

**ALWAYS
FREE**

February 2022



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



**Discover Great
Chamber Music!**

**The
Alexander
String
Quartet
in February.**

For four decades, the Alexander String Quartet has performed in the major music capitals of five continents, securing its standing among the world's premiere ensembles. The award-winning quartet comes to Gualala Arts for a chamber music concert Sunday, February 20, at 4:00pm in Coleman Hall. Tickets are \$40 in advance, \$45 at the door (if available) which can be purchased at Gualala Arts, the Dolphin Gallery and online at EventBrite.com.

Widely admired for its interpretations of Beethoven, Mozart, and Shostakovich, the Alexander String Quartet's recordings of the Beethoven cycle, and the Bartók and Shostakovich cycles have all won international critical acclaim. The quartet has also established itself as an important advocate of new music . . .

Continued on page 2

An illustration of a train passing through a forest. The train is a dark brown color with a yellow and black striped roof. Two people are sitting on the train, looking out at the forest. The forest is filled with tall, green trees and a blue sky.

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Valentines Day Art • Opening Reception February 11

At the Coast Highway Art Collective

The Coast Highway Art Collective is exhibiting a special Valentine's Day show, *Insight Into Love*, an exploration of what love looks like from many perspectives. The opening reception is on Saturday, February 11 from noon to 5:00pm. The community is invited to join Collective members as



they celebrate the many facets of love.

When Valentine's Day rolls around each year, hearts, chocolates, flowers and wine have come to symbolize romantic love. So, ask a group of artists to interpret other kinds of love through their art, and the result is a thought-provoking exhibit that will

challenge the viewer to think, and maybe to love, differently.

During the last two years, we've had to learn new ways to show our emotions – how to smile with our eyes while our mouths are covered by a face mask, how important our words are now that there is no body language to make a different interpretation. We have found alternative ways to show our love for a far-away friend, a grandchild over a Zoom call, an aging parent we cannot hug. These things create strong emotions. And strong emotions in an artist's eye translates into powerful art.

Featured guests for this show are Kristin Hoard, metal sculpture; Elizabeth B. Solomon, multi-media artist; Deborah Threlkel, abalone jewelry, Sarah Alice Britton, jeweler; Tamar Lenzi stone carver/lapidarist; Chris Magisano, jeweler; Linda Green painter, and Siobhan, wearable silk art. Additional pieces for this exhibit by collective members Ling-Yen Jones, jewelry, Chris Grassano, oil paintings; Rozann Grunig, photography and Andrea Allen, Chinese brush painting will be on exhibit.

The Coast Highway Art Collective is located at 284 Main Street, Point Arena. It's the little red building with the big yellow sun, located next to the Redwood Coast

Credit Union. Regular hours are Friday through Sunday, 11:00am to 4:00pm. Visit



the website at www.coast-highway-artists.com for information about the collective's artists, upcoming events and how to join. To find out more about becoming a member of the Collective, contact Ling-Yen Jones via the website above.

Left: Kristin Hoard
"Everything is Blue."
Above: Kristin Hoard,
Buddha Square.

ASQ continued from cover.

. . . through over 30 commissions from such composers as Jake Heggie, Cindy Cox, Augusta Read Thomas, Robert Greenberg, Martin Bresnick, César Cano, and Pulitzer Prize-winner, Wayne Peterson.

The members of the Alexander String Quartet are David Samuel, viola; Zakarias Grafilo, violin; Frederick Lifszitz, violin; and Sandy Wilson, cello. Tickets are \$40 in advance, \$45 at the door (if available,) and can be purchased at Gualala Arts, the Dolphin Gallery, and online at EventBrite.com.

The February 20 concert performance is scheduled to include **Dvorak: Bagatelles, Op. 47**, **Dvorak: String Quartet in D minor, Op. 34**, and **Dvorak: Piano Quartet in E-flat major, Op. 87**.

The Alexander String Quartet is a major artistic presence in its home base of San Francisco, serving since 1989 as Ensemble in Residence for San Francisco Performances and Directors of the Instructional Program for the Morrison Chamber Music Center in the College of Liberal and Creative Arts at San Francisco State University. The Quartet's annual calendar of concerts includes engagements at major halls throughout North America and Europe.

Gualala Arts Center is at 46501 Old State Highway, Gualala. Information is at (707) 884-1138 and at GualalaArts.org.

Please note: Masks are required and physical distancing will be maintained for all events, exhibits and activities at Gualala Arts. All attending are asked to please follow the guidelines inside Gualala Arts, including direction arrows, limits on the number of people per room, hand washing, face masks, etc.

"The intimacy of the music came through with enhanced power and poignancy in the Alexander quartet's vibrant, probing, assured and aptly volatile performances." New York Times

MENDONOMA HEALTH ALLIANCE

2022 Community Health Needs Assessment

Your Voice Matters! Help local health care organizations plan for the future by completing this survey. Your input and perspective are vital to understanding the most urgent needs in our community. This anonymous survey will take 10 minutes to complete. If you prefer completing this survey online, go to <https://www.surveymonkey.com/r/QDW7TQC>

2022 Evaluación de las necesidades de salud de la comunidad

¡Su voz es importante! Ayude a las organizaciones sanitarias locales a planificar el futuro completando esta encuesta. Su opinión y perspectiva son vitales para entender las necesidades más urgentes de nuestra comunidad. Esta encuesta anónima se puede completar en 10 minutos. Pasa a la página 6 de esta encuesta en español. Si usted prefiere completar esta encuesta en línea, visite: <https://www.surveymonkey.com/r/6FX2TKB>



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views as does the original sleeping loft. This is a diamond in the rough and needs TLC to return to its former glory. **\$795,000**



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Our thanks to February contributors including Janet Chancellor, Christine E. Hatch, Rozann Grunig, mai haiku, Mitch McFarland, Blake More, Mary Jane Schramm, David Steffen, Karin Uphoff and Jennifer Bort Yacovissi.

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Cover "hearts" by ElisaRiva from Pixabay

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"Tonight and every night
Let's go walking down this empty street
Let's walk in the cool evening light
Wrong or right
Be at my side . . .
The downtown lights"

From "The Downtown Lights" by Paul Gerard Buchanan (1956-)

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Lighthouse Peddler

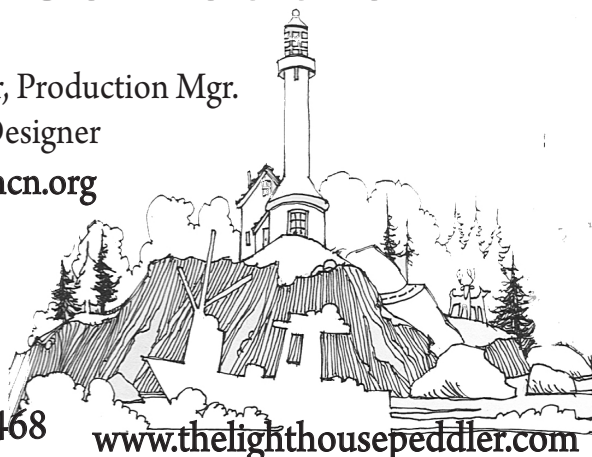
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Brandi Carlisle (1981-)



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Haiku for February

"crystal lace
lies on grass all around
our coastal town"

by mai haiku

Napa Poet Jeffrey Kingman Featured February 17 At Virtual Third Thursday Poetry, With Open-mic to Follow

by Blake More

Point Arena Third Thursday Poetry presents Jeffrey Kingman in a virtual reading at 7:00pm on Thursday, February 17, with open mic to follow.

Jeffrey Kingman lives by the Napa River in Vallejo, California. He has written several books, including the full-length poetry collection, *Beyond That Hill I Gather* (Finishing Line Press, 2021), which won the 2018 Eyelands Book Award (Greece) for an unpublished poetry book. Most of the poems in this book are portraits of women who are notable for their achievements. They are strong, accomplished women. While this common thread runs throughout the book, there is much

variety since the women come from various walks of life—authors, musicians, artists, comedians, activists, suffragists—such as Patti Smith, Amy Schumer, Muriel Spark, Margaret Sanger, Elizabeth Vigée Le Brun and Sophia Duleep Singh. Each poem captures a different flavor based on the unique personality of each individual. Many of the poems convey a sense of struggle. The struggle to succeed, to be recognized, to thrive in a world dominated by men.

Kingman has one other published poetry book entitled *On a Road* (Finishing Line Press, 2019). Each poem in this chapbook contains words and phrases borrowed from

Kerouac's *On the Road*. Many phrases were changed according to his creative needs. While Kerouac's book features speedy forward momentum, this aspect is not reflected in Kingman's poems. Rather, it's Kerouac's diction that he works and plays with. Before turning his attention to poetry,



Kingman wrote a young adult novel, *Moto Girl* (unpublished), about a 12-year-old girl learning to ride motocross. This story is an intimate family drama about a preteen and her sister, mother and stepfather. She places her trust in the stepfather who invests his time in teaching her to ride a dirt bike. But when she suffers abuse at his hands, relationships in the family

begin to disintegrate, and she must navigate a way beyond the trauma.

He also wrote one other book of fiction, *Two Mountains and Other Stories* (unpublished). Three of the stories were published in *North American Review*, *SOMA Literary Review*, and *Schuykill Valley Journal*. Like his novel, this book also features intimate family dramas, including "Monster," about a woman's reaction to a severely disabled man who moves in next door.

Jeffrey Kingman is the winner of the 2012 Revolution House Flash Fiction Contest, and the winner of the Red Berry Editions 2015 Broadside Contest. He has been a fi-

nalist in many contests including the 2018 Hillary Gravendyk Prize poetry book competition, the 2015 Blue Light Press Chapbook Competition, the 2014 Sow's Ear Poetry Competition, and the 2013 Frost Place Chapbook Fellowship. He has been published in *PANK*, *Crack the Spine*, *The Offbeat*, *Sparkle & Blink*, *lo-ball*, *Off Channel*, *Grey Sparrow*, *decomp*, *Picaron Poetry*, *Visitant* and others. He has a Master's degree in Music Composition and has played drums in rock bands most of his life.

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

Third Thursday Poetry Zoom continues to be supported by Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

"Clarice Lispector" by Jeffrey Kingman

Brazilians ask, How was Hell?
Hell dreamt me and I came to life speaking
jaguarundese.

I was from there, now I'm from here.
The pink so tall it never ends, a forest.
Pernambuco dialect of fruit sellers. I see it
more clearly now ... my childhood house, the
bridge, the river.

There is a future beyond the body, while the past
is of blood. Everything is between these two
sleeps.

With a bag of confetti and a crepe paper dress
Father sent me to the pharmacy on an urgent er-
rand.

Carnival revelers twitched and ticked.
When I returned, at the window she still hadn't
moved.

But she never did. My dad used to move her.
Mother was killed by Ukrainian semen but
died in Brazil where I'd already named
each tile in the bathroom.

Yes, Jews were thrown from trains. I know.
I am Brazilian.

To escape on a vile boat is a puny miracle. It al-
lowed Father to peddle
in northern Brazil where there was nothing but a
port.

But I was happy catching mice and stealing roses
the thrill as I broke the stems.

Colors don't end
they vanish into the air.

In Ukraine they say, "Tell us, Clarice."
But I won't. I say something else.

Arena Theater Film Club Presents "McCabe & Mrs. Miller"

Robert Altman's 1971 Classic

Arena Theater Film Club brings another film worth seeing again, or seeing "again for the first time". "McCabe and Mrs. Miller hits the big screen on Monday, February 7.

Director Robert Altman's revisionist Western is set during the winter in an undetermined year of "the old west".

Charismatic but dumb John McCabe (Warren Beatty) arrives in a young Pacific Northwest town to set up a combination warehouse and tavern. The shrewd Mrs. Miller (Julie Christie),

a professional madam, arrives soon after construction begins. She offers to use her experience to help McCabe run his business, while sharing in the profits. The warehouse thrives and McCabe and Mrs. Miller draw closer, despite their conflicting intelligences and philosophies. Soon, how-



ever, the mining deposits in the town attract the attention of a major corporation, which wants to buy out McCabe along with the rest. He refuses, and his decision has major repercussions for him, Mrs. Miller, and the town.

"McCabe and Mrs. Miller" was directed by Robert Altman. The run time is 121 minutes. Rated "R". In addition to Beatty and Christie, the cast includes Rene Auberjonois, John Schuck and William Devane.

Admission \$7 for Arena Theater Association members; guests welcome at \$10. Cash at the door, please, maximum audience 55 people. Proof of vaccination required as well as face coverings except when seated while eating or drinking. The film starts at 7:00pm. This is the only Film Club offering this month.

Sunset & Jazz with Harrison Goldberg and Friends

at Sea Ranch Lodge, February 10

Live Jazz continues at the newly renovated Sea Ranch Lodge on Thursday, February 10, from 6:00-9:00pm. Admission to this event is free.

Harrison Goldberg's latest trio, UnCommon TymZ, includes two veteran musicians from Sonoma County with whom he has performed in the past. Guitarist Gino Raugi and upright bassist/guitarist Joel Kruzic join saxophonist Goldberg as the trio performs instrumental arrangements of jazz standards, Bossa Nova, and pop tunes.

Raugi has shared the stage with jazz greats including Mundell Lowe, Lew Soloff (Blood, Sweat & Tears), Bill Watrous, Rob McConnell, Barbara McNair and many others. "Gino's style follows the great guitar traditions of the Blue Note Jazz-era. Think Kenny Burrell, Pat Martino, Barney Kessel, and throw in some Joe Pass and you'll have a pretty good idea of where he's coming from," says Goldberg.

Joel Kruzic—jazz upright bassist and guitarist—grew up in the Sonoma Valley, and received his BFA in music performance at the New School for Jazz and Contemporary



Music in New York City. Kruzic regularly performs throughout the Bay Area as a sideman with various jazz artists, including Calvin Keys, Bruce Gordon and Susan Sutton.

The bar, lounge, and dining room will be open per their regular schedules and menus. Sea Ranch Lodge is at 60 Sea Walk Drive, The Sea Ranch. More information is at community@these ranch.com.

Pictured (l-r): Joel Kruzic, Gino Raugi, Harrison Goldberg.

When Brandi, the cat, died
by Janet Chancellor

When Brandi, the cat, died, I dug a hole and buried her in the back yard of the house I lived in then, and, coincidentally, live in again.

In the last 25 years the house has been rented to numerous tenants, and now I can't remember exactly where Brandi is buried. I think of her sometimes when I'm pulling weeds, or planting vegetables.

Brandi died suddenly. The neighbor's dog got loose. He ran into our backyard, grabbed Brandi by the neck and shook her. I'm not sure if the dog broke her neck, or if she had a heart attack. I do remember howling out loud. I remember that the neighbors actually put their dog down and bought me a yellow rose bush, which I also can't find in the now overgrown backyard. Tenants!

I put Brandi in a shoe box and buried her in the backyard. When I finished, I had an impulse to dig her back up – to check on her one more time, to make sure she wasn't just sleeping.

I loved Brandi. She was an inside-outside cat growing up in our small, safe, peaceful town. I had no fear of leaving the unscreened window in my bedroom open so Brandi could jump through it --in and out, in and out-- during the night.

This lasted until my three year old niece, Jessica, spent the night at our house. She was afraid of the open window. She is the same niece who, a year

and a half earlier, had told me about God.

Jessica was visiting my office- I guess I was "babysitting" her although she spent more time with us, my daughter and I, than she did at her own home--when I asked her, "Do you know about God?"

She said, "Yes."

I said, "He is so good to us."

She said, "You call God He?"

I said, "Well, Mother/Father God."

And then she answered with words I will never forget, "God is Central."

I couldn't respond. I was dumbfounded, literally. Earlier that morning I had taken a Polaroid of Jessie climbing onto a folding chair trying to pull herself up. She was balancing on the tip of one shiny black shoe, trying to reach her knee up to the chair's padded seat. I wrote on the back of the photo: "Jessica, not quite two," and the words, "God is Central."

And so, eighteen months later, when Jessica wanted me to close the open window, I didn't ask any questions or try to convince her otherwise. I didn't explain Brandi's midnight routine. I merely closed the window.

When she was nine, I showed Jessie the photo I had taken of her climbing onto the office chair. I told her about that day seven years earlier...

And she asked me, "What does Central mean?"

!!Legal News!!

A woman was accused of attacking her husband with several of his guitars. The Judge asked, "First offender?" She replied, "No, first a Gibson, second a Fender."

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Alexander String Quartet
A Chamber Music Concert
Sunday, February 20, 4 pm
Coleman Hall. \$40. Limit 50 tickets!

New Exhibit at Gualala Arts
"Dimensions in Experience"
The Art of Micah Sanger
Opens Friday, Feb. 11, Elaine Jacob Foyer

New Exhibit at Gualala Arts
"Nature's Miracles" - The Art of
Violet Arana, Lynda Nugent, Danielle Warner
Opens Friday, Feb. 11, Burnett Gallery

New Exhibit at Dolphin Gallery
"Trees Exhilarated"
The Art of Kristen Palm
Opens Saturday, Feb. 12, 11 am to 4 pm

Gualala Arts Annual Members Meeting
Wednesday, February 23, 1 pm
Members Only.
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Workshops Return to Gualala Arts
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Call to Artists!
JUNE: Gualala Salon & Salon des Refusé
AUGUST: Art in the Redwoods
SEPTEMBER: Plein Aire Affair
Details & registration forms
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(707) 884-1138 or info@gualalaarts.org

Gualala Arts: Open daily, 11 - 4
Dolphin: Open Thu-Mon, 11 - 4
Due to Mendocino County regulations, proof of Covid vaccine required for all TICKETED inside concerts & workshops, until further notice.
Gualala Arts & Dolphin Gallery require face masks for all, inside/outside during events.

"None of it mattered, because there was music."
Erin Entrada Kelly, (1977-)

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Solution to crossword:

Full Moon



February 16

New Moon



March 2

"Jewels"
The Bolshoi Ballet in Cinema
Returns to Arena Theater
February 6

"Jewels" comes to Arena Theater Sunday, February 6 at 1:00pm. Doors open at 12:30pm. Tickets are \$18 (general admission,) \$5 for those 18 and under. Running time is 140 minutes with two intermissions.

Emeralds for the elegance and sophistication of Paris, rubies for the speed and modernity of New York, and diamonds for an imperial St. Petersburg. The Bolshoi brings the story of "Jewels" in three sparkling scenes, each one revolving around a precious gemstone—emerald, ruby and diamond—accompanied by the music of three essential composers, featuring the



styles of the three dance schools that have helped make choreographer George Balanchine a legend of modern ballet.

Three different composers create the musical score: Emeralds is set to the music Gabriel Fauré; Rubies to the music of Igor Stravinsky; and Diamonds to the music of Pyotr Ilyich Tchaikovsky.

This glamorous triptych was inspired by Balanchine's visit to the famous jeweler Van Cleef & Arpels on New York's Fifth Avenue, and created as an homage to the cities and dance schools of Paris, New York and St. Petersburg that made a vital impact on the revered choreographer's career.

Tickets are on sale at arenatheater.org. Proof of vaccination is required.

Stephen Sondheim's "Follies" • National Theatre Live from London
February 26, at Arena Theater

National Theatre Live from London returns with "Follies" by Stephen Sondheim, on Saturday, February 26 at 1:00pm. The doors open at 12:30pm. Tickets are \$20, \$5 youth (18 and under).

Tracie Bennett, Janie Dee and Imelda Staunton play the magnificent Follies in this dazzling production. Featuring a cast of 37 and a 21-member orchestra, the late Stephen Sondheim's legendary musical was directed by Dominic Cooke and filmed live on stage at the National Theatre in 2017.

The setting is New York, 1971. There's



a party on the stage of the Weismann Theatre. Tomorrow the iconic building will be demolished. Thirty years after their final performance, the Follies girls gather to have a few drinks, sing a few songs and lie about themselves.

Follies was the winner of Academy, Tony, Grammy and Olivier awards. Sondheim's previous work includes "A Little Night Music", "Sweeney Todd" and "Sunday in the Park with George". Sondheim passed away in November of 2021, at the age of 91.

The Running time is 180 minutes, with one intermission.

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MHA's 6-week online Healthy Living Course is available to all here on the Mendonoma Coast, but you must register for the online 'Zoom' course.

The course begins February 17 and continues every Thursday for six weeks, from 5:30pm to 8:00pm. **There is no cost** and workbooks will be supplied. And pass the word. The course is offered in both Spanish and English.

The day before the course begins, each participant will be guided to an online Zoom link to eliminate any glitches or online problems prior to the class.

Space is limited so register now. You can register for the course today by calling MHA at (707) 412-3176 x102 or emailing info@mendonomahealth.org. Everyone is welcome!

Think Visual Welcomes Kerri Page
A New Exhibit Opens February 11

Think Visual in Pt. Arena welcomes artist Kerri Page for a new exhibit opening Friday, February 11, from 12:00pm to 7:00pm. Think Visual is at 240 Main Street in Pt. Arena. (707) 882-2042.


A self-taught artist, Page believes that creativity lies within all of us. "At the age of 41 I began my journey of recovery from alcohol addiction. Once I embraced my new life, I began to feel a need to create. For the first time in my life I picked up a paintbrush. I was in utter disbelief at the outcome and in the process of discovery, found myself along the way. Art has brought me joy and a profound connection to something bigger than myself." Discover Kerri Page!



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Words on Wellness • Seagrass Meadows by Karin Uphoff

Winter seas can be windy and rough and so it's a perfect time to enjoy the more subdued habitat of rivers and estuaries along the coast. In these shallows you may notice seagrasses, one of the only flowering plants that can grow in marine waters. Eelgrass (*Zostera* spp.) is the most common, though surfgrass (*Phyllospadix* spp.) can also be found. Seagrass communities support a diversity of life and can form extensive beds in shallow, protected, nearshore environments. Although they often receive little attention, meadows of seagrass are some of the most productive ecosystems in the world.

Such meadows are home to a diversity of species like oysters, clams, Dungeness crab and twelve species of fish along the west coast that are residents or rely for part of their lifecycle in this habitat. All species of salmon, trout and bat rays prefer eel grass communities on a seasonal basis as nurseries and refuge from predation. Walking along river banks or paddling your kayak you will see ducks and geese directly forage on the grasses and shorebirds dip in to snack on invertebrate life.

Eelgrass meadows are integral to our own health because they improve water quality

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 by Heather Dine, NOAA. ..



locally and regionally by trapping and storing particulates. Bacteria associated with eelgrass inhibits the growth of harmful algal blooms and the grasses also stabilize river banks in times of flood. Traditional ways of life all over the world have long been associated with seagrass meadows. On the West Coast, indigenous peoples used eelgrass twisting sticks to harvest the plants, which they then dipped in fish oil to eat. Roots of seagrasses were also eaten and used by some tribes to create a tonic for uterine or stomach problems.

Seagrass takes up carbon dioxide in the water by photosynthesis, then incorporates that carbon into its tissues. This sequestering of carbon, like the forest, slows global warming while providing oxygen. Because it depends on inshore areas, this precious habitat has been drastically reduced by development, chemical run off and vessel activity. Ecologists are working to restore these habitats, now more necessary in our rapidly changing climate conditions. We can all do our part to help by discontinuing the use of chemical detergents, pesticides, herbicides, preventing erosion of topsoil and reducing plastic waste wherever we live. Take time to quietly enjoy this amazing ecosystem.

European Starling: Shakespeare's Curse?

A friend once asked me what beautiful bird was it that bravely sang so melodiously, so close to him. I sighed as I told him it was the European Starling.

He is right; the European Starling is a beautiful bird. By spring their white-speckled chest feathers become iridescent black and green. They have pink legs and a bright yellow beak. A pale blue on the lower mandible can distinguish males. The female bill is pink at the base and is a paler yellow. Non-breeding adults and juveniles are speckled and have brown bills. All measure about 8-inches in length.

European Starlings are pests. They were introduced by the Shakespearean Society, which planned to introduce into Central Park every bird mentioned by Shakespeare. In 1890, 60 birds were released, another 40 the next year. Since they are "habitat generalists" they survive almost everywhere. They eat a huge variety of food. They are adept at



nesting in urban settings using buildings and other structures and almost any cavity, especially savoring old woodpecker holes. They out-compete other hole-nesters such as bluebirds, woodpeckers and Purple Martins. Within 60 years they had reached the Pacific. In a century their numbers reached over 200 million, 1/3 the world population.

Their rambling songs can imitate birds, mechanical squeaks and grinds, mewling cats and barking dogs. In spring the male advertises with song that he has found a nest site and he carries a flower or leaf in and out of the nest. Once the female accepts, she takes over the nest building, using grass and twigs. She lays 4-6 blue speckled eggs. She does most of the incubation but both feed the young. Fresh greens are added to the nest as a "fumigant" to help rid the young of parasites. In good years they will have 2 or even 3 broods.

Beavers Offer Lessons About Managing Water In A Changing Climate, Whether The Challenge Is Drought Or Floods.

by Christine E. Hatch, Professor of Geosciences, UMass Amherst.

It's no accident that both the Massachusetts Institute of Technology and the California Institute of Technology claim the beaver (*Castor canadensis*) as their mascots. Renowned engineers, beavers seem able to dam any stream, building structures with logs and mud that can flood large areas.

As climate change causes extreme storms in some areas and intense drought in others, scientists are finding that beavers' small-scale natural interventions are valuable. In dry areas, beaver ponds restore moisture to the soil; in wet zones, their dams and ponds can help to slow floodwaters. These ecological services are so useful that land managers are translocating beavers in the U.S. and the United Kingdom to help restore ecosystems and make them more resilient to climate change.

Scientists estimate that hundreds of millions of beavers once dammed waterways across the Northern Hemisphere. They were hunted nearly to extinction for their fur in the 18th and 19th centuries in Europe and North America but are making comebacks today in many areas. As a geoscientist specializing in water resources, I think it's important to understand how helpful beavers can be in the right places and to find ways for humans to coexist with them in developed areas.

Newly flooded trees die but remain standing as bare "snags" where birds nest. The diverted streams create complicated interwoven channels of slow-moving water, tangled with logs and plants that provide hiding places for fish. The messy complexity behind a beaver dam creates many different kinds of habitats for creatures such as fish, birds, frogs and insects.

Human dams often block fish passage upstream and downstream, even when the dams include fish ladders. But studies have shown that fish have no trouble migrating upstream past beaver dams. One reason may be that the fish can rest in slow pools and cool pond complexes after navigating the tallest parts of the dams.

The slow-moving water behind beaver dams is very effective at trapping sediment, which drops to the bottom of the pond. Studies measuring total organic carbon in active and abandoned beaver meadows suggest that before the 1800s, active and abandoned beaver ponds across North America stored large amounts of carbon in sediment trapped behind them. This finding is relevant today as scientists look for ways to increase carbon storage in forests and other natural ecosystems.

Beavers may persist in one location for decades if they aren't threatened by bears, cougars or humans, but they will move on if food runs out near their pond. When abandoned beaver dams fail, the ponds drain and gradually become grassy meadows as plants from the surrounding land seed them.



Wetlands created by beavers, like this one in Amherst, Massachusetts, store floodwaters and provide habitat for animals and birds. Christine Hatch, CC BY-ND

Dried meadows can serve as floodplains for nearby rivers, allowing waters to spill out and provide forage and spawning areas for fish during high flows. Floodplain meadows are valuable habitat for ground-nesting birds and other species that depend on the river.

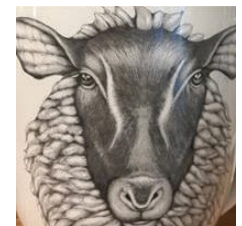
The value of slowing the flow

As human settlements expand, people often wish to make use of every acre. That typically means that they want either land that is solid and dry enough to farm or waterways they can navigate by boat. To create those conditions, humans remove floating logs from streams and install drains to draw water off of fields and roads as quickly and efficiently as possible.

But covering more and more land surface with barriers that . . .

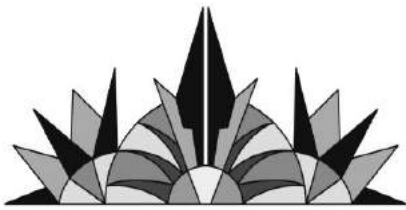
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**Kristen Palm's "Tree Exhilarations" Are Front and Center at The Dolphin Gallery
 The Exhibit of the Colorful and Dynamic Images Opens February 12**

In February, Kristen Palm brings her vision, inspired by the beauty of the upper midwest, to the Dolphin Gallery in Gualala. The exhibit, "Tree Exhilarations" will do just that. Inspire, brighten any day, and raise the spirits as if the viewer, too, was standing among the trees, within her images.

The exhibit opens Saturday, February 12, and continues through March 6. Gallery hours are Thursday through Monday, 11:00am to 4:00pm.

Kristen Palm is quick to tell us her mission: "I paint trees. I live in the wooded Minnesota hills near Lake Superior, and I draw my inspiration from the trees that surround me on my daily hiking, biking, skiing or paddling treks. Wherever I



travel, it's the trees that catch my attention. Initially introduced to the giant Redwoods in Northern California as a child, Palm has frequently returned to soak in their majesty and grandeur. "My entire life I've gravitated towards

being among the trees which draw me onto the trails, away from my "to-do" lists and into the natural world. Here I am simultaneously calm and enlivened. Out in the trees I find my own strength while acknowledging the greater strength that surrounds me."

Although she paints trees, Kristen Palm does not consider herself a landscape artist. "The trees inform my art by framing the 2-dimensional, often geometric elements

on my canvas. Giving equal weight to the positive and negative space by keeping my

color values similar and my hues bright, my work focuses on shape, movement and primarily color. Thus, as abstractions, the trees I paint become symbols for the strength, beauty, generosity, cooperation and tenacity of all trees. My hope is that my paintings will be a joyful reminder to respect and treasure the amazing trees that grace our world."



The Dolphin Gallery is at 39114 Ocean Drive, Cypress Village, Gualala, 95445. Information is at (707) 884-3896 and GualalaArts.org.

Left: "Korkki Trails"
 Right: "The Green Flash"

**"Dimensions of Experience" • A New Exhibit At Gualala Arts
 Micah Sanger's Paintings: "Arising Out of Heightened Levels of Perception"**

"Dimensions of Experience" is the title of a new exhibit in the Elaine Jacob Foyer at Gualala Arts. Opening February 11, the exhibit will feature the work of Micah Sanger.

Sanger tells us that these paintings are part of his Traveling Museum Exhibit. They arise out of heightened levels of perception obtained by long periods of focus and stillness. Next to the paintings, there are quotes by the world's more intuitive theoretical physicists, their illuminating words describing the essence of the reality he paints.

"The theme of the exhibit is consciousness," writes Sanger, "and its deep, personal significance to us; its sublime subtleness; its unity, mystery, and power. In fact, there is no greater power in the universe. My goal

for the exhibit is to inspire people to think about the insightful, creative potential of consciousness and to invite an exploration into its mysteries on deeper levels."

Sanger's exhibit will include 7 large paintings of mixed media on canvas ranging in width from 64"; to 106"; along with 8 smaller pieces ranging from 33"; wide to 9" wide. The smaller pieces are mixed media or oil on canvas or panel.

Sanger added, "I am always doing a dance in my paintings between the energy of forms and the energetic formless. That is why my exhibit contains abstracts, as well as landscapes and still lifes. It is all energy. I start all my realistic paintings with an abstract base, depicting the changeless Reality I feel in the moment that holds and permeates the forms of this dimension. Then over that, I begin to depict the forms, and sometimes transparently."

In 1996, after studying art at the University of California, Santa Barbara, and Chico State University, he went into an in-depth study of perception and its relationship to

the creative process, taking notes, making sketches, and developing paintings about what he was observing. "Out of this exploration into perception and awareness, a rich



new way of looking at my world and a new approach to painting arose. Besides objects becoming more alive and energetic in my perception, a sense of this world existing in a dimension arose, along with what I call a 'unified field.'" The exhibit continues through Sunday, March 6, 2022.

Visit Micah Sanger on his educational art website www.perception4u.com. The exhibit continues through Sunday, March 6.

"Western Still Life" by Micah Sanger

**"Nature's Miracles" • A New Exhibit at Gualala Arts
Three Artists Bring Their Work, Opening February 11
Violet Arana, Lynda Nugent, Danielle Warner**

"Nature's Miracles" is a new exhibit at Gualala Arts featuring three artists: Violet Arana, Lynda Nugent, Danielle Warner. The exhibit opens Friday, February 11, from 11:00am to 4:00pm.

San Francisco-native Violet Arana traveled north, moving to Gualala in 1998. A self-taught artist who has been drawing and painting most of her life, Arana finds inspiration from studying the Masters. She's assembled a collection of art books which she refers to and uses for ideas and instruction, but her motivation is simple. She paints



simply for the love of painting. Although Arana's talent becomes obvious when one explores her paintings, she was never really interested in showing her work until moving to the Mendonoma Coast. Since then she's entered her work in the annual Art in The Redwoods and other exhibits, and the public has responded by purchasing her work.

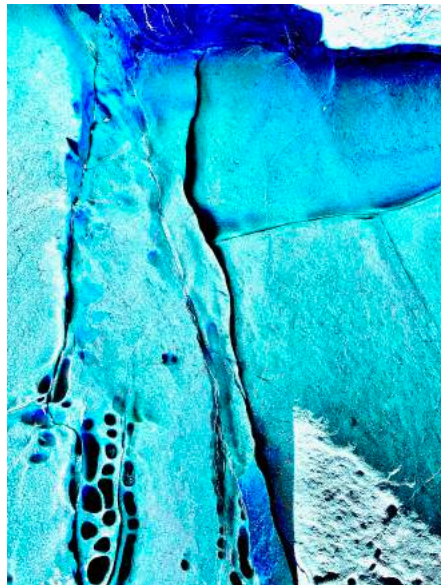
Lynda Nugent is a Sonoma County-based artist who clearly loves to draw. "A perfect day is one I spend drawing, work-



ing in the garden, drawing, working in the garden, and so it goes." Nugent has a BA in Studio Art and an MA in Anthropology. Having retired from teaching she now, happily, spends her days working in the garden and drawing in the studio.

"During this pandemic my natural world surroundings have grown ever smaller. I have become intimate with the one and a half miles surrounding my house. Starting every day with my morning walk, I observe everything from sunrise colors and birds' chatter to wind scents and rain puddles. On a sunny day I can be found working in my garden—weeding, propagating, studying." Nugent is currently working on Mylar or Yupo paper with watercolor.

Danielle Warner has also embraced multiple creative ways to express her art. "I told my parents at the age of five, living in an old mill cabin in Annapolis [California,] 'I am going to be an artist!' At that time I was taking ballet lessons and was constantly



drawing and painting, as kids do at that age. I have been working towards being an artist in some form or another ever since. I danced for 20+ years recreationally in various styles, mostly Ballet, but always found my way back to art, using acrylics, charcoal, pastels, photography, colored pencils and illustration markers. I love trying new media and experimenting with things in nature; showing people what isn't always obvious, changing the way they view the world around them."

The works of all three artists will be on display through Sunday, March 6. Gualala Arts is open from 11:00am. to 4:00pm every day at 46501 Old State Hwy, Gualala.

Top left: "Amaryllis" by Violet Arana.
Left: "Threshold" by Lynda Nugent.
Above: "Sandstone" by Danielle Warner.

**Arena Theater Presents
Exhibition on Screen:
Frida Kahlo • February 13**

Who was Frida Kahlo? Almost everyone knows her, or knows of her art, but who was the woman behind the bright colours, the big brows, and the floral crowns? Arena Theater presents "Exhibition on Screen: Frida Kahlo" Sunday, February 13, 1:00pm. Doors open at 12:30p.m. Tickets are \$15 at the door or at arenatheater.org.

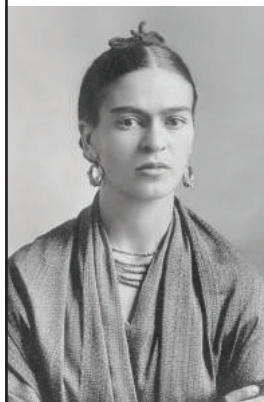


Take a journey through the life of a true icon, discover her art, and uncover the truth behind her often turbulent life. Making use of the latest technology to deliver previously unimaginable quality, it's an in-depth look at key works throughout her career. Using letters Kahlo wrote to guide us, this definitive film reveals her deepest emotions and unlocks the secrets and symbolism contained within her art.

Exhibition on Screen's trademark combination of interviews, commentary and a detailed exploration of her art delivers a treasure trove of color and a feast of vibrancy. This personal and intimate film offers privileged access to her works, and highlights the source of her feverish creativity, her resilience, and her unmatched lust for life, politics, men and women.

Delving deeper than any film has done before, engaging with world-renowned Kahlo experts, exploring how great an artist she was, discover the real Frida Kahlo.

"Since my subjects have always been my sensations, my states of mind and the pro-



found reactions that life has been producing in me, I have frequently objectified all this in figures of myself, which were the most sincere and real thing that I could do in order to express what I felt inside and outside of myself." (Frida Kahlo, 1907-1954).

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Charles Schulz (1922-2000)

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Learning to Fly . . . or Not.

by David Steffen

Some weeks are like that. You pay attention here, see something there, read something else and then the news turns memories into a train wreck.

It's been more than 30 years since Dolly and I explored Ireland for the first time. We landed in Shannon, rented a car and drove into the countryside, to a small inn about 20 minutes east of the airport. The next day we began our driving tour through the Irish Republic.

For those who learned to drive in North America or Europe, driving in the UK or Ireland means a switch to the left side of the road. For Dolly's sanity I assured her that I knew how to drive on the left-hand side. In fact, I had driven on the left twice before, both times in England while on business and, happily, the 'muscle memory' or gray matter kicked in and helped me get it done, and without any accidents. But there was a renewed learning curve.

Driving north we stopped in Galway to do a little shopping, and then continued north through this beautiful country. Almost a week into our visit, and having driven through counties named Clare, Galway, Roscommon, Sligo, Mayo and Donegal, we saw a highway sign and thought, "Hey, look. Let's go there!" So we casually drove our rental car into that part of the British Isles known simply as Northern Ireland. We toured through Ulster, stopped for lunch in 'Derry, and then stayed at another inn. The next day we visited the Giants Causeway—fascinating and beautiful—and spent a couple of nights in Belfast. While there I took a look at the Hertz folder and (oops) discovered that during "The Troubles," driving a rental car from the Republic of Ireland into Northern Ireland was not allowed. The next day we headed south through the countryside toward Enniskillen where, I hoped we'd find a quiet country border crossing back into the Republic. Without fanfare—but with sizable concrete barriers, watchtowers, roadblocks and young men with automatic weapons, both large and small—we re-entered the Republic.

In our two weeks in Ireland we stopped at many a pub or roadhouse, had some lunch, downed a beer (bottles of Carlsberg, since those were guaranteed to be cold,) and continued south to spend a few days in Dublin. Needless to say the pubs were always good stops to get a feel for the Irish. A couple of days later we caught a flight from Dublin to

London on one of Europe's (then) newest and cheapest airlines: Ryan Air. The flight was cheap, the plane was clean, and the ground and air crew were right out of central casting. They were smiling, charming, welcoming, and gracious hosts—for all of the 3 hours from check-in to baggage claim. When combined with the people we met in the inns and taverns and public places, I started to think maybe we should retire to Ireland. We never got around to seriously planning a retirement in the Irish Republic,



Dolly and David in the Republic of Ireland, 1988.

although to this day, I have fond memories of our visit.

Ireland and flying came together this week when reading about a COVID moment, which brings me to Mr. Shane McInerney, 29, a resident of Galway. On January 7 (just a few weeks ago,) Mr. McInerney was flying from Dublin to Daytona, Florida (via New York). As the story goes, he was scheduled to begin coaching soccer in Florida but for reasons unstated (and not uncommon these days) he opted to become just another "mask-hole". McInerney was described as a "belligerent Delta Air Lines passenger who refused to wear a mask during a recent eight-hour flight from Dublin to New York. . . . He threw tantrums, mooned other passengers, stubbornly went maskless on the the flight despite being asked 'dozens of times' by crew members [to wear a mask] and more. Arriving in New York, McInerney was charged with assaulting and intimidating a member of the crew on Delta Flight 45. He was released on a \$20,000 bond when he appeared before a judge (in Brooklyn) a week ago. No word on how that job in Florida is going to work out.

Then there was the woman flying from Florida to London. (What is it about Florida?) This passenger refused to wear a mask on her London-bound flight. With an ap-

parent 'no-nonsense' approach by American Airlines, the pilot turned the plane around about an hour after leaving Miami. No one was hurt, and the Boeing 777 landed safely at Miami International Airport at 9:24pm. As the Washington Post reported, on their return "officers with the Miami-Dade Police Department escorted the passenger, a woman believed to be in her 40s, off the plane without incident." So far it appears her punishment is to be placed on American Airlines' "No-Fly" list.

I'm writing this on January 27, which happens to be Holocaust Remembrance Day. All of this crazy behavior comes at a time when GOP lawmakers have begun banning books. Specifically, books (and groups) which strike an uncomfortable nerve with conservative lawmakers and some of their constituents. One such group is Blacks in America. You don't have to read the "1619 Project" cover-to-cover to know that transporting black Africans to America 400 years ago didn't work out well, especially for almost all of those slaves and their descendants during the past four centuries.

These GOP 'flat-earthers' are banning books dealing with the Holocaust. Maybe some of these lawmakers think it's uncomfortable for young students to learn about 6 million Jews being put to death in a number of ways by Hitler's Reich. Having graduated from high school in the 1960s, and before I was 16 years old I had read about the millions put to death. It stayed with me for all the right reasons, not the least of which was that this was a crime against humanity. I remember a train ride, some 35 years ago, that Dolly and I took through Bavaria (on our way to Munich.) Looking out the window I noticed a road sign that provided directions to Dachau. That name sent a chill through me because I knew that Dachau had been a concentration camp from 1933 to 1945. I had that knowledge because [a] it was taught in schools, [b] it was horrific, and [c] we cannot forget things like that.

Books about growing up LGBTQ are also being banned. The New York Times, Washington Post and the Independent, among others are writing about another newly revitalized front of hate. Graig Graziosi wrote for the Independent, "Florida lawmakers are trying to pass a law that would limit classroom discussions about gender and sexual orientation. The bill would also give parents legal footing to sue

schools or teachers who teach or discuss those topics."

It was George Santayana who wrote, "Those who cannot remember the past are condemned to repeat it." Let's not forget those tiki-torch marchers in 2017 who shouted—in unison—"Jews will not replace us." Their shouts were abhorrent and yet members of the then administration declined any opportunity to condemn those doing the shouting.

Let's support educators and a real education for children. Historical fact cannot be ignored or dismissed. We cannot accept a 'new normal.' We must give all of our educators the ability to teach the truth without fear that their job is on the line. Santayana was correct.

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Dublin's a great place. It really is. It's a great place. And Ireland, especially, is a great place. I've realized that growing up more. I'm loving my country more as I'm getting older.

Barry Keoghan (1992-)

Kentucky Senator
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"Shelf Life: Chronicles of a Cairo Bookseller"
A Book by Nadia Wassef • Reviewed by Jennifer Bort Yacovissi

The author packs an entire library's worth of subjects into this captivating memoir.

Imagine a group of friends sitting around chatting about what they most wish they could do. Two of them say, "Open a bookstore," and by the end of the night, they decide to move forward with the plan, and the others agree to invest.

That scenario would be fraught enough if the group were in, say, Columbus, Ohio, or Harrogate, England, but the friends in question were in Cairo, Egypt, where culture and politics argued against success for an independent bookstore.

As described in Nadia Wassef's engaging memoir, *Shelf Life: Chronicles of a Cairo Bookseller*, that did not deter the author, then 27, her sister, Hind, or their friend Nihal from opening their store, Diwan, in March 2002. They were, perhaps, too innocent to be intimidated, too blissfully ignorant to grasp all that they did not yet know.

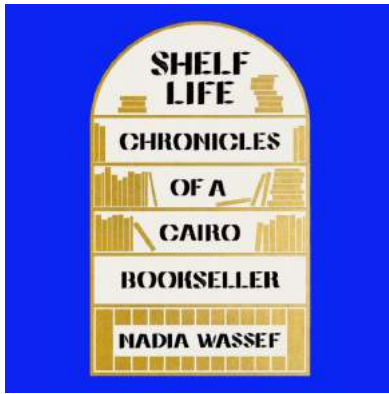
Nadia and Hind's mother came up with the store's name, which can mean "a collection of poetry in Persian and Arabic, a meeting place, a guesthouse, a sofa... 'Diwani' is a type of Arabic calligraphy." A local artist, Minou, designed their logo, decorated their stores, and created a line of shopping bags for Diwan that became the only marketing the store ever needed:

"The Diwan shopping bag became a cultural status symbol on the streets of Cairo. In later years, when I glimpsed one of our bags on a London street, or a New York subway, the feeling was electrifying."

Wassef's chapters mirror sections of the bookstore — "The Café," "Business and Management," "The Classics," "Self-Help" — and she uses them as a launch point to discuss so much more: cultural norms, politics and government, history, religion, and revolution, as well as business and personal struggles.

She describes Diwan's concept as one way of influencing the cultural narrative through its organization and offerings. Throughout, the book highlights the challenges faced by three women operating a first-of-its-kind business in a paternalistic society mired in a bureaucracy administered by a corrupt and unjust government.

Along the way, her descriptions of family, friends, and employees, the zeitgeist of Cairo in the early 2000s, and the challenges that Diwan brought into her life all add a wonderfully intriguing, quirky flavor and bounce



to the narrative. Wassef knows how to tell a good story, and her language is surprisingly spicy. (Her recounting of exchanges she had with Minou in Diwan's café are eye-popping.)

The chapter "Egypt Essentials" explores, among other issues, the lasting mark on Egyptian culture and psyche of British and French colonialism, in which Egyptians find their own history being explained to them by colonizers who hijacked that history for themselves. As she says, "most Egyptian archaeologists weren't even granted permission to excavate in their own country... The British Museum, which has the Rosetta Stone (and over fifty thousand other ancient Egyptian objects, making it the largest collection outside of Egypt), still refuses to repatriate it. Bastards."

There is also an enduring class structure represented by, as Wassef explains, two Cairens: the one lived on the Egyptian pound, whose members struggle to remain above the poverty line, and the one lived on foreign currency, in which English and French are more frequently spoken than Arabic, and disposable income employs cooks and drivers — and buys books.

Wassef has a relatively clear-eyed view of her place in the latter camp, a product as she is of Egypt's British International School, where speaking Arabic on school grounds was forbidden. She was late coming to her native tongue, in which the formal language, Fus'ha, is only written; spoken forms are unique to various regions of the Arab world. She realized that "Diwan's readers were similarly dislocated from their roots and lost in linguistic migration. We didn't want to punish them; we wanted to invite them in."

One challenge in running a multicultural bookstore under a longstanding regime of government control of written content is the threat of running afoul of the censors. As Wassef dryly explains:

"President [Hosni] Mubarak was proud that under his governance, Egypt was a country free from censorship. This meant that we were permitted to speak or act as we chose, provided it was within the law. As law-abiding citizens, we knew that it was illegal to say, write, or print anything that offended public morals, threatened national unity or the social order, or tarnished Egypt's reputation in the foreign press."

Oddly, the book that was detained in customs as containing "titles deemed offensive

to 'public morals,'" and which initiated Wassef's summons to the censor's office, turned out to be a cookbook, Jamie Oliver's *The Naked Chef*. (She notes that they would never dare to order certain books, such as Salman Rushdie's *The Satanic Verses*.) Wassef's male mouthpiece assures the censor that, as corrupt as Western society is, the title is not meant literally.

What's perhaps most telling in the scene is that this educated, successful, outspoken woman — who regularly drops the F-bomb in casual conversation, even with her young daughters — realizes that she must have a man escort and speak for her; it would be impossible in this situation for her to speak for herself.

More disturbing is another incident Wassef recounts of a man who comes to meet with her to offer to franchise Diwan and yet refuses to shake her hand. The partners joke about the incident, but Wassef later realizes she should have recognized the sign of the deepening religious conservatism that was infecting Egypt.

It is in the chapter "Self Help" that Wassef discusses the most recent in Egypt's long history of revolution and political upheaval. January 2011 saw the start of protests that led to Mubarak's removal; unfortunately, the election in 2012 brought in Mohamed Morsi of the Muslim Brotherhood. By the time he was ousted the following year, Wassef was already planning to leave Egypt, and thus Diwan.

At its height, Diwan had 10 outlets, each one chasing and typically failing to capture profitability. In hindsight, Wassef realized that their first store stumbled into the perfect combination of flush customers and exceptional location, a lucky coincidence "impossible to replicate." Still, though both Wassef sisters have given up their seats on the Diwan board, Nihal and a few other Diwan veterans have reinvigorated the brand.

Nadia Wassef has been away from store operations for about six years but notes that Diwan will celebrate its 20th anniversary next March. That's a milestone that any indie bookshop anywhere in the world would celebrate.

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. Her short fiction has appeared in Gargoyle and Pen-in-Hand. Jenny reviews regularly for the Washington Independent Review of Books and serves on its board of directors as president. She has served as chair or program director of the Washington Writers Conference since 2017, and for several recent years was president of the Annapolis chapter of the Maryland Writers' Association. Stop by Jenny's website for a collection of her reviews and columns and follow her on Twitter at @jbyacovissi.

February's Reading List
- Best Sellers and Best Bets -

"And for this serious task of imaginative discovery and self-discovery, there is and remains one perfect symbol: the printed book."

Julian Barnes (1946-)

- **Unthinkable** by Jamie Raskin
- **Garbo** by Robert Gottlieb
- **Midnight in Washington** by Adam Schiff
- **Renegades** by Barack Obama and Bruce Springsteen
- **Atomic Habits** by James Clear
- **Crying in H Mart** by Michelle Zauner
- **Who Are Your People** by Bakari Sellers (Illustrated by Reggie Brown)
- **Talking to Strangers** by Malcolm Gladwell
- **Gilded** by Marissa Meyer
- **How Civil Wars Start** by Barbara F. Walter
- **The Storyteller** by Dave Grohl
- **The Body Keeps The Score** by Bessel van der Kolk
- **Atlas of the Heart.** by Brené Brown
- **Verity** by Colleen Hoover
- **Sapiens. A Brief History of Humankind** by Yuval Noah Harari
- **The Judge's List** by John Grisham
- **Northwind** by Gary Paulsen

Another Book You Might Like*

*. **Shelf Life: Chronicles of a Cairo Bookseller**
 A Book by Nadia Wassef
 (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.*

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

Solution to Sudoku

Scuttlebutt

by Mitch McFarland

President Biden is proposing to spend \$1.7 trillion dollars. Wow. That's a lot of money. You may think that isn't so bad. After all, it should be a significant benefit to most middle and lower income citizens.

Oh, wait a minute! Did you think I was referring to the Build Back Better bill? Nah, I'm talking about the ongoing \$1.7 TRILLION effort to maintain, rebuild, and upgrade every delivery system and warhead in our nuclear weapons arsenal. Or didn't you notice that in the news.

If not, you can be forgiven because that huge expenditure gets absolutely no discussion in the mainstream media. Nearly all Congressional representatives (especially the budget conscious Republicans) will puff out their chests and, when asked about their support, say how proud they are to be defending the United States against foreign aggressors.

But maybe it would be worthwhile to have a public debate about the necessity of maintaining the so-called nuclear triad of ICBMs, bombers, and nuclear armed submarines. Thoughtful and knowledgeable people have actually done so. Former US Defense Secretary William Perry said in his 2020 book, *The Button to Modernize a Leg of the US Nuclear Triad*—namely intercontinental ballistic missiles (ICBMs)—is not only outrageously expensive but also inherently destabilizing and unnecessary for deterrence.

Some defense experts ask why should we keep building aircraft carriers—each of which cost up to \$5 billion to build and \$1.5 billion per year to operate—when we've already got most of the world's fleet of active aircraft carriers? (We've got 11; no other nation has more than two). Some think of them as sitting ducks.

Gen. Mark Milley, the current chairman of the Joint Chiefs of Staff, predicted that there would be a budget cut under a Biden administration as a result of a struggling economy and the COVID-19 pandemic, which, he argued, the United States must take care of before increasing defense.

But that is not happening. According to a projection by the Congressional Budget Office, Congress is projected to spend about \$8.5 trillion for the military over the next decade — about half a trillion more than is budgeted for all nonmilitary discretionary programs combined.

The Biden administration is proposing to

increase the overall defense budget \$24 billion beyond the \$100 billion increase that Trump produced. The Democratic-controlled House of Representatives recently voted to add \$25 billion to the already staggering \$750 billion the Biden administration requested for the Pentagon.

Biden continues the Trump plan to modernize all three legs of the nuclear triad and, in fact, increases funding for them. In doing so, he goes against the Democratic Party's



platform; his own national security document; and the advice of nuclear experts like former Secretary of Defense William Perry and Democratic congressional leaders like Rep. Adam Smith (D-WA), chair of the House Armed Services Committee, who all recommended canceling the land-based component of the nuclear triad. In their view, a new, land-based intercontinental ballistic missile is not only unnecessary for deterrence but actually increases the probability of a nuclear war because it would be launched on warning of attack.

Mark Cooper, Senior Fellow for Economic Analysis, Institute for Energy and the Environment, Vermont Law School believes removing the ICBMs from the US nuclear fleet, even pledging to do so, would provide a sorely needed confidence-building measure in the US-Russia relationship.

Nevertheless, 45 members of the House and 11 Senators (all Democrats) have written to Biden to ask that he defer plans for a new ICBM and other new weapons until independent studies verify their cost and necessity.

The Air Force continues to test Minuteman 3 missiles and the Defense Department last year awarded a \$13.3 billion contract to Northrop Grumman to develop the Ground Based Strategic Deterrent, a next-

generation intercontinental ballistic missile system.

The planned replacement for today's ICBMs is 1.5 \$billion. That is for just one year. The Biden Administration's ask for this program in 2022 is \$2.6 billion.

The number of U.S. nuclear weapons, including those on active status as well as those in long-term storage, stood at 3,750 as of September 2020.

The budget proposes to spend more than \$12 billion dollars to procure 85 more F-35 Joint Strike Fighters—an increase over the number Trump requested last year (79). Biden did this even though the program is significantly over budget and behind schedule. The late Sen. John McCain called the F-35 program a scandal and a tragedy; Armed Services Committee chairman Adam Smith compared spending more money on the F-35 “to pouring money down a rat hole”. At least 563 F-35s have already been produced.

Congress is once again denying the service's request to retire the A-10 Warthog, fiercely protected by the congressional delegation that represents Davis Monthan Air Force Base, Ariz.

The Department of Defense (DoD) spent nearly \$43 million to build a gas station in Afghanistan that should have cost no more than \$500,000.

GAO figures indicate the Pentagon failed to even spend about \$80 billion in

canceled funds between 2013 and 2018. U.S. defense spending is greater than the next 10 countries combined.

The Pentagon has never passed an audit.

Fifty-six percent of voters support cutting the defense budget by 10 percent to pay for priorities like fighting the coronavirus, education, healthcare & housing—including 50 percent of Republicans,

So how is it that most Americans want a defense cut, but both political parties are happy to increase spending— even for something the Pentagon doesn't want?

I suspect it has much to do with the fact that during the big Ronald Reagan defense spending increase, his Secretary of Defense, Casper Weinberger, made a conscious effort to award military contracts in every possible congressional district. Thus, if any congress member spoke of reducing the defense budget, the cut would come in their district with the accompanying loss of defense jobs and other military spending. Some might recall the intense fighting in congress during the base closures during the Clinton years as an example. So if defense spending is largely a jobs program, then we should insist that these companies pivot away from military hardware and into products that will help meet today's challenges.

Image by Souzan B from Pixabay

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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4					7			

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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BEAVERS from page 7

. . . don't absorb water, such as pavement and rooftops, means that water flows into rivers and streams more quickly. Rainfall from an average storm can produce an intense river flow that erodes the banks and beds of waterways. And as climate change fuels more intense storms in many places, it will amplify this destructive impact.

Some developers limit this kind of damaging flow by using nature-based engineering principles, such as "ponding" water to inter-



Wetlands created by beavers, like this one in Amherst, Massachusetts, store floodwaters and provide habitat for animals and birds. Christine Hatch, CC BY-ND

cept it and slow it down; spreading flows out more widely to reduce the water's speed; and designing swales, or sunken spots, that allow water to sink into the ground. Beaver wetlands do all of these things, only better. Research in the United Kingdom has documented that beaver activity can reduce the flow of floodwaters from farmlands by up to 30%.

Beaver meadows and wetlands also help cool the ground around and beneath them. Wet soil in these zones contains a lot of organic matter from buried and decayed plants, which holds onto moisture longer

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than soil formed only from rocks and minerals. In my wetland research, I have found that after a storm, water entering the ground passes through pure mineral sand in hours to days but can remain in soils that are 80%-90% organic matter for as long as a month.

Cool, wet soil also serves as a buffer against wildfires. Recent studies in the western U.S. have found that vegetation in beaver-dammed river corridors is more fire-resistant than in areas without beavers because it is well watered and lush, so it doesn't burn as easily. As a result, areas near beaver dams provide temporary refuge for wildlife when surrounding areas burn.

Making room for beavers

The ecological services that beavers provide are most valuable in zones where nobody minds if the landscape changes. But in the densely developed eastern U.S., where I work, it's hard to find open areas where beaver ponds can spread out without flooding ditches or roads. Beavers also topple expensive landscaped trees and will feed on some cultivated crops, such as corn and soybeans.

Beavers are frequently blamed for flooding in developed areas, even though the real problem often is road design, not beaver dams. In such cases, removing the beavers doesn't solve the problem.

Culvert guards, fences and other exclusion devices can keep beavers a safe distance from infrastructure and maintain pond heights at a level that won't flood adjoining areas. Road crossings over streams that are designed to let fish and other aquatic animals through instead of blocking them are beaver-friendly and will be resilient to climate change and extreme precipitation events. If these structures are large enough to let debris pass through, then beavers will build dams upstream instead, which can help catch floodwaters.

A growing body of research shows that setting aside pockets of land for beavers is good for wetland ecosystems, biodiversity and rivers. I believe we can learn from beavers' water management skills, coexist with them in our landscapes and incorporate their natural engineering in response to weather and precipitation patterns disrupted by climate change.

This story was originally published on The Conversation on Jan. 20, 2022. It is republished here under a Creative Commons license.

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THE CONVERSATION

Welcome to the February Events and Happenings for Ft. Ross, Jenner, Timber Cove and Cazadero.

Here are some of the activities and events happening in Coastal Sonoma County.

• The Timber Cove Resort has announced the "**Timber Cove Country Inn**" project. This potential new project, to be located next to Timber Cove Resort, will be composed of 12 cottages, hotel reception, spa, soaking tub and sauna. According to Project Manager Margaret Graham, "After 18 months of review from our initial application, PRMD now has a completed application for formal review." Share your thoughts by emailing Ms. Grahame at:

Margaret.Grahame@TimberCoveCountryInn.com.

• **Aging In Community Presentation:** On February 20 at 1:00pm, there will be the first presentation of the year. Geni Quartaroli, a Timber Cove resident who is a Senior Exercise, Fitness and Bodywork Practitioner, will talk about our sense of balance. The conversation will explore the six senses of balance, including how we define, experience, manage and discover our sense of balance. She will define balance, discuss the causes for disturbances in balance and help us find safe ways to manage our equilibrium through each of our senses: sight, sound, smell, sensory motor, spacial awareness and sensory synchronization. Falling is a major danger for us, and this information will help us avoid falling. Depending on the Covid protocols and each person's preferences, we will offer this workshop on Zoom, and if safe, in person at the school as well. There will be more information as the time gets closer. "As always, we ask that you bring a donation if you can, as we will pass a basket to honor Geni's time and expertise. No one will be turned away due to funds."

• **2022 Community Health Needs Assessment:** Timber Cove through Elk, Your Voice Matters! Your input and perspective are vital to understanding the most urgent needs in our community. This anonymous survey will take 5-10 minutes to complete. <https://www.surveymonkey.com/r/QD-W7TQC>.

• **CHCP Sunday Community Market** continues at Fort Ross School every Sunday from 10:00am to 12:00pm. NOTE: Rain cancels the market. School COVID-19 protocols are in place. Please note: Masks are required.

• **Veterinary Vaccine Clinic** with Dr. Jennifer Frankot continues every Thursday from 8:30am to 12:30pm at Stewarts Point: Hwy 1 & Skaggs Springs Rd (707) 840-3410 and spiritvetservices@gmail.com.

Thanks to the Coastal Hills Community Bulletin for keeping us up to date.



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George Bernard Shaw (1856-1950)

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Crossword

by Margie E. Burke

ACROSS

- 1 Exotic vacation spot
- 5 Bath powder
- 9 Garland
- 13 Midterm, e.g.
- 14 October stone
- 15 Theater platform
- 16 Let go
- 18 Roadside stop
- 19 Additional
- 20 Never-ending
- 22 Excellent, slangily
- 24 School tool
- 25 Interrogate
- 27 Quitter's word
- 28 Scottish cap
- 31 Garage gadgets
- 33 Opera house box
- 34 Straight, at the bar
- 35 Canoe material
- 36 Missing from the Marines, say
- 37 Anagram for "bale"
- 38 "Terms of _____"
- 40 Like Willie Winkie
- 41 Serpent's sound
- 42 Vegan no-no
- 43 Pick pockets
- 45 Marble feature
- 46 Gloomy
- 49 Mystic's deck
- 53 San Antonio landmark
- 54 Written account
- 56 Begin, as winter
- 57 Acronym for bad PC data

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46	47						48			49		50	51	52
53						54			55					
56						57					58			
59						60					61			

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- 58 Word before "break" or "keel"
- 59 Bird feeder tidbit
- 60 Husky's tow
- 61 Fender blemish
- DOWN**
- 1 Kind of blocker
- 2 Canned
- 3 Frying medium
- 4 Without delay
- 5 Boatload
- 6 Quickly
- 7 Overdue
- 8 Department store event
- 9 Lifted, so to speak
- 10 Tall town landmark, often
- 11 Forever and a day
- 12 Hair goops
- 15 Refine, as metal
- 17 False gods
- 21 Awning, e.g.
- 23 Commoner, in ancient Rome
- 25 Cousin of a loon
- 26 Zillow industry
- 27 Half of Miss Muffet's meal
- 29 Great distress
- 30 Cheesy sandwich
- 31 Vex, with "at"
- 32 Lemony cocktails
- 33 Coated with plastic
- 39 Indian yogurt dip
- 41 Marsh wader
- 44 Swollen
- 45 On the ___ of (close to)
- 46 Impudent talk
- 47 Sheltered, nautically
- 48 Catch in the act
- 50 Tear apart
- 51 Chef's need
- 52 Revival setting
- 55 Stewart of song

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"The Vagabond Whales"

by Mary Jane Schramm, Freelance Writer, Naturalist

The journey had been a long, strange venture into unfamiliar waters. After highly satisfying romantic encounters in Baja's breeding lagoons, the gray whale, *Eschrichtius robustus*, although thin and tired, had begun its annual trek north to feed and fatten in Arctic seas. The northbound leg stretched 6,000 miles, and the whale had not fed substantially since the previous summer. Its focus now was to find those mud-luscious patches of seafloor teeming with calorie-rich invertebrates to scoop up, sift out, and gulp down. Gray whales are a lusty race that, though hunted to near-extinction in the previous century, had rebounded to pre-whaling numbers, once legally protected. But this whale had spent months doing more food-searching than food-finding, ranging widely and exploring blindly, the prey it found barely sufficient. Melting sea ice had exposed confusing new channels and wide expanses of the Beaufort Sea, clear across northern Canada, and without its ages-old directional clues, our whale had become disoriented. Nonetheless, its bio-



logical clock demanded that it head south again. And from there, the journey just got curiously, and curiously.

Club Med: In May, 2010, an adult gray whale astonished scientists worldwide by appearing off Turkey, then Israel, in the eastern Mediterranean Sea. It was sighted a few days later off Barcelona, Spain, nearer to Gibraltar and the Atlantic beyond. It was the first gray whale recorded in the Atlantic in nearly 300 years. The scientific world was a-twitter with surmises: Was it, miraculously, a

relict of the long-extinct Atlantic gray whale population? No, it was more likely a vagrant from one of the North Pacific populations that navigated the newly ice-free Northwest Passage. This whale should have been heading south through the Pacific Ocean, either along the Canada, US, and Mexico coastal corridor, or along Russia, Korea, and Japan, possibly to the South China Sea. Our whale simply took a wrong turn into the wrong ocean.

Med Redux: Years later, in March 2021, a thin but apparently healthy young gray whale was sighted off Morocco; chalk up No. 2 for Club Med! It made its way across the north Mediterranean along the Italian, French and Spanish coasts. Nicknamed, 'Wally,' this lone celebrity cetacean conquered many European hearts. On May 21, the London Times of London reported a resighting off Majorca, Spain, but no more recent reports are available. See a film clip on Wally: <https://youtu.be/psKq8c4bjFY>

'Sphere-hopping: Most astounding of all was the 2013 appearance of a young male gray off southwest Africa's Namibian coast, a first-ever record for the Southern Hemisphere! Local scientists took tissue samples for DNA analysis, and working with a team of British researchers, in June 2021 released their findings: it matched genetically with the critically endangered Western North Pacific population off Russia, that may number as few as 200. It had swum halfway around the world, some 16,700 miles, a record for any marine vertebrate. It triggered a storm of theories about its itinerary: eastward across the Pacific and through Canada's Northwest Passage; or north and westward across Russia's Northeast Passage; or south, and either through the Panama Canal or across the Indian Ocean. See details in Biology Letter.

Encouragingly, others from the Western North Pacific group have successfully made significant detours, when in 2010 and 2011 gray whales Flex and Varvara crossed the North Pacific from Russia to migrate to Baja California. There, Varvara may have bred with her Eastern Pacific cousins.

Gray whales as sentinels of change may be responding to altered environments, seeking out new resources and habitats, but at times getting dangerously lost in the process. Others might do better, if they can clear the hurdles presented by increased shipping, entangling fisheries, and a chang-



ing ocean climate. Only time will tell. But agencies like Greater Farallones National Marine Sanctuary continue their work to protect whales. Find out more at <https://farallones.noaa.gov>.

Photo Credits:

Left: "Spyhopping" may geographically orient coast-hugging gray whales. Photo: Chris Johnson-NOAA. **Right:** Surviving to make babies is migration's endgame. Photo: D. Croft-ONMS-NOAA.

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"By 1760, the Nantucketers had virtually exterminated the local whale population."
Nathaniel Philbrick (1956-)

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Live Music Featuring Jazz Duo Harrison Goldberg and Danny Barca
at The Sea Ranch Lodge February 24

On Thursday, February 24, the Jazz Duo of Harrison Goldberg and Danny Barca return to The Sea Ranch Lodge, bringing Jazz from 6:00-9:00pm, as part of the Lodge's twice monthly Sunset & Jazz.

Saxophonist Goldberg and guitarist Barca will showcase a selection of traditional Jazz Standards, Bossa Novas, along with original compositions and custom arrangements by Mr. Barca, many featuring the guitarist's incomparable vocals.

Admission to this event is free, and the Bar and Lounge and Dining Room will be open per their regular schedules and menus.

The newly-renovated Sea Ranch Lodge is located at 60 Sea Walk Drive, The Sea Ranch, a few minutes south of the Gualala River. More information is available by email:
community@these ranchlodge.com

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Get Out! February Music, Poetry, Theater, Film, Art, Radio, Online & more.

Please note: some events currently included in Get Out! are virtual. This "◇◇" means that the host organization will have information on attending virtually via Zoom or other platform.

- Tuesday 01: 1:00pm, Laurent Perrier and Cowgirl Creamery. Delicious. At Sea Ranch Lodge.
- Wednesday 02: All Day: Groundhog Day
- Wednesday 02: 3:00pm, Teen & Young Adult Poetry Circle, On Line ◇◇
- Thursday 03: 8:30am, Veterinary Vaccine Clinic at Stewarts Point (across from TwoFish.)
- Thursday 03: 7:00pm, Arena Film Club: "House of Sand and Fog"
- Friday 04: 7:00pm, Feature Film "The Lost Daughter" opens at Arena Theater
- Saturday 05: 11:00am, Community Paint-out with Gage Opdenbrouw at Sea Ranch Lodge
- Sunday 06: 10:00am, Community Market at Fort Ross School.
- Sunday 06: 1:00pm, "Jewels" from the Bolshoi Ballet at Arena Theater
- Monday 07: 4:00pm, Make & Mend at Sea Ranch Lodge, Fireside Room. (Also 2/14, 21, 28)
- Monday 07: 7:00pm, "McCabe & Mrs. Miller", Arena Theater Film Club
- Thursday 10: 6:00pm, UnCommon Tymz at Sunset & Jazz at Sea Ranch Lodge.
- Friday 11: 11:00am, New Art: Micah Sanger, "Dimension of Experience". Gualala Arts
- Friday 11: 11:00am, New Art: Violet Arana, Lynda Nugent, Danielle Warner. Gualala Arts
- Friday 11: 12:00pm, Opening Reception. Valentines Day Art at Coast Hwy Art Collective.
- Friday 11: 12:00pm, "Paintings by Kerri Page". An opening at Think Visual, Pt. Arena.
- Friday 11: 7:00pm, Feature Film "The Tragedy of Macbeth" opens at Arena Theater
- Saturday 12: 11:00am, "Tree Exhilarations". New art by Kristen Palm, at Dolphin Gallery
- Saturday 12: 11:00am, Community Paint-out with Paul Rickard at Sea Ranch Lodge
- Sunday 13: 1:00pm, "Exhibition on Screen: Frida Kahlo" at Arena Theater
- Wednesday 16: 8:59am, Full Moon arrives over California.
- Thursday 17: 7:00pm, Third Thursday Poetry featuring Jeffrey Kingman. ◇◇
- Friday 18: 7:00pm, Feature Film "Return of Mad Dogs & Englishmen" at Arena Theater
- Saturday 19: 11:00am, Community Paint-out with Kate Warthen at Sea Ranch Lodge
- Sunday 20: 4:00pm, Alexander String Quartet • Chamber Music Series at Gualala Arts.
- Sunday 20: 1:00pm, Aging in Community presentation, Timber Cove
- Wednesday 23: 1:00pm, Members Meeting at Gualala Arts. Must RSVP to 707.884.1138.
- Thursday 24: 10:00am, Art Workshop with Erin Lee Gafil/Tom Birmingham at Gualala Arts
- Thursday 24: 6:00pm, Jazz with Harrison Goldberg & Danny Barca at Sea Ranch Lodge
- Friday 25: 7:00pm, Feature Film "Belle" opens at Arena Theater
- Saturday 26: 11:00am, Community Paint-out with Erin Lee Gafil, at Sea Ranch Lodge
- Saturday 26: 1:00pm, "Follies" from National Theatre, at Arena Theater

SOUTH COAST BUS SERVICE

ROUTE 75:
POINT ARENA/ GUALALA TO UKIAH/ FORT BRAGG



Route 75 Monday through Friday from Point Arena to Gualala at 7:15am. Saturdays: Route 75 runs only from the Navarro Store at 9:15am to Ukiah and back.

ROUTE 95:
POINT ARENA/ GUALALA TO SANTA ROSA



Route 95 is operating 7 days a week from Point Arena to Santa Rosa and back. Leaving Point Arena Monday through Saturday at 8:00am and Sundays at 10:00am.



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