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May 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



New Art and New Music From Duo'Xplore! on the Radio and at Dolphin Gallery

Mendonoma musicians Harrison Goldberg and Tim Mueller of duo'Xplore are releasing their pioneer album titled "dream smuggler" in May and the public is invited to hear and see more. To celebrate this creative accomplishment, KTDE 100.5FM/ The Tide Community Radio's Erin and John will premiere the band's recording Saturday, May 29, at 5:00pm on their popular "Celtic Coasting" radio program. (There will be an encore presentation of the album on the following Wednesday at 6:00pm on KTDE's "Mendonoma Music" program.) Then on Sunday, May 30, the Dolphin Gallery and Gift Shop in Cypress Village, Gualala will host a live duo'Xplore 'Meet the Artists' and autograph signing event from 12:00noon to 2:00pm.

The beautiful six-panel audio CD package is paired with a unique and equally beautiful 8 x 8 inch hardcover Artbook featuring sixteen prints of Goldberg's small abstract works in color. Each painting is a natural companion . . .

cont'd on page 9



"Translucence and Imagery, Jewelry and Photography"

Photography by David Brix and Jewelry by Deborah Threlkel • Opening at Coast Highway Art Collective, May 1

The members of the Coast Highway Art Collective are excited to invite the community to an opening reception on Saturday, May 1 from noon to 5:00pm. The exhibit features the works of guest artists David Brix, photographer and Deborah Threlkel, Abalone Queen Jewelry.

Brix began taking photographs when he was in college, using a Nikon FM film SLR, taking photos for class assignments of parties and college life. He soon discovered the



landscapes of Ansel Adams and Edward Weston, inspiring a new direction in his art. Brix has seen a lot of changes in photography development over the years, moving from developing prints in

his bathroom late at night to working on digital editing. "What has not changed for me along the way is the pleasure I get in making a photograph and bringing it to life, and the satisfaction I get in capturing the awe and beauty I find in the world," says Brix.

Initially, Brix struck out on his own, creating a business in digital imaging (digital and graphic illustration, retouching, and pre-press.) In 2006, desiring a more stable and lucrative career, he decided to pur-



sue another kind of imaging as a Diagnostic Medical Sonographer. While not as expressive, it allowed him to help others, as well as to afford his creative passions.

Brix says "These days, I am blessed and thrilled to be able to explore even more of the beauty that our natural environment has to offer. I have rekindled my love for shooting landscapes, nightscapes, and travel images, as well as more abstract images. I hope that you enjoy my photographs as much as I have enjoyed creating them!" Visit Brix's website, www.brix-photography.com

com for more information about Brix and his work.

Threlkel had been making jewelry for 20 years before moving to Gualala 10 years ago. She was so inspired by the area, she wanting to create a connection to the beauty of the natural world she found here. Abalone Queen Jewelry was conceptualized, honoring the tradition and beauty of the abalone shell found along the California Coast. The intricate and creative earrings and necklaces crafted by Threlkel are well-known for their delicate appearance, which is as unique and beautiful as it is strong and durable.

Every piece has its own inspiration and story from within her experiences and each result is a one-of-a-kind creation. "With the earth and oceans always changing, I can see as I gather and collect that there is no longer the abundance of material that used to be found as I beach comb. Many of the shells and their inhabitants are gone, some facing extinction, making each piece of jewelry that much rarer and more precious,"

Threlkel says. "When assembling my designs, I use different combinations of shells, coral, drilled beach glass, luminous pearls and high-quality gemstone beads. I wire wrap each piece of jewelry creating a chain out of a single piece of wire using either sterling silver, gold or gold fill wire. As much as I love the act of creating my art with Abalone Queen Jewelry, it is through one-on-one transactions, of bringing joy, connecting and building relationships that I feel truly grateful to be doing what I do."



The show runs from May 1 - 30. The Coast Highway Art Collective is regularly open Thursday through Sunday from 11:00am to 2:00pm. The gallery is located at 284 Main Street, Point Arena, next door to the Redwood Credit Union. More information is available at www.coast-highway-artists.com.

Far left: "Crater Lake Milky Way" by David Brix. Center: "Cathedral Cove" by David Brix. Above: "Abalone Pearls" by Deborah Threlkel

D. L. Lang Headlines Third Thursday Poetry "

Virtual Evening of Poetry Set For May 20

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, May 20, 2021. This month features Vallejo poet D.L. Lang, with open mic to follow.

D.L. Lang recently served as the 2017-2019 Poet Laureate of Vallejo, California, performing at numerous shows across the San Francisco Bay Area. Highlights of her tenure include giving the invocation for the 2019 Vallejo Women's March, the Poets Laureate on Social Justice tour, and attending the Historic Gathering of California Po-

ets Laureate in Los Angeles.

She served as a judge for the Solano County Fair Talent Competition, for the Joel Falon Poetry Scholarship, for Solano County Library's Teen Writing Contest, and for Solano County Poetry Out Loud. She has regularly performed at Poetry by the Bay since 2015, lead the Poetry in Notion poetry circle, and reads live on the air on OZCAT radio.

Kirkus Reviews stated that her poems "embrace spoken-word rhythms and hippie principles" and that they "leap off the page and demand to be read aloud to release their crackling energy." Her writings are a blend of memory, history, imagination, politics, and spirituality. Her poems have been transformed into songs, Jewish liturgy, and used as a means to advocate for peace and justice at area demonstrations.

D.L. Lang is the author of twelve poetry books, most recently *Midnight Strike*, and one spoken word album, *Happy Accidents*. Her work has appeared in the *Benicia Herald*, *Poets Are Heroes Magazine*, *ReformJudaism.org*, and the *Jewish Journal of Los Angeles*, and has been anthologized in *Marin Poetry Center Anthology, Vol. 21, A Poet's Siddur*, and *Light & Shadow*. She was the

editor of the 2019 anthology *Verses, Voices & Visions of Vallejo*. She has won 36 ribbons and rosettes for her poetry at the Alameda, Marin, San Mateo, and Solano County Fairs.

D.L. Lang previously worked at television stations KXOK and TV4OU, and volunteered at PEGASYS, where she was awarded Best Editor in 2002, and Producer of the Year in both 2003 and 2004. She is also known for her work on the films *Liquid Wind* and the *Hebrew Project*. Lang also designed several album covers and created music videos for the psychedelic rock artist, Grey.

D.L. Lang has been writing poetry for over 25 years, since she first got a taste of it in elementary school. Her early years were spent in Germany, Texas, Louisiana, and Oklahoma. Lang holds a B.A. in Film & Video Studies with a minor in Judaic Studies from the University of Oklahoma and an A.S. in General Studies from Northern Oklahoma College. She settled down in California in 2005, and has resided in Vallejo, California with her husband, Tim, since 2014. Her website is: www.poetryebook.com.

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



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Haiku for May

**"sweet basil
disappears to a
marauding
band of snails"**

by mai haiku

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

Cover images:
 Painting: "The Shape Up" by Harrison Goldberg
 Daffodils image by ViolkaArt from Pixabay

FROM THE EDITOR'S DESK

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"She's your mother, you love her
 There won't be another place like her again that you call home
 She stands here to help you, there's nothing she won't do
 As long as she's alive, you're not alone, you've got each other
 And the secrets in your heart she's always known"
 from "Mother" by Sugarland

Issue #235 May 2021

Lighthouse Peddler

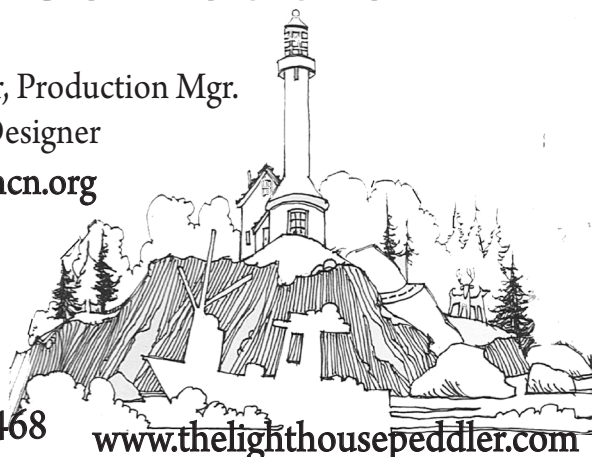
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"I would rather have a mind opened by wonder than one closed by belief."

Gerry Spence (1929-)

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The View from Florida: Alligator in the Driveway

By Tony Stanol, South Florida Correspondent

South Florida is hundreds of miles south of southern states Alabama, Georgia and Mississippi. You'd think we'd be considered the deep, deep South, catching catfish by hand and calling each other Bubba, Fern and Billy Bob. But Sarasota is populated with fewer rednecks and more Midwesterners than our neighbors in the states to the north. We're more country club and less Duck Dynasty. In fact, we rarely hear a Southern accent and I don't even know where to get a serving of grits here.

We're on the Florida Gulf Coast which began being populated in the early 1900's by people migrating south from Illinois, Michigan and Ohio. It's also mellower here than the other side of the state. The East Coast of Florida is filled with cranky old New Yorkers and Easterners. Locals tell me the state developed this way because Midwesterners drove south on I75 and the Easterners used I95. I don't know why air travel didn't cause people to venture east or west of their destined paths but some traditions run deep. My family and I lived in Connecticut and California before coming here so we defy all the norms.

We live in a community with several interconnected manmade lakes. In Florida, fresh standing water means alligators. There are signs here that warn you to stay out of the water, as inviting as it is on a warm day.

My wife, Karen thought it would be fun to paddle board on the smooth lakes until she read the signs. It's approximately 40 yards across the narrow part of the lake behind our house. My vow before we move somewhere else is to swim that distance as fast as I could and hope to not get hit by a gator. I believe it's possible.

I like seeing these prehistoric creatures. Not a week goes by when I don't see at least one in our community lakes. They're usually in the water swimming slowly by swiping their long tails side to side. In early spring they often climb out of the water to catch

a few rays on the grassy banks and we get a better look at them.

They range in size from young'uns to adults. Some wisecracker named the biggest one "Samsonite". He's a well-fed 11 footer. The lakes are stocked with bass and we occasionally see a gator munching on a tasty treat. I don't think any small pets have been taken by gators here. But I read a story that two German Shepherds went missing after venturing into the grassy marsh in Venice, a town just south of here.



Sometimes I am surprised how close I suddenly get to a gator while I'm riding my bike along the waterway. They're surprised, too, and generally scramble back into the water at a faster speed than you would think possible. I once snuck up on one who was under a bridge on the embankment to get a close-up shot. When I came too close the monster flexed its mighty tail and flipped into the water with a huge splash.

I drove my older daughter's Mini Cooper for a few years while she was out of the country teaching in Costa Rica. One morning I got into the car in the driveway and put it into reverse. It moved a few inches but stopped and I thought the brake was engaged. It wasn't so I gunned it and felt like I was riding over a curb.

Suddenly, a small three foot alligator shot straight out from under the car into the bushes! I couldn't believe I didn't squash it by accident but it looked more annoyed than injured. It headed to the side of the house but I decided not to go hunting for it because the brush is pretty dense there. It must've been three inches from my ankle under the car when I first got in. I told my wife not to go outside with the dog (an aging Pug) until the coast is clear.

Someday I'll probably see that gator again undoubtedly with a faint foreign tire track on his back. I think I'll christen him "Lucky." I just hope I don't bump into Lucky on my farewell lake swim.

The Artists' Collective in Elk Presents Sophia Sutherland

New Exhibit Opens May 8

The Artists' Collective in Elk will present Sophia Sutherland's ceramic figurative sculpture exhibition in May. There will be an opening reception in the gallery garden on Saturday, May 8 from noon to 3:00pm. Please note: Masks and social distancing are required.

Sutherland has lived on the Mendocino Coast for more than 50 years. Her work can be found in collections in the United States and internationally. Her overtly whimsical and covertly philosophical sculptures generate delight and inspiration to her fans, both those who've followed her for years and those who've just discovered her recently. The exhibit will also include some of her 3-D work. There will be magic bowls (big and small), patterned rattles and goddess amulets.

The Artists' Collective in Elk is located at 6031 South Highway 1 in Greater Downtown Elk, and is open everyday from 11:00am to 4:00pm. Information is at 707-877-1128.

Something to Think About.

Maybe June. Maybe on the Grounds of Gualala Arts. Maybe All of Us, Sort of Together.

As many of you, perhaps most of you know, we're starting to hear about the state of California opening up a little bit. With that in mind, Gualala Arts has been working on a possible special evening of music. It's jazz, and it's classical, and if it comes to pass, it will be a wonderful live event outside on the grounds of Gualala Arts.

I was in a conversation with someone about the idea and I can only hope that it will become a reality in June. I applaud the creative minds that are working on this possible event.

I'm writing this to ask you to think good thoughts, positive thoughts. Drop a coin into a wishing well. Stand by the ocean and say a little prayer. Let's work together to create a force multiplier of positive energy.

We all need to know that the light we're seeing at the end of the tunnel is truly light. And I promise you this. If it can happen—by virtue of the State of California, the County of Mendocino, and a couple of creative people here on the Mendocino Coast, it will happen.

We at the Lighthouse Peddler have our fingers and toes crossed. If this slightly cryptic message has you thinking good thoughts, I thank you.

The Editor.

"Seasons"

For our world The circle turns again

Throughout the year we sing the seasons change

It's meant a lot for me to start anew

Oh, the winter's cold but I'm so warm with you

Out there, there's not a sound to be heard

And the seasons seem to sleep upon their words

As the waters freeze up with the summer's end

It's funny how young lovers start as friends.

Bernie Taupin (1950-)

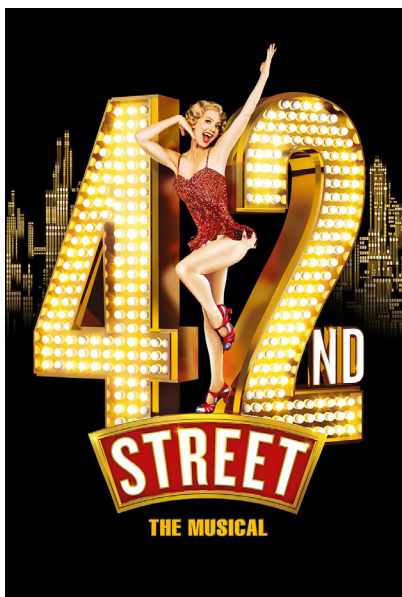
**Arena Theater Presents Two New Telecasts—Art and Music
Live-Streamed Events Available Now Through June 1**

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

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

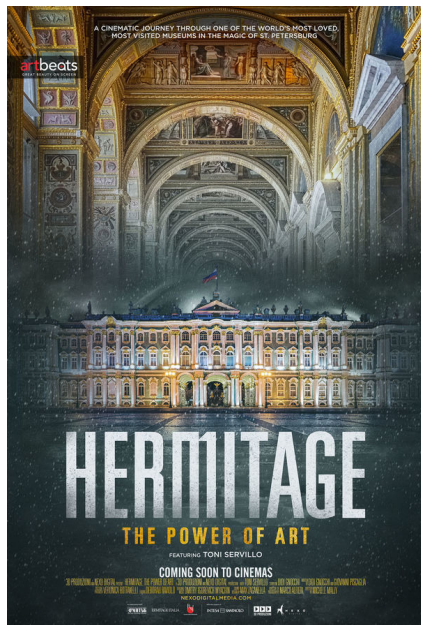
"Secret Impressionists," (Great Art on Screen documentary series), April 28 – May 4, "42nd Street – The Musical," (NT Live from London's West End), May 12 – 18, "Hermitage: The Power of Art," (Great Art on Screen documentary series), May 26 – June 1.

May's first new offering is "**42nd Street – The Musical**" (from London's West End), captured live from the London stage and



directed by the original author of the show, Mark Bramble, is one of Broadway's most classic and beloved tales. Full of crowd-pleasing tap dances, popular musical theatre standards including "Lullaby of Broadway," "We're in the Money", "42nd Street" and more, plus show-stopping ensemble production numbers. Not to be missed! 5 Stars "A wow factor revival of one of the greatest musicals of all time" – The Times (London) 5 Stars "The mother of all showbiz musicals" -- Daily Telegraph Available for viewing from May 12-May 18. Tickets are \$15. The appointment screenings (all Pacific Time) will be daily at 10:00am, 1:00pm, 4:00pm and 7:00pm.

May's second new film is "**Hermitage: The Power of Art**". It's a spectacular Great Art on Screen documentary series, touring



through St. Petersburg's State Hermitage Museum, a wonderful complex of buildings with the largest collection of paintings in the world, to retrace two and a half centuries. Audiences pass through the magnificent interiors that provided a meeting point for foreign artists, architects and intellectuals creating connections through art and culture. Toni Servillo leads us on this journey through the Hermitage and the magnificent city of St. Petersburg with its waterfront, statues, canals and the bridges that form a symbolic cultural and visual element between places and distant civilizations. This film will be available from May 26 through June 1. Tickets are \$10. The appointment screenings (all Pacific Time) will be daily at 10:00am, 1:00pm, 4:00pm and 7:00pm.

The appointment screenings are available one week for each program, from Wednesdays to Tuesdays, daily at 10:00am, 1:00pm, 4:00pm and 7:00pm. Tickets for National Theatre Live shows and Great Art on Screen documentaries are available via the streaming platform, Stellar Tickets, with events viewable on any device, and customers can watch using a web browser, a mobile app or from their TV by accessing the Stellar app, available across a number of devices: Roku, Amazon (Fire), Google Play, Apple TV. Stellar will provide tech support and troubleshooting if needed.

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

**Grab A Seat or
Sit In YOUR Seat!**

**Arena Theater Theater's
"Have A Seat Next To Fern"
Fundraiser Continues.**

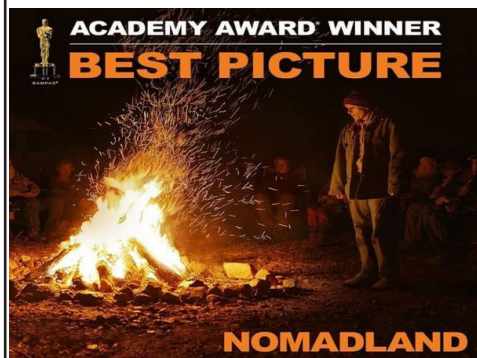
(Good News, Bad News, Good News)

Here's the Good News: Arena Theater's pop-up Drive-in returns to the Point Arena Cove featuring the award-winning movie, "Nomadland," on Saturday, May 8, at 9:00pm. The screening is a fundraiser for the theater, and tickets are \$100 for two people, with an additional \$50 each for more than two people. Space is limited, and people are encouraged to make their reservations soon.

OK, here's the bad news. The Drive in movie on May 8 is Sold Out! Bummer. Lots of you wanted to go. But there's something else to consider. And that brings us to the other Good News.

"Nomadland" was nominated for six Academy Awards, and won for Best Picture at the Oscars last month (it was also nominated for Best Director and Best Actress.)

"Nomadland" was partially filmed on the Mendocino Coast. (Lucky ticket holders can sign up for guided tours of the "Nomadland" filming location at Kenny Jowers and Robert Larson's Manchester Ranch, complete with a visit of the farm house and



animals, scheduled for Sunday, May 9. (If you are a ticket holder, check with Arena Theater.)

Frances McDormand, who is a big supporter of Arena Theater, and small, independent movie houses in general helped make the drive-in screening possible. It's also worth noting that McDormand, who has friends in the Point Arena area, purchased two seats through the "Have A Seat-Go Green" campaign to pay off the theater's solar loan, one for herself and her husband, Joel Cohen, and a second one for Fern, her "Nomadland" character. You can support the theater and have the seat next to Fern's by winning the Arena Theater seat auction. Bidding starts at \$1000 and the highest bidder will get a plaque placed on the seat arm with an inscription of their choice. For the auction link visit arenatheater.org. The auction for seat number E9 ends June 16, 2021.



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**Call To Artists:
Registration Closes May 3!**

**Gualala Arts Salon
and Salon des Refusés.
Exhibit Opens May 15**

**"One Woman's
Dreams and Visions"
The Art of Carlyne Singer
Exhibit at Dolphin Gallery and
Collage Demo on May 1.**

**"Art in the Schools"
Online! Only Exhibit!
Art by area Elementary and
High School Students.**

**Coming In June*
Jazz Meets Classical.
An Outdoor Performance
featuring
Jeremy Cohen's
ViolinJazz Quartet
plus Guest Drummer
Harold Jones.**

*tentative



**CALL TO ARTISTS!
Coming in August:
The 60th Anniversary
Art in the Redwoods**

Gualala Arts: Open daily, 11 - 4

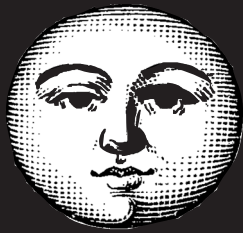
Dolphin: Open Thu-Mon, 11 - 4

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

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Solution to Crossword:

New Moon



May 11

Full Moon



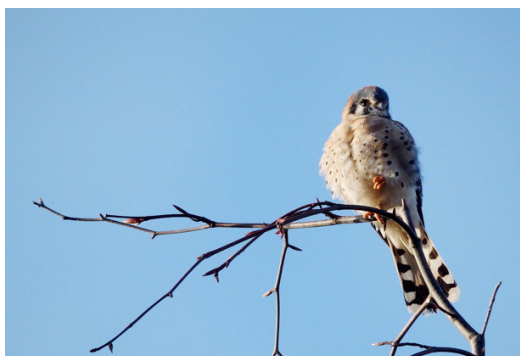
May 26

Mendocino Coast Botanical Gardens An Ocean-Front Treasure, Just a Short Drive Away

One of the wonderful things about living on the coast is being connected to, well, the coast. Our regular readers and the visitors who pick up *The Lighthouse Peddler* while they're exploring the coast know that from the Russian River to Fort Bragg we can drive an hour (or so) and see a long list of California's wonders. There are the glorious redwoods, the rugged coast, numerous parks, the scenic winding roads, 9 significant rivers—Noyo, Big, Little, Albion, Big Salmon, Navarro, Garcia, Gualala, and Russian. And that list doesn't include offshoots, tributaries, adjacent creeks and more.

While you're here, you can also take time to visit a number of 'destination' stops, and one of those is the Mendocino Coast Botanical Gardens. The Botanical Gardens hosts plant sales, art exhibits, educational workshops, bird and whale watching walks, botanical meetings, fundraisers, and more.

Many of their classes and workshops have limited space. It's best to call the Gardens at 707-964-4352 ext 16 to reserve a space. Note: payment is due upon sign-up; and may be non-refundable. A small fee is charged for most classes. Guided walks are



generally included in Gardens' admission; see individual listings for more information. Here's a brief look at some of the upcoming offerings.

• **Spring Bio-Blitz Challenge.** The Spring BioBlitz is a self-guided exploration of the Gardens' 47-acre natural wonder. They're challenging you to capture the biodiversity at the Gardens between April 30 and May 3 using the iNaturalist app. Last year in Mendocino County, 1,427 observations of 618 species were made by 287 participants. Seven regions/cities in California are participating this year, including Costa Mesa-Orange County, Inland Empire, Los Angeles County, Mendocino County, Sacramento Region, San Diego County, and San Francisco Bay Area. Both you and the Gardens will be thrilled to see what discoveries you've made.

• **Rhododendron Photo Show.** In lieu of a traditional Rhododendron Show, the Mendocino Coast Botanical Gardens is hosting a photo competition — the 2021 Rhodo Photo Show — to highlight this season's best rhodie specimens. Fill your feed with cascades of color from the genus *Rhododendron*. Visit the Botanical Gardens' Facebook album to view the official contest entries. They will love to share your colorful pics #rhodophotoshow! Entry Deadline: Sunday, May 9.

• **Yoga at the Gardens.** How about "Mindful Yoga with Delphine Davidson"? It's scheduled for Sundays at 12:00pm on the Event Lawn at the Botanical Gardens beginning May 16. It's a unique yoga experience as you find yourself encircled by towering cypress and the melodies of nature... birds, bees, and the mighty ocean. All levels are welcomed in this class.

• **Intro to Nature Journaling.** Here's a great (and inspiring) way to spend a Saturday. Nature Journaling will help improve your observational skills, drawing skills, and add to your knowledge about your subject. The Botanical Gardens is the perfect setting to begin this journey. You have a variety of subjects to observe in their natural environment at a specific time of day and



season. Some of the skills you will learn are drawing the structures of plants, observing and drawing small, quick landscape environments, page layout and lettering, capturing information in a variety of formats, and color techniques to enhance your pages. There will be many handouts and models, samples of different journals and journaling styles, and nature journal kits. Contact the Gardens to register. It's Saturday, May 22, from 10:00am to 3:00pm with Mary-Ellen Campbell in the MCBG Education Center.

The Mendocino Coast Botanical Gardens has something for everyone. Including you.

Images:

Above: *The Rhody Path*

Left: *American Kestrel. Falco Sparverius.*

Images courtesy MCBG.

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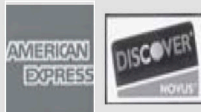
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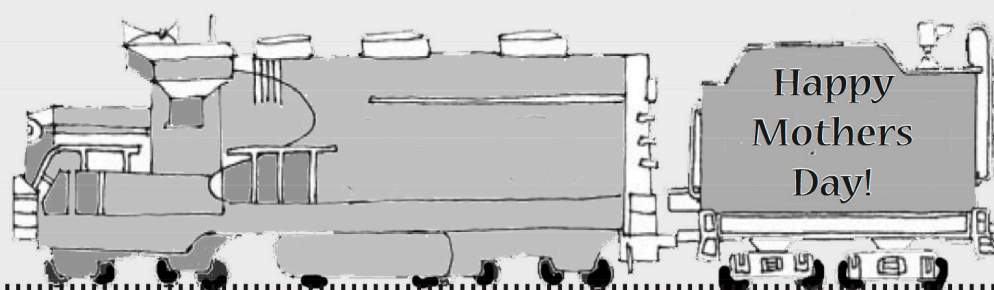
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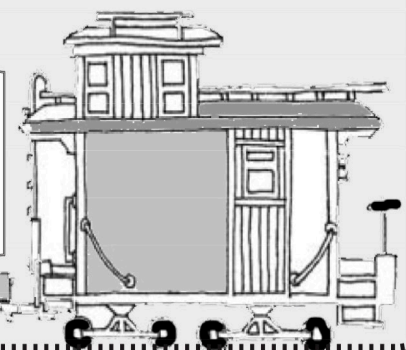


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Words on Wellness • California Lilac and Red Root
by Karin Uphoff

Whether on the trail or in town, a seasonal delight is the eye-catching blue, purple or white flower clusters of *Ceanothus* spp., locally called 'California lilac', 'blue blossom' or 'tick bush', but known to herbalist as red root. The Pacific Northwest boasts over thirty species of this Buckthorn native, many of them endemic to California. Most common in our wilds is *C. Thyrsiflorus*, and both local bees and honey bees love these flowers, including the many landscape varieties. The larvae of the California tortoise-shell butterfly feeds on this plant, though the adult butterflies prefer manzanita flowers.



Red root can be a small bush to a medium-sized tree and tends to have reduced, tough, almost parallel veined leaves with a shiny surface. You can pick leaves and twigs to make an infusion for topical use in toning skin (acne) and addressing swellings, or drink as a tea for gently improving overall movement of stuck fluids. It combines well with other fluid-movers like, cleavers, peppermint, calendula or juniper berry. This plant is quick to inhabit disturbed or burned areas, with poor, rocky soils. Its seeds are adapted for surviving fire and its affinity for fire along with its reddish-colored roots suggests it is medicine for aiding

blood. Indeed the red rootbark and twigs are used in decoctions or tinctures to improve blood exchange between capillaries, intracellular spaces and lymph fluid. This can help chronically swollen and congested lymph nodes after a prolonged illness, lymphedema, swollen spleen or impaired blood to fluid exchange in the heart or kidneys. Red root can ameliorate "sticky" blood with stagnant fluids, thus helpful in formulas for cysts, fibroids and congestion of the heart, however it's contraindicated for those who are on anticoagulant medication unless otherwise specified by a medical professional. Homeopathic *Ceanothus Americanus* is choice for swollen, painful spleen and chronic bronchitis.

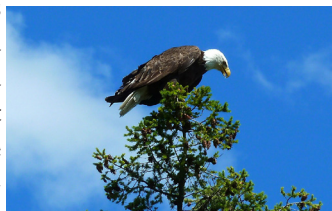
This beautiful plant and its medicine is a good pick for drought-tolerant gardens, with no need for fertilizer. In fact, it cultivates a symbiotic relationship with soil microbes and fungi that allows their root nodules to fix nitrogen - adding fertilizer can kill good micro-organisms and make room for bad ones. The flowers of some varieties also contain saponins, so that if you rub them in your hands with water, weak suds will form (and we're all needing to wash our hands these days...).

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: California lilac 'Blue Sapphire' courtesy ProjectNoah.org'

Bald Eagle: "Majestic Birds"

In 1782 the Bald Eagle was chosen as our national symbol for its strength, fierce demeanor, and loyalty. Others, including Ben Franklin, mumbled that they are pirates who steal fish from Ospreys and are scavengers that feed on carrion. They also spend a lot of time hanging out at dumps. Still, I think all are awed by the sight of this majestic bird.



Bald Eagles are recognized by their giant size. They can stand three feet tall and have a wingspan of six feet. It takes four years for them to get that pure white head and tail of an adult. Adults have a large, yellow beak and yellow lower legs that are not feathered. Their fiercelooking eye is also yellow.

In winter, they are a rare and exciting visitor to the coast. In summer, Some nest around northern California's lakes and large rivers but most head farther north. Pairs are extremely loyal and most mate for

life. Still, each spring courtship is dramatic, including flight displays when pairs lock talons and plummet to earth in a series of whirling summersaults.

They are known for making the largest single nest, which can be over fifteen feet across. One nest has been used for thirty-five years. Both male and female incubate the two white eggs for three weeks.

One chick will hatch first. In most years the second chick will not survive because of starvation or harassment by the larger one. This is termed obligate siblicide. Our national symbol is also a symbol of hope. Bald Eagles were extremely threatened, due to pesticides and to being shot by ranchers. In 1963, there were 417 nests in all the United States. Now, because of protection, there are over 10,000 nesting pairs. In 2007, they were removed from the endangered species list.

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

**At Risk of Extinction, Black-Footed Ferrets
Get Experimental COVID Vaccine**
By JoNel Aleccia, Kaiser Health News

In late summer, as researchers accelerated the first clinical trials of COVID-19 vaccines for humans, a group of scientists in Colorado worked to inoculate a far more fragile species.

About 120 black-footed ferrets, among the most endangered mammals in North America, were injected with an experimental COVID vaccine aimed at protecting the small, weasel-like creatures rescued from the brink of extinction four decades ago.

The effort came months before U.S. Department of Agriculture officials began accepting applications from veterinary drugmakers for a commercial vaccine for minks, a close cousin of the ferrets. Farmed minks, raised for their valuable fur, have died by the tens of thousands in the U.S. and been culled by the millions in Europe after catching the COVID virus from infected humans.

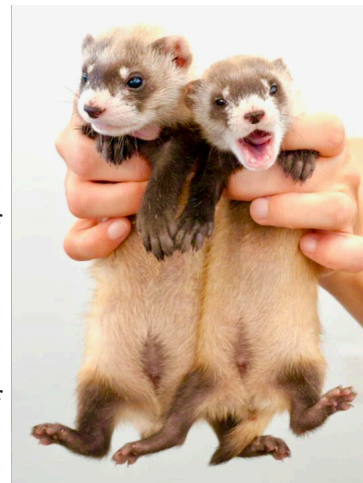
Vaccinating such vulnerable species against the disease is important not only for the animals' sake, experts say, but potentially for the protection of people. Some of the most pernicious human diseases have originated in animals, including the new coronavirus, which is believed to have spread from bats to an intermediary species before jumping to humans and sparking the pandemic.

The worry when it comes to animals like farmed minks, which are kept in crowded pens, is that the virus, contracted from humans, can mutate as it spreads rapidly in the susceptible animals, posing a new threat if it spills back to people. Danish health officials in November reported detecting more than 200 COVID cases in humans that had variants associated with farmed minks, including a dozen with a mutation scientists feared could undermine the effectiveness of vaccines. However, officials now say that

variant appears to be extinct.

In the U.S., scientists have not found similar COVID mutations in the domestic farmed mink populations, though they recently noted with concern the discovery of the first case of the virus in a wild mink in Utah.

"For highly contagious respiratory viruses, it's really important to be mindful of the animal reservoir," said Dr. Corey Casper, a vaccinologist and chief executive of the Infectious Disease Research Institute in Seattle. "If the virus returns to the animal host and mutates, or changes, in such a way that it could be reintroduced to humans, then the humans would no longer have that immunity. That makes me very concerned."



Black-Footed Ferrets. Image by Kimberly Tamkun, USFWS.

For the newly vaccinated ferrets, the main risk is to the animals themselves. They're part of a captive population at the National Black-footed Ferret Conservation Center outside Fort Collins, Colorado, where there have been no cases of COVID-19 to date. But the slender, furry creatures — known for their distinctive black eye mask, legs and feet — are feared to be highly vulnerable to the ravages of the disease, said Tonie Rocke, a research scientist at the National Wildlife Health Center who is testing the ferret vaccine.

Continued on Page 13

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Just Another Day On The Coast

This Fox Decided To Spend An Afternoon Sunning in a Backyard on the Ridge.



8th Annual Gualala Salon Opens May 15

North Coast Artists Guild Fills the Exhibit Halls for the Salon and the Salon des Refusés

"The Gualala Salon and Salon des Refusés has earned a reputation as the top judged and juried fine art exhibit on the Mendonoma coast. It opens Saturday, May 15 from 11:00am to 7:00pm. Members can preview the exhibit on Friday, May 14 from 11:00am to 4:00pm.

Organized and curated by the North Coast Artists Guild (NCAG), the exhibit is held annually at the Gualala Arts Center and will fill three large gallery spaces with over one hundred pieces of fine art. Prestigious artists, art dealers, academics and collectors are recruited to be judges.

There is still time to become part of this event. You'll find the registration form at GualalaArts.org, or you can call the Gualala Arts office at 707-884-1138. Registration ends on Monday, May 3, so plan on registering now. In addition, all art will be taken into the art center on Wednesday and Thursday, May 5 and 6. Time is short, so register now.

Once the call goes out, and the art arrives it will be the judges who decide which artwork will be accepted and shown in the Burnett Gallery, the Salon. The balance of the art work not juried into the Salon by the

judges is displayed in the Salon des Refusés, located in the Elaine Jacob Foyer and Cole-



man Hall. Thus, all artwork submitted into the show is exhibited. Which artists have been selected into the Salon is a tightly held secret until opening night.

There is no theme for artwork entered in 2021, but the show's concept is based on the original Paris Salon des Refusés exhibition, which took place in Paris in 1863, showing works that had been rejected by the official Paris Salon judges. These judges represented the French Academy and were advocates of a traditional, orthodox style of painting and sculpture. In 1863, they rejected almost 3,000 pieces of work, including many now considered masterpieces such as Manet's



Le Dejeuner sur l'Herbe (top) and Whistler's Symphony in White, No. 1 (left). The resulting furor led Emperor Napoleon III to mandate that a second exhibition (dubbed the "Salon des Refusés") be organized, so that the public might judge the merits of the

artwork themselves. Many artists save their best new art for this exhibit, which showcases outstanding visual art without regard to type of media. The award prizes are the largest offered on the coast. Accepted work will be eligible for the First [\$1000] Second [\$750] and Third [\$500] Place awards.

Work not juried into the Salon will be eligible for the People's Choice Awards of \$100, \$75, and \$50. Additional awards include: a Judges Award of \$100 for the best work by an artist under eighteen years of age; a Collage Group Award of \$100 for best collage; and a Founders Award of \$100 awarded by the three founders of The Salon show.



In the spirit of the original Paris Salon des Refusés, all visitors to the Gualala Salon des Refusés are able to vote for the "People's Choice" awards. In fact, many artists prefer to be selected as a "refusé" to receive the public's opinion. This is a wonderful opportunity for artists to stretch themselves and experiment.

Gualala Arts is the jewel for the arts on the Mendonoma Coast. Why not be a part of the 2021 Salon?

(Near left painting is François Joseph Heim "Charles X Rewarding Artists". Above photograph is 2018 First Place Winner Lauren Sanford, with "Pick of the Paramour", stoneware, underglaze, gloss.)



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DUO'XPLORE Cont'd from cover
 piece to one of the 16 tracks of music on the CD (The image and the music track share the same title.) Together the music and art create an immersive music experience for the viewer/listener. The CD and Artbook come packaged together as a set, which can be purchased at the Dolphin Gallery or online from the band's webpage DuoXplore.Art.

There is an obvious and natural synergy of the musicians, the music and the art. Goldberg describes the creative process for this new artistic venture: "the inspiration behind the mixed media aspect of the project came after Tim had viewed samples of my visual art and showed me a copy of a CD titled the fawn, by the group, The Sea and Cake. The album's understated bone-white cover features several horizontal rows of small vertical white and earth-toned, book-shaped panels. Not only did I feel that my work could showcase well in this format, but the idea of including visual art to accompany our music was appealing, particularly as a way of engaging the listener in a parallel artistic experience. Hence the innovative concept of dream smuggler came to life."

Reflecting the daring improvisational spirit conveyed in the band's name, duo'Xplore



has typically offered Mendonoma coast audiences a "guitar and saxophone adventure" focusing primarily on the spontaneous, imaginative and unpredictable reworking of popular jazz tunes and classics from the Great American Songbook. With dream smuggler, Mueller and Goldberg embarked on a new, equally satisfying sonic journey that features their original music, without sacrificing any of the unmistakable energy and groove of the duo's years-long creative collaboration.

Recorded live in Tim's rustic Studio Oisette in a remote corner of Mendocino County worked. Goldberg added, "the relaxed and laid back atmosphere encouraged our creativity and engendered a dialogue of soft but energetic restraint that informed our musical conversations. We would begin

each session with a brief discussion of the proposed groove, including a key signature to be considered. Once this was established, Tim would begin building his parts of the composition. Combining organic

duo'Xplore



dream smuggler

drums with electronic rhythm tracks and then looping them, he would add live electric bass, guitar, some keyboard, sometimes wind chimes or perhaps more synthesized sounds, all subject to additional looping. The clever arrangements that developed along the way were further augmented during subsequent mixing, while carefully preserving the sense of freshness which is only heightened by the brevity of each musical "sketch". This interesting roux that Tim had concocted thus created a tantalizing opportunity for me to introduce a sax melody line or motif that would enhance and add spice to the emerging recipe. Besides the familiar musical flavors of tenor, soprano and alto saxophone, I introduced a selection of novel and exotic voices using my recently acquired Roland AE-10 G Aerophone wind synthe-

sizer.

"Tim's incomparable guitar artistry then drew on his diverse musical influences and performance experience to further enrich the music, adding extra textures and energy to the already exciting compositions. An inspired interplay throughout, and reflecting our signature duo'Xplore sound, the music successfully conveys the high energy and immediacy of our live performances."

Join these two talented musicians for the radio premier on May 29, and at the Dolphin Gallery on Sunday, May 30. The Dolphin Gallery is at 39114 Ocean Drive, Cypress Village, Gualala's Uptown gallery District

Pictured:

*Left, Harrison Goldberg.
 Right, Tim Mueller.*

Carolyn Singer At the Dolphin Gallery May 1 Conversation and Demonstration of her Collage Process

Multi-faceted artist Carolyn Singer will be visiting the Dolphin Gallery in Gualala on Saturday, May 1 to answer questions about her art and demonstrate her collage process to visitors. She will be available Saturday from 1:00pm to 4:00pm.

The current exhibit at the Dolphin, "One Woman's Dreams and Visions", features Singer's mixed-media sculptures, collages using her mono-printed papers and colored pencil drawings.



Singer will be demonstrating how she prints unique, patterned papers for her collages. Very different are her colored pencil drawings using the butterfly format to explore abstract design. Also on view are Singer's figurative sculptures inspired by "waking dreams and visions".

All are welcome, social distancing will continue, and masks are required. The Dolphin Gallery is in North Gualala's Gallery District at 39114 Ocean Drive, Cypress Village. Information is at 707.884.3896.

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News of the World

by David Steffen

It's May, 2021, and we seem to have found ourselves at the beginning of the end of the Pandemic. Masks are still the order of the day—at least for the rational majority among us, and about one-half of the American population has received at least one dose of a vaccine. Almost one-third are fully vaccinated. (California's numbers mirror the national numbers.)

Since we began publishing the Lighthouse Peddler in 2016, Dolly and I have made the monthly 2-hour drive to Healdsburg Printing to get the Peddler printed. Once there—pre-pandemic, we'd review the first copies of the new issue, make last minute corrections, kill an hour or two, and have lunch while the printer prepared our order. We would then make the drive home and start delivering the new Peddler to locations from Jenner to Elk.

A year ago we found that due to COVID, Healdsburg (like towns everywhere) had become a relatively quiet place, as the local population opted to stay indoors and fewer casual travelers were on the road. Nevertheless we continued our monthly drives to the printer, load the papers into the car, get a bag of fast-food and head home. Near the end of the year, some restaurants with socially-distanced outdoor seating began to lure us back in for lunch, albeit all masked up, sitting at a table on a front sidewalk, or a back patio, or a secluded deck to enjoy a little lunch almost like we did “in the pre-Covid days”.

When it comes to national and international news in print, I continue to find myself browsing and reading the New York Times and the Washington Post. Reading the Times is a habit I picked up while working in New York and I've maintained my subscription over the years. I'll admit that after 170 years of publication, “The Old Gray Lady” is not the paper it used to be. But I persist. My other daily read, the Post, has improved dramatically over the past decade, and I must assume that having the financial security of being owned by zillionaire Jeff Bezos helps. In addition to the owner's deep pockets, the Post's resurgence has been helped during the past five years with coverage of 2015's crazy presidential primary campaign, an election in 2016 (the outcome of which was reportedly helped by a former KGB guy in Moscow,) an orange-haired blowhard who managed to tell a well-documented 30,000 lies while president, the 2020 campaign, and the campaign's aftermath (including the January 6 riot at the capitol by Trump Supporters. In short, the Post has had plenty of material to fill its pages.

While spending more time indoors, one of the things we've done (perhaps to excess) is watch TV. During those budget-conscious, mostly shut-in days, we scoured the various channels available to us, sifting through fiction, non-fiction, fantasy, comedy, drama, documentaries and more. Some were great, some were average, and some, as my mother might have told me, “are just crap”. But good, bad or in between, TV did its part, and our attention was temporarily diverted from the Pandemic. For example, we watched the new version of “All Creatures Great & Small” from public television and rediscovered dramas like “NCIS” or “The Mentalist”. Beyond “entertainment”, however one defines it, reading newspapers and catching some television news has also been informative and, frankly, entertaining.

One evening we found ourselves ready to spend the ‘big bucks’ for a first run film. I found one pay-per-view title, a film whose synopsis suggested it might be worth the \$20 ticket price: “News of the World” from director Paul Greengrass, starring Tom Hanks. The premise is so old-fashioned, one wonders how the book got published or the film even got made. And yet, it turns out the story and the movie were worth it. It also made me

wonder just what others were thinking of this film.

If you've seen “News of the World”, you may have concluded (and as some fans of westerns might agree) it is no “Tombstone” or “Silverado” or “The Man Who Shot Liberty Valence”. But it does leave you feeling like your \$20 was well spent. The premise is this: Hanks portrays Captain Jefferson Kidd, an officer from the recently concluded American Civil War. Kidd travels from Texas town to Texas town, buying newspapers wherever he goes. At the next town, he sets up an evening of ‘pay per view’ circa 1870. Selecting stories



almost at random from the collection of newspapers in his leather satchel, he reads all or parts of those stories that he believes that particular town will be interested in hearing. Members of the audience, in the unpretentious glow

of lantern light, pay him a dime a head for the evening.

In his December 2020 review, the Washington Post's Michael O'Sullivan wrote that the film, set in Texas during reconstruction, presents a Confederate veteran who “makes his meager living reading a curated selection of newspaper articles aloud to audiences . . . this broad-minded, bighearted western tale takes place in a frontier (emblematic of a whole country, really) that is undergoing awkward and sometimes violent growing pains.” In essence, Kidd is Google or Facebook, but without the “friending” thing. No cellphone app needed. Just sit down and listen to Kidd.

Thinking about “News of the World” I decided to take a look at just that: the news of the world. Our world. During the last week of April 2021, here are some stories that a modern-day Kidd might have covered.

Walter Mondale died at 93. He will be remembered for being that rare entity in politics. Honest, diligent and fair. He also suffered what is probably the single largest landslide loss (to Ronald Reagan in 1984) in any presidential election in 230 years.

NASA shipped a small (4 pound) helicopter to Mars. When I saw the film clip of the 30 second flight over the Martian surface I half-expected to see an Amazon logo on the side of the helicopter.

Back on Earth, a jury found Officer Derek Chauvin guilty on all counts in the death of George Floyd. For the most part, the country let go a collective sigh of relief. And per-

haps—only perhaps—this will mark the beginning of the dismantling of one facet of the systemic racism that's been hanging around this land for 400 years.

Edward Jenner might be pleased and also surprised. As of the end of April, more than 145 million people in this country have been vaccinated. Jenner (1749-1823) pioneered the concept of vaccines, the first of which became a reality in 1796 against smallpox. The vaccine was a success but about twenty minutes later (or so) the anti-vaxers arrived. Really. During the following century vaccines would be developed to fight cholera, rabies, tetanus, typhoid fever and bubonic plague. Obviously, two centuries later the Flat-Earth Society, including those in the the anti-vaccination crowd, is still with us, which just proves what comedian Ron White has been telling us for years: “you can't fix stupid”. Not convinced? Read on.

Remember April 23, 2020? That was the day that the then-president (the one with orange hair) suggested that ingesting bleach or inserting a UV light into our bodies will cure COVID. Predictably, someone heard that as a call to action. I was raised a Lutheran in Wisconsin, and have worshipped in churches of varying denominations from California to England, but until this week I hadn't heard of the Genesis II Church of Health and Healing. According to HuffPost, the founder of the Church is a former scientologist named Jim Humble who “claims to be a billion-year-old god from the Andromeda Galaxy . . .”

Last week a man named Mark Grenon of the Genesis II Church in Florida, was arrested along with his three sons for selling “Miracle Mineral Solution” (MMS), a home-made blend of ingredients which could cure everything from COVID to cancer. It appears that MMS is, essentially, bleach. The Washington Post added “. . . the FDA has ‘received reports of people requiring hospitalizations, developing life-threatening conditions, and dying after drinking MMS.’” (No word yet on whether the Grenon family will be offering UV lights, ready for insertion).

The news of the world is worth reading in newspaper form, hearing on the radio, watching on television, or consuming via your computer or iPhone app. Or perhaps there's another Captain Jefferson Kidd out there who will read it to you for a dime. However the news arrives, we know that we live—as an apocryphal old curse attempted to warn us—in interesting times. Radio host Randi Rhodes likes to say, “Information is Power. So get some!” And please, stay safe!

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"Humankind: A Hopeful History"
A Book by Rutger Bregman • Reviewed by Jennifer Bort Yacovissi

It's hard to imagine a more appropriate time for Rutger Bregman's *Humankind: A Hopeful History* to be released, here in the middle of what seems like an inflection point in American history, the long-overdue reckoning with this nation's endemic and systemic racism.

As we watch or participate in the protests across the country — indeed, around the globe — and consider both the violence that precipitated them and the sometimes brutal government-sanctioned reaction to them, Bregman's thesis may seem hard to swallow: that humankind is made up of humans who are inherently kind.

Bregman, the young Dutch historian and thinker who previously brought us *Utopia for Realists*, methodically builds his case in this overview of human history to illustrate where things started going sideways, and to interrogate the ways we can change our attitudes in order to change our outcomes.

In the ageless argument represented by Thomas Hobbes (that natural man is a brute who demands the firm hand of civilization) and Jean-Jacques Rousseau (that it is civilization itself that has ruined humanity), Bregman unsurprisingly lands on the side of Rousseau.

The author points out that though archaeology has turned up examples of large cooperative endeavors in pre-agrarian societies, such as Turkey's 11,000-year-old Göbekli Tepe temple, it has not turned up equivalent evidence of warfare or slaughter.

The premise of Bregman's book is that evolving into big-brained homo sapiens demanded extensive cooperation, so we're hard-wired to be social, work in groups, and consider what's best for the collective. He suggests our innate eagerness to please and to be liked — and, crucially, our ability to feel shame — makes us more like "homo puppy."

Bregman realizes that lots of people disagree with his central argument. "So what is this radical idea? That most people, deep down, are pretty decent." It took civilization — specifically, the concept of private ownership, which, in turn, required defense of property — to begin to decay that built-in urge toward cooperation.

The initial section of the book is dedicated to deconstructing the bad science and lazy reportage that has misrepresented primitive societies as being more bloodthirsty and self-destructive than modern civilized ones. Rather, predictably, the seeds of destruction of indigenous peoples are sown when outsiders bring disease and a tragically

misguided superiority complex.

Case in point: On first landing in the Bahamas and realizing how peaceful and welcoming the population was, Christopher Columbus observed, "They would make fine servants...With fifty men we could subjugate them all and make them do whatever we want." A year later, he returned to enact his plan, thereby inaugurating the Atlantic slave trade.

Another section of *Humankind* is dedicated to deconstructing the bad science and lazy reportage that has either initially driven or later misrepresented — or both —

every sociological case study that we ever read about in school. Virtually all of those studies and experiments have been used in service of proving the "veneer" theory, which says that civilization is but a thin coating that cracks apart under the lightest pressure, revealing our brute selves.

The bad science prevails because we are all cynically quick to believe the worst in humanity, and our tendency is to glom onto and repeat endlessly every scrap of evidence to support our innate brutality. We dismiss the body of evidence demonstrating that our natural tendency is to allow our better selves to win out.

Bregman holds up a different mirror, arguing that when we expect better, we very often get better. No example is more striking than that of maximum-security Halden prison, located in a forest north of Oslo, Norway, and pre-release prison Bastøy, located on an island just up from Halden.

The guards there don't carry weapons, but they do eat meals with the inmates. Inmates don't live in cells, but they do grow their own food, maintain the buildings and grounds, and pursue hobbies. Recidivism is 50 percent lower than at traditional facilities, and costs are significantly lower. The objective is to prepare inmates to return to normal daily life with the skills they need so they never come back.

In the book's closing section, "The Other Cheek," Bregman describes in detail how Nelson Mandela averted what appeared to be inevitable civil war in South Africa. As the first election approached in which the majority-Black population would be allowed to vote, minority white Afrikaners were preparing to fight. They knew that Mandela would be elected president and assumed that Blacks would then exact revenge for the atrocities of apartheid — because, who wouldn't?



In fact, Mandela convinced Constand Viljoen, national war hero and powerful general leading the Afrikaners' preparations for war, to meet with him alone at his residence. That one meeting, at which Mandela greeted Viljoen at the door and served him tea, developed into four months of secret talks in which the two men grew to respect and admire each other. Together, they determined a way to prevent the war.

One of the consistent findings that Bregman points to is that, though civilization has bred into us a suspicion of people outside of our own group, our prejudices tend to fall away once we come to know those "others":

"Contact engenders more trust, more solidarity, and more mutual kindness. It helps you see the world through other people's eyes."

He also notes that, "It's when a crisis hits ... that we humans become our best selves." In the U.S., as this national moment grows into a national movement, perhaps this is when we work together to do just that.

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.

**Visit Discovery Gallery in May.
Just in Time for Mothers Day**

May is the month of the Maypole and Mothers' Day, flowers and showers, and spring redecorating. It is also a lovely time at the North Coast. Enjoy the beautiful days here and visit our many charming galleries. Be sure the Discovery Gallery is on your visiting list. Whether you are looking for the perfect gift for the Moms in your life, a great piece of pottery or sculpture for your garden, a new piece of art for your wall or coffee table, or a unique card, you're likely to find just the item at the gallery. It's also a safe and friendly place to visit if you simply want to gladden your heart by looking at beautiful things.

See you soon at the Seaciff Center, just down from Trinks. Discovery Gallery is open Thursday thru Tuesday from 11:00am to 3:00pm. Walt Rush is at the gallery every Thursday for jewelry repair and sales needs.

**The May Reading List
Best Sellers and Best Bets**

"A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one."
 George R. R. Martin, (1948-)

- **The Hill We Climb. An Inaugural Poem...** by Amanda Gorman
- **Dusk Night Dawn: On Revival & Courage** by Anne Lamott
- **Mushrooms of the Redwood Coast** by Noah Siegel, Christian Schwartz
- **Gratitude** by Oliver Sacks
- **You Will Leave a Trail of Stars** by Lisa Congdon
- **Klara and the Sun** by Kazuo Ishiguro
- **City Mouse, Country Mouse** by Maggie Rudy
- **Nomadland: Surviving America in 21st** by Jessica Bruder
- **Code Breaker** by Walter Isaacson
- **The Glass Hotel** by Emily St. John Mandel
- **Gratitude** by Oliver Sacks
- **I Would Tuck You In** by Sarah Asper-Smith
- **The Dutch House** by Ann Patchett
- **Zen Shorts** by Jon J. Muth
- **Leadership: In Turbulent Times** by Doris Kearns Goodwin
- **Wild Sweetness: Recipes Inspired by Nature** by Thalia Ho

Another Book You Might Like*

*. **Humankind: A Hopeful History**
 A Book by Rutger Bregman
 (See review on this page)

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

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

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Stephen Fry (1957 -)

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Scuttlebutt

by Mitch McFarland

It really does remind me of The Emperor's New Clothes. You know, the story where there is a glaringly obvious fact that people completely ignore. That seems to be the case with nuclear power, the "Emperor" of our time. Even some people who call themselves environmentalists are so enamored by this carbon free energy source, that they blithely ignore the fact that it is the most expensive source of energy and the most dangerous.

I read a lot about energy issues and generally where there is a discussion of nuclear power advocates NEVER discuss the costs- economic, environmental, or as it relates to national security. They are so thrilled to see the Emperor that they eagerly ignore that he is naked.

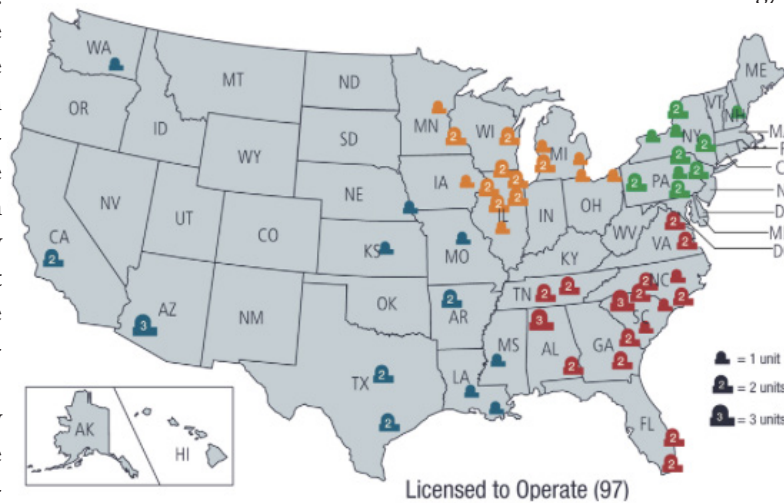
The matter of economic cost is one that is not even disputed. Anyone who has paid 5 minutes of attention to the cost of nuclear power admits it is the most expensive way to produce electricity, but, for some, the carbon-free label somehow excuses that little drawback.

First there is the cost of building plants, which has been estimated to run up to \$9 billion. Then there is the cost of decommissioning the plants when they are shut down. This is a huge sum of money. The Yankee Nuclear Power Station in Rowe, Massachusetts, took 15 years to decommission and cost \$608 million. Taxpayers and ratepayers were forced to pay that cost. It will cost \$1.2 billion to decommission the Vermont Yankee plant according to President Bill Mohl of Entergy Wholesale Commodities, owner of the plant.

Then there is the cost of dealing with the spent nuclear fuel. Yankee's spent fuel rods are still sitting around at the plant at a cost of \$8 million a year to secure them, since there is no acceptable place to permanently store them. This, of course, is true at over 100 nuclear sites in our country. Those who read this column have read of the hundreds of billions of dollars we are spending to work on "safe" disposal of nuclear waste. This is another cost that is conveniently ignored by nuclear advocates.

The environmental cost of nuclear power (and bombs) is hard to estimate because no one can tell when a nuclear accident may occur and what costs that would entail. We can, however, with some certainty, expect that some time in the future there will be more nuclear accidents. Former Nuclear

Regulatory Commission chair, Gregory B Jazcko, resigned because he felt public safety was compromised by the dominance



of the nuclear industry insiders on the commission, whose primary purpose, he felt, is supporting the industry ahead of public safety. He called nuclear power a "failed technology". Speaking of costs, should we mention the estimated 10,000 lives that were lost as a result of Chernobyl?

I won't even bother to get too into the environmental and political cost of uranium mining. That could be its own column.

Then there is the national security risk. We spend millions and millions of dollars to keep our nuclear materials from getting into the hands of terrorists. I can't argue with that expense, except to say that it wouldn't exist if we didn't have enriched uranium laying around at over 100 sites in America. But let's not worry about terrorists. I have some confidence that our vast national security apparatus can keep terrorists at bay. What is impossible to prevent is a foreign power targeting a nuclear power plant with a conventional ICBM. We could get nuked buy an enemy without them even using nuclear weapons.

Fortunately, there are many alternatives to nuclear energy and they are all cheaper in dollars, time, and risk. Pretty much everyone knows this, but the sight of the Emperor is, apparently, too fascinating to avert our eyes.

The U.S. has 3,797,000 square miles of land. Only about half a percent of that would be needed to provide enough solar energy to power the entire country. That's 21,250 sq. miles. "But Mitch, that's a lot", you might say. Yes, it is, but compare that to the 40,223 square miles of the land leased by the oil and gas industry, 18,000 of which is on federal land. Or the 13,000 square miles of US land that has been impacted by coal surface mining. Or the 33,750 square miles of land set aside to grow the corn used to make ethanol, the gasoline substitute. And I can't help but mention the 2,200 square miles of Appalachian forests that had been cleared for mountaintop removal

coal mining by 2012.

Fortunately, we wouldn't need to use all 21,250 square miles. The National Renewable Energy Lab has a report conservatively estimating that rooftop solar alone could generate 34% of all U.S. electricity requirements. And we haven't even mentioned wind, which is cheaper than solar. Or geothermal, tides, algae fuel, and non-corn based ethanol.

At the current cost of 70 cents/watt it would take about \$280 billion to electrify the entire U.S. from solar. The U.S. Department of Energy's 2020 Congressional Budget request was \$31.7 billion. It will, of course, increase over the next 9 years, but if that kind of money was spent on alternative energy we could be carbon free by 2030.

List of Power Reactor Units

Four Regions: West (18), Midwest (23), Northeast (21), Southeast(32).

The map of U.S. Operating Commercial Nuclear Power Reactors (97 of them) is courtesy of the United States Nuclear Regulatory Commission.
Last update: 2019.

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BLACK-FOOTED FERRETS from page 7

They're all genetically similar, having come from a narrow breeding pool, which weakens their immune systems. And they likely share many of the features that have made the disease so deadly to minks.

"We don't have direct evidence that black-footed ferrets are susceptible to COVID-19, but given their close relationship to minks, we wouldn't want to find out," Rocke said.



Black-Footed Ferrets. Image by Kimberly Fraser, USFWS.

Rocke began working on the experimental vaccine in the spring, as she and Pete Gober, black-footed ferret recovery coordinator for the U.S. Fish and Wildlife Service, watched reports about the new coronavirus with growing alarm. An exotic disease is "the biggest nemesis for ferret recovery," said Gober, who has worked with black-footed ferrets for 30 years. "It can knock you right back down to zero."

The ferrets are a native species that once roamed vast areas of the American West. Their ranks declined precipitously over many decades as populations of prairie dogs, the ferrets' primary source of food and shelter, were decimated by farming, grazing and other human activity.

In 1979, black-footed ferrets were declared extinct — until a small population was discovered on a ranch in Wyoming. Most of those rare animals were then lost to disease, including sylvatic plague, the animal version of the Black Death that has plagued humans. The species survived only because biologists rescued 18 ferrets to form the basis of a captive breeding program, Gober said.

With the threat of new disease looming, Gober doubled-down on the strict infection prevention precautions at the center, which houses more than half of the 300 black-footed ferrets in captivity. An additional 400 have been reintroduced to the wild. Then he called Rocke, who previously created a vaccine shown to protect ferrets from sylvatic plague. It uses a purified protein from *Yersinia pestis*, the bacterium that causes the disease.

Would the same technique work against the virus that causes COVID-19? Under

the research authority granted by the Fish and Wildlife Service, the scientists were free to try.

"We can do these sorts of things experimentally in animals that we can't do in humans," Rocke noted.

Rocke acquired purified protein of a key component of the SARS-CoV-2 virus, the spike protein, from a commercial producer. She mixed the liquid protein with an adjuvant, a substance that enhances immune response, and injected it under the animals' skin.

The first doses were given in late spring to 18 black-footed ferrets, all male, all about a year old, followed by a booster dose a few weeks later. Within weeks of getting the second shots, tests of the animals' blood showed antibodies to the virus, a good — and expected — sign.

By early fall, 120 of the 180 ferrets housed at the center were inoculated, with the rest remaining unvaccinated in case something went wrong with the animals, which generally live four to six years in captivity. So far, the vaccine appears safe, but there's no data yet to show whether it protects the animals from disease. "I can tell you, we have no idea if it will work," said Rocke, who plans to conduct efficacy tests this winter.

But Rocke's effort makes sense, said Casper, who has created several vaccines for humans. Rocke's approach — introducing an inactivated virus in an animal to stimulate an immune response — is the basis for many common vaccines, such as those that prevent polio and influenza.

Vaccines containing inactivated virus to prevent COVID-19 have been tested in certain animals — and in human vaccines, including CoronaVac, created by the Chinese firm Sinovac Life Sciences. But the effort in Colorado may be among the first aimed at preventing COVID-19 in a specific animal population, Rocke said.

Gober said he is optimistic that the ferrets are protected, but it will take a well-designed study to settle the question. Until then, he'll work to keep the fragile ferrets free of COVID-19. "The price of peace is eternal vigilance, they say. We can't let our guard down."

The tougher task is doing the same for people, Gober observed.

"We're just holding our breath, hoping we can get all the humans vaccinated in the country. That will give us all a sigh of relief."

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

Mendonoma Health Alliance Programs in May

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

Care Transitions Program - Do you know of someone coming home from the hospital? The Care Transitions Program is a part of Mendonoma Health Alliance's ongoing commitment to improve health and quality of life within our community. This free program is designed to assist you or a loved one during that critical period following a hospital discharge. For more information, call MHA at (707) 412-3176 x102 or visit them on the web at mendonomahealth.org.

Cholesterol & Blood Pressure Screenings—Health screenings are an important part of maintaining good health, especially as we get older. They can detect problems early, when chances for successful treatment are greatest. This is a very simple but very important step towards a longer, better quality of life. Free screenings are available **by appointment** in Gualala at Mendonoma Health Alliance on Tuesday between 9:00am to 3:00pm. Call (707) 412-3176 x102 or email MHA at info@mendonomahealth.org.

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

The Health Alliance is a wonderful local resource that make a difference in our community. *(707) 412-3176 x102. And they have a YouTube channel linked at the MHA website or by searching Mendonoma Health Alliance on YouTube.com.



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her beautiful winding pathways,
climbed her mountains
just for a gaze of beauty so intense
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admired the way the sun dapples
brilliantly through her branches,
soaked in the salty smell of ocean
entangled with fresh pine.
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and to her,
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for within her bosom,
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D.L. Lang



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Crossword

by Margie E. Burke

ACROSS

- 1 Fare with chips
- 5 Eighty-six
- 9 Tiresome ones
- 14 Storybook start
- 15 Vicinity
- 16 Cooking smell
- 17 Way off
- 18 Burro, for one
- 20 Mail from a sweetheart
- 22 Horse's stride
- 23 Musical composition
- 24 For the most part
- 26 Pay no heed to
- 28 Place to wash up
- 30 Word with bang or band
- 31 Striking success
- 33 Harder to find
- 37 In a dead heat
- 39 Food on a stick
- 41 Etna output
- 42 Make a copy
- 44 Send money
- 46 Con's confines
- 47 Hitchcock classic, with "The"
- 49 Hanes product
- 51 Put on hold
- 54 Restrained
- 55 Valuable deposit
- 56 Holds oneself accountable
- 61 Weather station gadget
- 63 Place
- 64 Bedouin, for one
- 65 Airtight closure
- 66 Buffalo's lake
- 67 Word before slam or piano

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- 68 Peppy
- 69 Office furnishing
- DOWN**
- 1 Farm young
- 2 Part of FYI, briefly
- 3 Type of hunt
- 4 Regarding this point
- 5 CD player's ancestor
- 6 Speak from a soapbox
- 7 Religious faction
- 8 Japanese wine
- 9 Put an end to
- 10 One of a kind
- 11 Ancient numerals
- 12 Modern message
- 13 Like French fries
- 19 Weapons
- 21 Artificial bait
- 25 Cause of inflation?
- 26 Alpine goat
- 27 Hand over
- 28 "___ in Toyland"
- 29 Molecular bit
- 32 Cooking fat
- 34 Like some questions
- 35 At any point
- 36 Carry on
- 38 Duke or Earl
- 40 With resentment
- 43 Half of XXVIII
- 45 Nicholas II, for one
- 48 Paper purchase
- 50 Warned, cat-style
- 51 Street talk
- 52 Kind of roll
- 53 Fluid accumulation
- 54 Use choice words
- 57 Famed loch
- 58 Escalator part
- 59 Redding on the radio
- 60 Stink to high heaven
- 62 Eccentric

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"Ooooh . . . Baby, Baby"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

It was a bright spring day, the quiet of the harbor seal rookery broken only by an occasional squabble among gulls that often heralded a birth. The seal felt her near-term pup stir inside her: a familiar sensation, one she experienced annually since reaching sexual maturity, and one she would experience yearly, throughout her life. With birth still a week or so away, she was already restless and snappish, warning other seals away. The four to six weeks in which she would nurse, nuzzle, protect, and teach her pup to fish would be a one-on-one undertaking. Periodically, she would leave her pup alone on shore so she could forage, and continue to produce the thick, fat-rich milk that would produce a plump, independent pup that she might never see again.

By contrast, calving among sperm whales can be an intensively communal, long-term process. See this footage documenting the birth of three calves in one day, each attend-



ed by a large group of whales: https://www.youtube.com/watch?v=J0Q14M7_pTY. These calves will be nursed by their mothers for up to two years, "nannied" by other females to give Mom a rest, and receive instruction from their elders on fishing and proper sperm whale social etiquette. Sadly, the newborn sperm whale calf that stranded on Southeast Farallon Island this past February may have been similarly welcomed into its too-brief life; perhaps even mourned. We can only wonder.

On Mother's Day 2021, let's celebrate some exceptional examples of marine "Mammas," among them:

WISDOM: At over 70 years of age, Wisdom, a Laysan albatross from the Hawaiian archipelago, recently hatched a new chick in February 2021 at Midway Atoll. Biologists banded her in 1956. Though albatrosses normally mate for life, Wisdom has outlived two mates. Her current consort is Akeakamai, a much younger bird. Laysans for-

age thousands of miles to feed their chicks, even to waters off California.

GRANNY: Granny, a killer whale (*Orcinus orca*), who recently died at a possible age of 105 (this has been contested, but not resolved), was the grand matriarch of J-Pod, a Southern Resident killer whale clan of about 25 orcas. This represents the entire Southern Resident population of the Salish Sea, the waters of northwest Washington state and southern British Columbia. As the



oldest female in her pod, she not only bore several offspring, but even after menopause assisted other cows in calf-rearing, an extended "motherhood" across generations.

THE ORIGINAL OCTO-MOMS: The Giant Pacific Octopus spends her entire life leading to a single breeding event. At age three to five, shortly after laying, tending to, and defending her one and only brood of up to 400,000 eggs, she will die, her precocious hatchlings jetting away to fulfil their separate destinies.

NON-BINARY "MOMS:" In a gender

role reversal, it's "hats off!" to our local seahorse, the snubnose pipefish whose males nurture eggs in their own brood pouches and give birth to live offspring. Likewise, to the Common murre Pops: once his still-dependent fledgling leaves the nest, it's he who feeds it and teaches it to fish, giving Mom a well-earned postpartum recovery of her spent energy stores; it sure beats breakfast in bed one day a year!

This spring, experience the Moms and other marine wildlife of your marine sanctuary at <https://farallones.noaa.gov/visit/>.

Remember: keep well away and concealed when visiting sensitive wildlife areas, observing posted guidelines; and leave pets at home. Appreciate how Mother Earth is really Mother Ocean, for ours is a blue planet of water, the amniotic soup from which life as we know it likely originated.



Far left: Harbor seal cow and pup remain apart from other seals on rookery. Photo: EIB-NOAA.

Center: Septuagenarian albatross mom "Wisdom" and chick. Photo: US FWS. Above: Giant Pacific octopus whose brood may number over 400,000 eggs. Photo: EIB-NOAA.

SUDOKU

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Edited by Margie E. Burke

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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Committed to clean energy

Surf Market has made the commitment to power our store with Sonoma Clean Power's 100% renewable EverGreen electricity service.

I'm asking our local residents and business owners to join Surf Market in supporting clean, renewable energy by switching to EverGreen today.

Visit sonomacleanpower.org/mendonoma to learn how you can help build the clean energy future.

**Surf Market and Sonoma Clean Power.
Partners in clean energy.**



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

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

- Saturday 01: 24/7, "Art in the Schools" available from Gualala Arts online (GualalaArts.org)
- Saturday 01: 12:00pm, Opening Reception at Coast Hwy Art Collective, Pt. Arena
- Saturday 01: 1:00pm, Artist Carolyn Singer at Dolphin Gallery with collage demonstration.
- Tuesday 04: 9:00am, Free Cholesterol & Blood Pressure Screening from Mend. Health.
- Saturday 08: 11:00am, Artist Sophia Sutherland at Artists Collective in Elk.
- Saturday 08: 9:00pm, Arena Theater Drive-in Movie: "Nomadland"
- Tuesday 11: 9:00am, Free Cholesterol & Blood Pressure Screening from Mend. Health.
- Tuesday 11: New Moon on the coast
- Wednesday 12: 10:00am (1p, 4p, 7p), "42nd Street". 1st day film at home w/ Arena Theater. ¹
(Note: Repeats daily through Tuesday, May 18).
- Friday 14: 11:00am, Members preview of Gualala Salon at Gualala Arts
- Saturday 15: 11:00am, 15th Annual Gualala Salon and Salon des Refusés at Gualala Arts.
- Sunday 16: 12:00pm, Yoga at the Gardens, Mendocino Coast Botanical Gardens
- Tuesday 18: 9:00am, Free Cholesterol & Blood Pressure Screening from Mend. Health.
- Thursday 20: 7:00pm, 3rd Thursday Poetry (Virtual) features Vallejo Poet D. L. Lang.³
- Sunday 23: 12:00pm, Yoga at the Gardens, Mendocino Coast Botanical Gardens
- Tuesday 25: 9:00am, Free Cholesterol & Blood Pressure Screening from Mend. Health.
- Wednesday 26: 10:00am (1p, 4p, 7p) "Secret Impressionists". 1st day film at home w/ A.Theater. ¹
(Note: Repeats daily through Tuesday, June 1).
- Wednesday 26: Full Moon on the coast
- Saturday 29: 5:00pm, Debut of new Duo'Xplore music on KTDE, 100.5FM.
- Sunday 30: 12:00noon, Dolphin Gallery hosts Duo'Xplore's "Dream Smuggler"

Looking Ahead to June:

- Wednesday 02: 6:00pm, Mendocino Music presents new Duo'Xplore music on KTDE, 100.5FM.
- Saturday 19: 4:00pm, "Classical and Jazz" in performamnce at Gualala Arts. (Tentative)

1. On Demand cinema and events through Arena Theater (ArenaTheater.Org). Independent films are available on demand for two weeks. Check the Arena Theater website. Screenings at 10am, 1pm, 4pm, 7pm.

2. MET Opera stars on demand. Access the performances at ArenaTheater.org.

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

Designed With Entertaining In Mind

Enchanting modified "A", filled with light, charm and ambiance features an upgraded modern Chef's kitchen, opening to spacious dining/living area. For indoor/outdoor living at its best, a beautiful slate porch with a large hot tub and multiple decks located in both the front and back of the home. Two bedrooms, a full bath plus a bonus room with washer and dryer hook ups, that can be used as a guest bedroom or home office. This delightful homestead offers a custom outdoor shower and a large garden area that includes two custom chicken coops. The open lot offers beautiful sunny weather in the summertime; central heating keeps you toasty in winter. Close to downtown Gualala, services and recreation. Pride of ownership throughout. **\$575,000**



Banana Belt Properties

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