 4:30pm (local time) and can be streamed at any time during the next 20 hours (until 3:30pm the next day.) The



schedule includes outstanding complete performances from the MET's cinema transmissions, starring all of opera's greatest singers. Operas have included **La Traviata, The Merry Widow, Tosca, Elektra** and more. Here are the schedule streams for early May.

Friday, May 1: **Aida**. This was one of the most emotional evenings in Met history—the night Leontyne Price bid farewell to opera. **Aida** is the role that inspired audiences around the world to acclaim her as the greatest Verdi soprano of her time. And this telecast shows why: the famous soaring phrases that seemed to never end, the shimmering top to her lustrous voice, undimmed by the years. But most of all, there is the ennobling heart and soul Price lavished on every performance—captured here forever.

With James Levine conducting the Met orchestra, chorus, and ballet.

Saturday, May 2: **Luisa Miller**. Premiered immediately before the enduring masterpieces **Rigoletto, Il Trovatore**, and **La Traviata, Luisa Miller** incorporates the youthful vitality that had made Verdi an international sensation while also looking forward to the dramaturgical discipline and sophistication of those later works. In this Live in HD performance, soprano Sonya Yoncheva takes on the riveting title role, capping off a season in which she starred in three cinema transmissions. As her father, Miller, the legendary Plácido Domingo adds another baritone role to his extensive repertoire. Tenor Piotr Beczala as Rodolfo, Alexander Vinogradov as Count Walter, and Dmitry Belosselskiy as Wurm round out the illustrious cast, and Bertrand de Billy conducts.

Sunday, May 3: **Prince Igor**. Dmitri Tcherniakov's acclaimed new production of Borodin's Russian epic—the opera's first Met staging in nearly a century—stars Ildar Abdrazakov in the title role of the tormented prince who leads his army against the Polovtsians. The stellar all-Russian-language cast also includes Oksana Dyka as his wife,



Yaroslavna, Anita Rachvelishvili as Konchakova, Sergey Semishkur as Igor's son, Vladimir, Mikhail Petrenko as Prince Galitzky, and Štefan Kocán as Khan Konchak. Giannandrea Noseda conducts the Met's vast musical forces in this colorful score, which includes the celebrated Polovtsian Dances.

As with all schedules, this may be subject to change. Visit the Arena Theater or MET website to check the upcoming streams. And mark your calendar. The 2020–21 Live in HD season will commence on October 10 with a new production of Verdi's Aida, starring Anna Netrebko.

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

Solution to Sudoku:

The 2020 Census is Here.
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Hey. It's Important!

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, se-



nior 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! (And remember, you can do it online!)

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(continued from front cover)

... to the outlaw Jesse James-variety covering everything but the eyes. (Note: The Lone Ranger's mask and Batman's cowl will not work. However, Darth Vader's mask—although extreme—will certainly do the



trick.) Dolly and I have fashioned ours out of an old scarf. She chose the colorful pattern for the world to see while I opted to use the reverse—a solid green. Funny, though. When she wears her mask it's neat, perfectly folded. Mine, on the other hand, looks like I just crumpled it up. It's more of a wadded mess that seems to be either attempting to escape from my face or devour me. Think of a crazed giant green gopher. Nevertheless



I was pleasantly surprised when my friend Lini recognized me behind my green mess at Gualala Super last week. Behind the Gualala Hotel, Allan Hogle (using skills perhaps honed as a pizza maker) was carefully handing off Astrid's delicious baked goods so that we could maintain—at least—our

needed six degrees of separation.

Walking seems to be more popular right now, or perhaps I'm getting out more and finally noticing people walking. As we ambled along Ocean Ridge

Drive we saw Sharon and Craig, Harrison and others enjoying a sunny day. None of us were wearing masks as we were on opposite



sides of the road which gave us 25 feet of space to adequately maintain our distance.

What's missing in most of our lives right now are the arts. Yes, I know we have TV and radio but the uplifting and social aspect of interacting with our fellow humans—friends, neighbors, casual acquaintances and strangers alike—is a source of pleasure that I long to resume. I'm becoming anxious for the moment when we can once again enjoy a concert, film, theater performance, poetry night, art opening, live music concert and more. Until then I'm happy that we're living in Coastal Mendocino, knowing those social events will return.

Upper left: Darth Vader (villain)

Lower left: Cowboy (bank robber)

Upper right: Lone Ranger (Hero)

Lower right: Prince charming

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Consider Binging in May With Some Lesser Known Film & Television Titles

by David Steffen

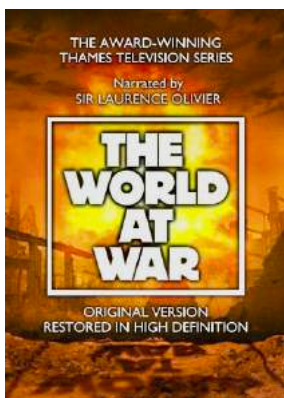
Let me say at the outset: I'm not sitting home binge-watching *Survivor*, *Real Housewives*, *American Idol* or reruns of *Seinfeld*. But I have been thinking about some film and television treasures that might be good choices for you while we're sheltered in place. Here are some ideas.

Centennial. Based on James A. Michener's 1974 book (published in the lead-up to America's bicentennial in 1976), *Centennial*, was a 12-part made for television mini-series. While not a chronicle of actual events, the sweep and depth of the story, the characters and the fictionalized history of this 21-hour production is outstanding. It's not perfect but then what television is? The cinematography, inter-woven story lines, and the historic and contemporary issues of America's western migration come together beautifully. The large ensemble cast (100+) also helps make this worth 21 hours of your life.



Centennial's cast includes Raymond Burr, Richard Chamberlain, Robert Conrad, Richard Crenna, Chad Everett, Brian Keith, Sally Kellerman, Donald Pleasence, Lynn Redgrave, Dennis Weaver, Timothy Dalton, Andy Griffith, Gregory Harrison, David Janssen, Robert Vaughn, A Martinez, Chief Dan George, Clint Walker and more.

Do you have a preference for real history as opposed to television history? Try ***The World At War***. The WWII series, first broadcast in 1973, is a thoroughly compelling look at how the world went to war (long before Pearl Harbor), how allied partnerships were created, and who were the ultimate victors were. Narrated by Sir Laurence Olivier, the marriage of archival footage and contemporary (1973) interviews makes for an amazing journey. Baby Boomers and younger generations will be drawn in. High school and college-age students, used to getting their information from video and film should watch too. It is (or was) available on an 11-disc DVD set with a total running time of 22+ hours. Even if you believe you know the story, the series will give you plenty to think about.



Connections. This BBC series, produced in 1978, is the creation of James Burke. Born in Northern Ireland, educated at Oxford, Burke developed a keen sense for science and injected this production just enough humor—often dry.

In the original 10-part series, Burke looks at the relationship between invention and discovery and how often seemingly unrelated events find themselves tied together. For example, in one episode he asks "How did a test of gold's purity revolutionize the world 2500 years ago and lead to the atomic bomb?" In each of the ten episodes he connects the dots in an entirely unexpected and compelling fashion.

Woodstock: As I've written before, almost everyone who tells you they were at Woodstock in 1969 probably weren't. The closest I got to the festival was living 900 miles east in Wisconsin. That weekend in August 1969 changed the music business in many ways, not the least of which was its confirmation of the power of music on an entire generation. Luckily the event was captured on film.

Director Michael Wadleigh's final cut runs 225 minutes and contains performances by Crosby Stills & Nash, Richie Havens, Joan Baez, The Who, Joe Cocker and the Grease Band, Country Joe and The Fish, Arlo Guthrie, Jefferson Airplane, Melanie, Santana, Sly & the Family Stone, Janis Joplin and Jimi Hendrix. Feel the music, feel the times.

In addition to ***Woodstock***, I have other music-documentary films to offer. All three were directed by Robert Mugge. Bob and I met in 1993 when I picked up his film ***Pride & Joy: The Story of Alligator Records*** (BMG Video). It was one of those films that almost didn't happen. But it did, and as it turned out Bob and I would make an additional 3 films together in 1994 including ***Gather at the River***.

He also produced and directed ***Deep Blues: A Musical Pilgrimage at the Crossroads*** and ***Hellhounds on my Trail: The Afterlife of Robert Johnson***.

Deep Blues (1990, 90 minutes) is perhaps his best. L.A. Times writer Michael Wilmington might agree. He wrote, "Robert Mugge's ***Deep Blues*** is a movie no blues lover, no popular music aficionado, and no devotee of American culture and folkways should miss. It's a genuine document, deep and earthy; a peek into our national soul." Bob is like that. He digs deep and delivers.



Hellhounds on my Trail (1999) is one of those films that Bob and I talked about doing together. We didn't get to complete it while I was at BMG, but happily the film got made in 1999.

For the uninitiated, Robert Johnson was a Delta Blues pioneer. An original. In his short life (27 years) he could not have anticipated that his influence would be felt by a generation of rock & rollers in the 1960s, including Eric Clapton and the Rolling Stones. His influence continues today.

The title of the film is based on a legend, a truth, or perhaps an apochryphal tale. The story goes that Johnson, who died in 1938, sold his soul to the devil at a crossroads, and in return he was given mastery over the guitar. The New York Times' Stephen Holden wrote about ***Hellhounds on My Trail: The Afterlife of Robert Johnson***.

The movie focuses on a week-long tribute to Johnson presented in September 1998 by the Rock and Roll Hall of Fame and Museum in Cleveland. Part academic study, part concert film, the movie features some wonderful performances of Johnson's music.

Performers include Robert Lockwood Jr., Chris Whitley, Rory Block, Tracy Nelson, Marcia Ball, Irma Thomas, Bob Weir, Joe Louis Walker, Billy Branch, Keb' Mo', Roy Rogers (of Delta Rhythm Kings fame), Sonny Landreth and Bill Morrissey.

The final Bob Mugge film I want to mention is ***Gather At The River: A Bluegrass Celebration***. During an extended road trip (about a month, as I recall) Bob shot almost

all of the footage for three films. The centerpiece, ***Gather At The River*** was a revelation for me. Filmed during the 1994 annual celebration at the Bluegrass Music Hall of Fame in Owensboro, Kentucky it features performances by Tim O'Brien, Del McCoury, Ralph Stanley, Doc Watson, Johnson Mountain Boys, Hazel Dickens and Peter Rowan. Rowan narrates much of the film and his presence makes a world of difference. I'm forever thrilled about my time on the road with Robert Mugge and watching him at his craft.

While we're sheltering in place, try any of these film and television titles for a distinctly wonderful diversion from the outside world. Search the web for a streaming availability. Any one of these titles will be worth your time and good for the soul.

Pictured above: Robert Mugge, Irma Thomas, and Morgan Freeman.

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"The Lost Week" • A Personal Essay By Our Book Reviewer

by Jennifer Bort Yacovissi

During the last week of January, I was hit by a freight train. Well, okay, it was an irritatingly anonymous, unnamed virus that kicked me to the ground and left no forwarding address. I couldn't even claim the moral high ground of having gotten the flu, something people treat with respect and deference.

To say that I had a cold is to call up images of some genteel lady sniffing demurely into a lace handkerchief, instead of the reality of a barking, dripping brute with glassy eyes and a bottomless supply of phlegm.

It's amazing how strong the impulse is to go to work. After all, it's just a cold. Who stays home all week for a stupid cold? What does it matter that your brain is slogging hip-deep through sludge and you're incapable of stringing two thoughts together?

I'll tell you: The impulse is there because you want to prove to your co-workers — and your boss! — that, no, really, you're really sick. You're not just dogging it.

But nothing matches the seething hatred of your colleagues when you drag your sorry butt in while still hacking up a lung. At that moment, they really don't care that you're not dead yet; they just want you and your germs to get the hell out of their air space. And don't touch anything!

So, instead, you and your misery share the couch, mainlining Mucinex and NyQuil, aggravated that you are at home but fully incapable of getting even one task accomplished.

Things were so bad that week that — even though I'd just finished reading Elizabeth McCracken's *Bowlaway* (a quirky good time) and listening to Louis Bayard's *Courting Mr. Lincoln* (brilliantly imagined and executed) — I could not bring myself to start another book. I can't remember that ever happening before.

The best I could do was finish up my remaining *New Yorkers* and, for the first time in perhaps three years, actually read the newspapers the day they came to my door.

That may have been a tactical error, since it was the same week that the Senate decided it was high time to cede/forswear/relinquish/renounce/surrender/abjure/abdicate/jettison its role as a co-equal branch of government, choosing instead to grovel before the awesome power of the unitary executive's polling numbers and mighty Twitter thumbs.

Certainly, it made a compelling argument for flushing The World's Great Deliberative Body down the president's oversized golden commode.

It was also the week that Kobe Bryant,

his daughter Gianna, and seven others died in a helicopter crash. It was the week that a Washington Post reporter, Felicia Sonmez, was suspended (though quickly reinstated) for reminding people that Bryant had been credibly accused of rape, of leaving his 19-year-old victim with lacerations "too numerous to count" according to the medical examiner, and bruises around her neck. The victim was excoriated by the public in the



ugliest terms imaginable. Bryant was too beloved for her to be telling the truth, even about things he admitted to doing.

Sonmez was suspended because "her tweets displayed poor judgment that undermined the work of her colleagues," in the words of the person suspending her. Apparently, it was an inconvenient time to report on the news. Plus, the reporter — a sexual-assault survivor — was excoriated by the public in the ugliest terms imaginable, accompanied by threats of rape and death, and the publication of her home address.

Monica Hesse wrote a beautifully empathetic column in the Post that week, "The Stories We Tell About Kobe Bryant," in which she captured exactly what I had been thinking:

"I wonder what it would be like right now, to watch the world around you open up in love for the man who hurt you. To hear people tell you that this wasn't the time to remind the world of your pain, and it may never be that time again."

I had been thinking that even before reading Hesse's column because, in an odd bit of timing, it was the same week that Mary South's short story, "You Will Never Be Forgotten," ran in the *New Yorker*. It starts:

"The rapist is such an inspiration that he started a newsletter to share his story... It's a meditation on health, tech, spirituality, culture, and, of course, pushing through limitations and not understanding the meaning of the word 'no.'"

It's a devastating read that shows how a

nonconsensual sex act makes virtually no impression on the aggressor, who remains untouched, while the victim is consumed. For her, he will never be forgotten; for him, she was barely a blip on the radar.

While we're at it, that week was also smack in the middle of Harvey Weinstein's rape trial, during which each witness had been dragged through every clichéd, made-for-TV attack as to what they were wearing and why they didn't fight harder.

(And what is it with these formerly powerful men showing up to their trials attempting to appear as frail as possible? First it was Bill Cosby and that ridiculous vaudeville bamboo cane; now it's Weinstein and the walker. Are we buying this?)

Late in the week, when my brain was finally only ankle-deep in sludge, I started reading a book for review, Rebecca Solnit's memoir, *Recollections of My Nonexistence*, another stark reminder of the many ways that women are consistently dismissed, silenced, abused, and generally treated as inconvenient.

After everything I'd been reading, one of many quotes that struck me was Solnit's observation of a famous artist she was trying to write about who was both married and "frisky," and who left her with "a sense that since young women are nobody, nothing you do with them is on the record." Especially when you're a powerful man and she's, well, nobody.

It's 2020, and we're celebrating a hundred years since women won the right to vote, yet lately it feels as though we're taking big steps backward. Good thing it's an election year.

It took about 10 days for me to finally slough off the misery of that stupid cold and feel ready to join the human race again. But I find that I haven't been able to fully shake the after-effects of my week of wall-to-wall reading about the perpetual silencing of women.

Time to go make some noise.

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.

Image by Sergei Tokmakov from Pixabay

A List of Books Worth Reading Order One You've Missed.

"A book store is a treasure chest. Every time you walk in one, you strike gold."

Regina Brett (1956 -)

- ***The Splendid and the Vile: A Saga of Churchill, Family, and Defiance During the Blitz***
by Erik Larson
- ***An Eclectic History of Mendocino County***
by Katy M. Tahja
- ***Sapiens: A Brief History of Humankind***
by Yuval Noah Harari
- ***Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World***
by Pema Chodron
- ***Whiskey When We're Dry: A Novel***
by John Larsson
- ***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
- ***Scratched: A Memoir of Perfectionism***
by Elizabeth Tallent
- ***Clearing the Haze: The Essence Chornicles Book Two***
by C. C. Mitchell
- ***The Hate U Give***
by Angie Thomas
- ***The Witches of St. Petersburg***
by Imiogen Edward-Jones
- ***Very Stable Genius***
by Philip Rucker and Carol Leonnig
- ***Where the Crawdads Sing***
by Delia Owens

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"The worst thing about new books is that they keep us from reading the old ones."

John Wooden (1910-2010)

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Scuttlebutt

by Mitch McFarland

This is truly a strange time. It is really hard to try and write about any subject but the virus right now, since nearly every facet of life has been altered by it. I often write about environmental destruction, yet with humans laying off much of their destructive behavior, the biosphere is actually benefiting.

Noticeably, many falsehoods that had guided our politics are becoming less believable. For example, it has been driven into the fabric of our politics that the "makers" should have the power and the wealth because they know better what to do with it. Many of us never did buy into that thinking, but it didn't stop us from electing a businessman (grifter?) to the highest office of the land. The current occupant of the White House is, as advertised, trying to run the country like his personal business. We now see what happens when dedication to public service is replaced by a single minded pursuit of money and power. Compassion gets replaced by greed. Cooperation gets replaced by competition (ask the governors about that one).

Ever since WWII we have defined national security in terms of our war-fighting power. Do we have enough guns and technology? Perhaps now, national security will come to have a wider and more relevant definition. Despite untold trillions spent on war-fighting capacity, we have not "won" a war in 75 years (because those kind of wars aren't "won" anymore). Now we are losing a war against an enemy for which we have not prepared.

We are also re-evaluating the value of labor. The great god of capital doesn't seem so almighty when it is the \$10/hr store clerk who is delivering vital supplies to a desperate nation, while the Wall Street gang worry only about how they can gain some advantage from the suffering of millions.

Many things are going to change permanently in our society. Online shopping, for example, is going through the roof right now and while people will eventually return to brick and mortar stores, FedEx and UPS drivers have a solid future. And here come the drones!

Hot wars seem to be slowing as the causes of some of the conflicts pale in comparison to having nations ravaged by a pandemic. Nevertheless, global competition has not gone away. Saudi Arabia is currently locking horns with Russia over oil production causing a drop in oil prices that most of us never thought we would see again. It

is a loser for both countries, but the Saudi are so rich they can afford it while Russia, which is heavily dependent on oil exports, is going to get crushed by this. Their economy is smaller than that of Italy to begin with and if you take their oil rubles out of the picture, they will suffer more economic damage than the U.S. could ever inflict with sanctions.

A side benefit of this oil price drop is that shale oil is too expensive to produce right now (yea, but sorry oil workers).

Between his support of deep well U.S. producers and his cozying up to Putin, Trump must be awfully conflicted.

As for me personally, the first few weeks

"I have many times wistfully said, "I wish I could just stay home and not have to go anywhere" Well, my wish came true"

were tough. I had trouble getting over my disappointment that my plans and routines were disrupted. Old, retired guys like me tend to fall into some pretty strict routines, especially when you can decide for yourself what those routines will be. Nowadays, I don't have to get up in the morning and go to work, raise kids, or struggle to pay a mortgage (I don't have one). Under these kinds of circumstances you can get pretty comfortable with your life. Isn't that what we are working towards most of our lives?. When the lock-downs got put into place, I, like most of you, felt cheated. That is why these fools are running around protesting the lock-downs. They feel cheated too, but that is just their self-centered interests overriding whatever common sense they may have had prior to the pandemic.

I got over feeling sorry for myself. A couple of things changed my mind for the better. Foremost is the fact that I know I have it

pretty easy compared to many other people. For that reason alone, I should not gripe but simply be thankful, which I very much am. The other thing that occurred to me was that in the past, I have many times wistfully said, "I wish I could just stay home and not have to go anywhere" Well, my wish came true, so I better figure out why I said that.

Think of all the things that you have thought you wanted to do around the house or property, but it never felt like you could spare the time to do it. The list can be long and I am still working my way through mine. Take that box of old photos that I have been wanting to go through to select keepers and put them in the empty albums that I have had since before digital photography. Then there are the ones I would like to send to other people that I think they would enjoy. Those are getting digitized so that I can email them ("here's a picture of you when you only weighed 160 lbs").

My garage has also undergone a major re-organization and cleaning. I have been fascinated by some of the stuff that I have been collecting for decades and forgot I even had. There will be a major run to the transfer station when this is all over. And lookout Pay-N-Take!

I never realized how many dust bunnies could collect in the back of a closet.

I have rolled \$162 in coins out of my coin jar (not that I have many places to spend it).

I am learning about Zoom and Slack and other social media that I hope to soon forget, as I have had to add to my 5 typed pages of passwords.

There is a lot of pent-up energy building as the days of the lock-down go on. I'm starting to wonder if I should be more concerned about civil chaos than the pandemic.

"Night and day, you are the one
Only you beneath the moon
Under the sun"

Cole Porter (1891-1964)



An Evening of

Cole Porter

Saturday, June 27

7 pm at Gualala Arts

(More Information Coming Soon)

Distance Learning Practiced at Point Arena Schools
 From Warren Galletti, Pt. Arena School Superintendent

Teaching in physical classrooms ended in Point Arena for the school year on March 16, but the teachers in the three District schools, Arena Elementary, Pacific Community Charter School, and Point Arena High School continued to teach. Here are three stories of how the teachers in the three schools are finding innovative ways to support the emotional and educational needs of our students.

Kelli Gaona, 1st grade teacher at AUES

Gaona has an unusual perspective on her job. "I see my job as providing parents with as many resources as they can manage," said Gaona. "This situation is especially tough on those parents still trying to work." Gaona relies heavily on giving her students bi-weekly learning packets that include art and science supplies. "I feel strongly that young learners need to be dealing with tangible items, and they need ways to practice their fine motor skills."

Her class uses Getepic.com, a digital library for students 12 and under, as a reading supplement. Since each student has a login, she can monitor exactly which books students have read, for how long, and she can assign books which match her student's reading level. "I can also create comprehension quizzes at the end of each book to see how well they understood the selection. We have just begun to use this program and participation is increasing each week."

Her class has used reflexmath.com since January to practice addition and subtraction, and fact families using games and puzzles. "This website gives each student a login and it notifies me and their parents

which facts they have mastered and which ones they are still working on."

In addition, she created a private, 1st grade Facebook page because it was the easiest and fastest way to contact parents. Families post pictures and videos of their



student's work on the site, and Gaona posts updates and reminders, along with recorded phonics lesson videos and stories so that families can watch them at any time during the day.

"The nice thing about Facebook is I can track who has actually seen the videos and we can send instant messages back and forth," said Gaona.

Isabel Kuniholm, 3rd-8th grade math and science teacher at PCCS.

Each year at PCCS the school chooses an overarching theme. "This year's theme couldn't be more spot on," she said. "It's adaptation!"

"The challenge, though, is finding ways to meet students' social and emotional needs during this time of crisis. Middle school is inherently about socializing and peer connections, and this is maybe the hardest aspect to replicate virtually."

Kuniholm also holds class meetings via Zoom twice per week. "I find that the most rewarding and engaging meetings are when we incorporate games that everyone can participate in online. For example, we have used Kahoot!, a site where you can create your own learning-games that are engaging and a fun way to review or introduce a new topic. We have also played Pictionary virtually, which is also a great way to get everyone excited."

"Every week I provide math and science lessons on Google Classroom. I use Khan Academy to provide math assignments for the middle school students, as this site allows me to select specific video lessons and exercises that students can complete online. It is great because it allows me to provide each student with appropriate assignments at their level. I also have learned how to create my own video lessons using the 'record' feature on Zoom. For science, Google classroom allows me to create engaging assignments by providing students with activities to complete after watching videos or reading specific articles from our science cur-

riculum, Amplify Science."

Other rewards, she discovered, include meeting all of her students' pets through Zoom, becoming a "pen pal" with all her 3rd-5th grade students, and opening her mind to new teaching strategies and interfaces.

Shawn McMahon, US History, World History, and Economics, PAHS

McMahon sees distance learning as a complete change of the school setting, content, and educational norms for both teachers and students.

"Without missing a single day of instructions, teachers at PAHS transitioned from in-person teaching to teaching remotely, through the use of packets, our online platform (ECHO), and Zoom.

"It's been a challenging time for all involved, and I know for many of us teachers it represents a dramatic change in some of the things that we work so hard on developing — classroom routines and procedures, interesting and engaging teaching strategies, and the kind of immediate feedback that we learn to provide to keep students on track throughout a class period."

There are some benefits for McMahon. "For me, the full swing towards the integration of technology allows for some new and enjoyable ways for students to engage with one another: through the use of video platforms such as Flipgrid (perhaps an educational equivalent to TikTok), discussion threads, and ultimately in our move to Zoom meetings.

"In my classes, students are able to engage in collaborative learning with one another in 'breakout rooms', much the same as they would in my physical classroom. This kind of peer-to-peer learning is a cornerstone in education, and in times such as these allows students to maintain personal interactions and connections."

As the State, County, and school district quickly move to close the digital divide, McMahon points out, both teachers and learners will become more comfortable and confident with online learning.

Even so, "I know we all look forward to being in the classroom with our students more than anything else.

"I know that many students face extraordinary challenges at home, and that is not lost on us teachers. I am proud to be a part of the Point Arena High School community and our local community, and this challenge has shown how a small community like ours can help all to rise to a challenge."

Image by Gerd Altmann from Pixabay



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"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning."

Jiddu Krishnamurti (1895-1986)

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Crossword

by Margie E. Burke

ACROSS

- 1 Done in a rush
 6 Spanish appetizer
 10 Bobby Flay creation
 14 Leader of the pack
 15 Encircled by
 16 Wild about
 17 Thunderous event
 18 Many a black-clad teen
 19 Astin of "Lord of the Rings"
 20 Give an edge to
 21 Monaco casino locale
 23 Vegas industry
 25 List of people
 26 ___ acid
 28 Pacino's "___ of a Woman"
 30 Be a chatterbox
 31 Marital pledge, old-style
 33 Underground drain
 37 Feeling
 39 Give the OK
 41 Repair, as software
 42 Gulf of Naples isle
 44 2003 Nicolas Cage film, "Matchstick ___"
 45 Police weapon
 47 Unmitigated
 49 Polite detail
 52 Glossy fabric
 54 Young person
 56 Drive-___
 59 Twelve Oaks neighbor

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

- 60 Zingy taste
 61 Reverent
 62 Burn a bit
 63 Dark doings
 64 Positive pole
 65 "___ cow!"
 66 Crime-stopper spray
 67 Long-legged bird

DOWN

- 1 Talk (over)
 2 Quartet member
 3 TV toon character with a starfish best friend
 4 Impending danger
 5 Thanksgiving side
 6 Add at the end

- 7 In the middle of
 8 Aniston ex
 9 Stick firmly
 10 Earthquake, for one
 11 Chemically inactive
 12 Ready to be tossed
 13 Kind of society
 21 Prefix with wave or phone
 22 Plot together
 24 Make less severe
 26 Like fine wine
 27 Showed up
 29 Crack, in a way
 32 ___ in a blue moon
 34 Girl's future

- 35 In a dead heat
 36 Cost of living?
 38 Custodial
 40 "Guardians of the Galaxy" star Chris
 43 Poisonous element
 46 Word with solar or nervous
 48 Peeper part
 49 "Of course", slangily
 50 State with a panhandle
 51 Snorkeler's sight
 53 Vantage point
 55 Spanish wine
 57 Ill-mannered
 58 Manipulator
 61 Fido's foot

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"The nice thing about doing a crossword puzzle is, you know there is a solution."
 Stephen Sondheim (1930-)



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"A Dalliance with Dolphins"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

The researchers aboard the NOAA vessel R/V Fulmar, a sturdy 67 ft. catamaran, were following a predetermined east-west line transect 30 miles off the Marin coast. The scientists scanned primarily for marine mammals and seabirds, key indicators of the ocean's health. They stopped occasionally to deploy nets and instruments to sample for invertebrates, chemistry and water conditions. Thus far, they'd logged several species of gulls, terns, shearwaters, murre, and fulmars (the vessel's feathery namesakes). Several humpback whales were seen feeding on subsurface swarms of tiny shrimplike krill that showed on the captain's "fishfinder" sonar. They'd also encountered a northern fur seal resting at the surface, its long, leathery foreflipper arched over its body in a "basket handle" position.

Squinting into the distance, the captain saw a commotion in the skies ahead, then a commotion on the water: over a hundred gulls and terns were hovering and diving repeatedly in dizzying aerial zigzags. Clos-



ing in, he saw one or two dark forms leaping vertically in acrobatic pirouettes. The reason soon became evident: the waters were a-boil with dolphins - nearly a hundred - corralling, confusing and feasting on a school of anchovies, with swift swoops, somersaults and dives. Handsome black-and-white bodies sliced through the shoal of fish, tracing crazy-quilt patterns in the foaming, churning blue-green ocean. Several swung away to visit the boat and look up at those on board: some looking back, but others furiously entering data on numbers, behaviors, presence of cow-calf pairs, and notes on probable prey. Who was having more fun?

These were Pacific white-sided dolphins (*Lagenorhynchus obliquidens*), an open-ocean offshore species ranging from California across the north Pacific to waters off China and southern Japan. Of the many dolphin and porpoise species in the sanctuary, these "lags" are frequently seen.

Like most dolphins, they are admirably designed for speed, an asset when prey is

swift or scattered. Their streamlined bodies and powerful tail flukes help them achieve prodigious speeds, over 25mph in bursts. They're gregarious, living in herds numbering into the thousands but are more commonly seen in groups between 10 and 100. Off Washington, Oregon, and California there are over 21,000 of them. Feeding on schooling fish and squid, they're nomadic, and forage over a large area. When seeking prey, "outriders" may scatter to scout for dense patches of food; it's surmised that the dolphins' aerial leaps may be how they spot prey at a distance, looking for telltale flocks of wheeling, circling seabirds in the air indicating the presence of fish below. And probably these outriders then signal to the herd, "Jackpot!"

"Lags" have distinctive white 'paneling' on their sides, and a prominent hooked dorsal fin. At between 5.5 and 8 feet long, they weigh a robust 300 to 400 lbs. Pacific white-



ing gear, such as gillnets and trawls. Also, like all dolphins, these are highly acoustic animals, relying on vocalizations to locate prey, mates, and maintain social and familial cohesiveness with their clicks and whistles, and churrs, so anthropogenic (human caused) ocean noise poses a significant additional threat.

NOAA's Greater Farallones National Marine Sanctuary uses research to inform management of our wildlife resources, and shares data with other conservation agencies and researchers. The sanctuary offers monthly Sanctuary Explorations to experience different marine life and habitats, including Farallones Nature cruises, usually in the fall. To learn more, see <https://farallones.noaa.gov/visit/exploration-program.html>.

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Mary Jane Schramm
 NOAA Greater Farallones
 National Marine Sanctuary
 Maryjane.schramm@noaa.gov
 Images
 Left: Pacific White-Sided Dolphin Leap
 Middle: Pacific White Sided Dolphin
 Right: Humpback Shearwaters
 Credit: (All Photos): NOAA/NMFS

MTA Suspends Bus Service To Santa Rosa Other Bus Routes Reduced

- During the COVID-19 pandemic, MTA has reduced south coast bus service.
- Route 75 RT from Gualala to Ukiah is Monday-Friday only.
 - Route 75 RT Saturday service is from Navarro Store to Ukiah only.
 - Route 95 RT from Pt. Arena to Santa Rosa is discontinued through the Shelter-in-Place.



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sided dolphins may live over 40 years. New-born calves weigh about 30 pounds, and are about 3 to 4 feet long. Mothers nurse their calves for up to 18 months.

Though not endangered, Pacific white-sided dolphins in the U.S. are protected under the Marine Mammal Protection Act. A primary threat is entanglement in fish-

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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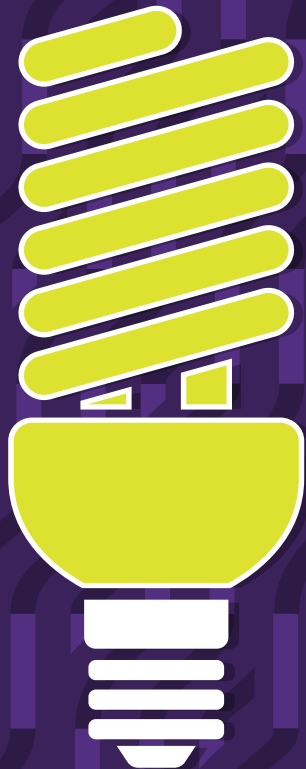
HOW TO SOLVE:

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

(Answer appears elsewhere in this issue)

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Get Out! May Events. Opera, Theater, Art and more.

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

- Friday 01: 6:00am**, "Inferno", Ongoing Virtual Art Exhibit at GualalaArts.org. Free.
- Friday 01: 4:30pm, "Aida", MET Opera streaming at MetOpera.org. Free.*
- Friday 01: 6:00am**, Mike Connor exhibit at Coast-Highway-artists.com. (Virtual Tours)
- Saturday 02: 4:30pm, "Luisa Miller", MET Opera streaming at MetOpera.org. Free.*
- Saturday 02: 7:00pm, "Frankenstein" from National Theatre, streaming on YouTube.***
- Sunday 03: 4:30pm, "Prince Igor", MET Opera streaming at MetOpera.org. Free.*
- Monday 04: 4:30pm, "Le Nozze di Figaro", MET Opera streaming at MetOpera.org. Free.*
- Tuesday 05: 8:00am, Mail-only election for Measure J. Ballots must be postmarked by 5/5
- Tuesday 05: 4:30pm, "Hamlet", MET Opera streaming at MetOpera.org. Free.*
- Wednesday 06: 4:30pm, "L'Amour de Loin", MET Opera streaming at MetOpera.org. Free.*
- Thursday 07: 4:30pm, "Capriccio", MET Opera streaming at MetOpera.org. Free.*
- Friday 08: 4:30pm, "La Boheme", MET Opera streaming at MetOpera.org. Free.*
- Friday 08: 7:00pm, "Antony & Cleopatra", National Theatre, streaming on YouTube.***
- Saturday 09: 4:30pm, TBA, MET Opera streaming at MetOpera.org. Free.*
- Sunday 10: 4:30pm, "Cavalleria Rusticana", MET Opera streaming at MetOpera.org. Free.*
- Wednesday 13: Deadline for Arena Theater board of Directors election.
- Saturday 23: 10:00am, 13th Annual Fine Arts Fair at Gualala Arts.
- Sunday 24: 10:00am, 13th Annual Fine Arts Fair at Gualala Arts.

* Note: Streaming is continuous (the opera repeats) for 20 hours beginning at 4:30pm.

** Note: Virtual exhibits are available to view 24-hours a day.

*** Note: Streaming is continuous (the play repeats) for 7 days.



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