

**ALWAYS  
FREE**

**June 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

## Time To Visit The Point Arena Lighthouse! The Lighthouse Tower Reopens For Tours

Just in time for summer, the Lighthouse Tower is once again open to the public for tours! Tower Tours are available Friday through Sunday from June 3 through June 19. On June 22, they will begin offering daily Tower Tours which will continue through at least Labor Day. And Tasi, the Lighthouse Dog, couldn't be happier! Celebrating its 152nd Anniversary of lighting the way on the Pacific Coast in 2022 the Point Arena Lighthouse stands as an iconic figure on the landscape of the American Pacific Coast. No other lighthouse offers such a fully interactive experience in the exchange between history, science and natural beauty.

All guests 12 years and older are required to pay the Site Visit Fee of \$5 per person for admission to the Light Station Store, Fog Signal Building Museum and 23 acre Outdoor Museum. Tower Tours are available to guests 6 years and older for an additional fee of \$5. Tours are scheduled . . .

. . . Continued on page 2



### Street Fair, Music & Fireworks

Saturday July 2

4pm-11pm

Arena Cove



### Independence Parade

Sunday July 3

Noon-1pm

Main Street

The Past & Future Retold: Surreal Collage & Celestial Sculpture  
 New Art at Coast Highway Art Collective, Opening Reception June 4

An opening reception at the Coast Highway Art Collective in Point Arena is scheduled for Saturday, June 4 from noon to 3:00pm to showcase a collection of art work by Sharon Nickodem (collage), Donnalynn Chase (collage) and Mark Chase (objects d'arts). This month-long exhibit is all about what could be and what was created by these three local artists. Antique photos collide with new ideas, metal is shaped into new worlds, and digital images are crafted as future visions.

Nickodem started her artist life as a photographer, but once she discovered collage she was smitten. Her collages include materials taken from magazines, her own photos, collected mementos, the written word from old books and post cards, combined with other media. Sharon says "The assembled image may recall a past event, a dream or a fantasy. The collage process brings a deeper, more personal interpretation to my subjects."

First, Nickodem assembles collage materials in the traditional analog manner. Next, she scans the composition and reworks it on her computer, adding layers and additional elements until she creates the desired

result. Lastly, she prints the final piece on high quality archival paper. The result is an integrated image where the elements flow together, telling a story.



Collage came naturally to Donnalynn Chase through her obsession with collecting books and all kinds of ephemera. Hunting for that perfect old book or antique ephemera has been one of her favorite things to do. She often feels like a historian or librarian of valuable papers and findings from the past.

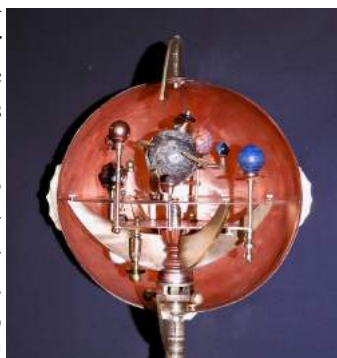
For over a decade, Donnalynn has primarily used antique & vintage images and ephemera in her art work. As an artist, she feels entrusted to bring old ephemera, etchings, and papers back to life in a new expressive way or keep them safe for the future. She loves the challenge of incorporating her collection of "stuff" into her art.

Donnalynn is a traditional cut & paste collage artist. A unique quality of her art work is that she incorporates original paper materials in her artwork, not digital copies. When you purchase or are gifted a piece of her art, you are also getting an authentic

piece of the past that is made new.

Mark Chase is self-taught artist who has been influenced by years of working in aerospace industry with precise and articulate requirements. Brass, bronze or copper and beautiful minerals are the dominate materials in his objects d' arte. Antique celestial models and instruments inspire the majority of Mark's work.

All of Mark's art is one-of-a-kind design embodying the marriage of art and science.



He started to make armillary spheres when it became apparent that he couldn't afford to purchase authentic specimens to grace his own growing collection. This exhibit showcases several of his artifacts that could be a solar system discovered in the future or viewed as a historic specimen.

The show runs June 3-27. The Coast Highway Art Collective is located at 284 Main St, Point Arena, the little red building with the big yellow sun. The Collective is regularly open Friday-Sunday from 11:00am to 4:00pm. More information is at [www.coast-highway-artists.com](http://www.coast-highway-artists.com), or contact Ling-Yen Jones via the website above.

LIGHTHOUSE from cover story  
 ... to be conducted every 30 minutes, with the first Tour starting at 10:15 a.m. The last Tour will be presented at 3:45 p.m. Masks are REQUIRED for all guests while in the Tower.

In addition to the Tower, The Light Station Store, Fog Signal Building Museum, and Outdoor Museum are once again open to the public! Masks are recommended but not required when visiting the Light Station Store and Fog Signal Building Museum. Masks are required for Tower Tours. The seven vacation cottages are still available for rent as well.

Mark Hancock, the Executive Director of the Lighthouse added, "We are deeply grateful for the many generous donations we received during the various COVID related closures and the people that became Lifetime Members to help support us. You can make donations to help the 152-year old Light Station keep the light shining for generations to come!"

And Tasi asks everyone to "Please cooperate with all County, State and Federal orders during this unprecedented crisis and be patient with and good to each other. Most of all, bring that positive coastal attitude and sense of humor to bear as much as you can!"

The lighthouse is at 45500 Lighthouse Road, Pt. Arena, 95468. More at (877-725-4448) and [PointArenaLighthouse.com](http://PointArenaLighthouse.com).

# MORE IMPORTANT NOW THAN EVER BEFORE! FIRE SAFETY AND PREVENTION FORUM SATURDAY JUNE 25 • 2 PM IN GUALALA AT THE SOUTH COAST FIRE DEPARTMENT

South Coast Fire Department Chief Jason Warner  
 Mendocino County Sheriff Matt Kendall  
 Mendocino County Office of Emergency Services Brentt Blaser  
 Representatives from CalFire, North Sonoma Coast FPD,  
 Mendocino County Fire Safe Council and more!  
 Moderated by and Question & Answer session with  
 Mendocino County Supervisor Ted Williams

The recent Owens Fire south of Point Arena serves as a reminder of the importance of knowing how to protect property and lives. You will learn about fire prevention measures, what to prepare for in case of an evacuation order, how to keep your community safe and much more. The event has been coordinated with the Mendocino County Fire Safe Council and is open to everyone.

Ad paid for by Redwood Coast Democrats. FEC ID # C00429464/ FPPC ID # 1290146



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Our thanks to June contributors including

Joel Crockett, Rozann Grunig, mai haiku, Jennifer Weeks, Mitch McFarland,  
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Issue #248 June 2022

## Lighthouse Peddler

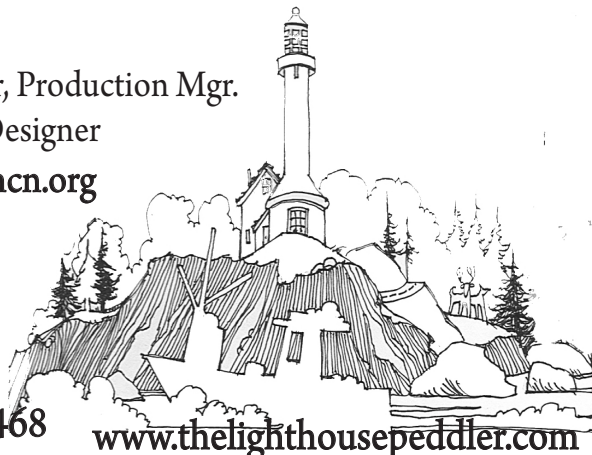
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# FROM THE EDITOR'S DESK

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- 6 • Susan Sutton returns to Saint Orres for your dinner. Jazz it up. (Page 4).
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- 8 • Reeds & Keys are coming. We're not talking about plants and locks either. (Page 5).
- 4 • Feeling a kiss? Maybe kiss the ground. See the film. (Page 5).
- 13 • Flamingos are on their way, and we're not talking about the pink plastic ones. (Page 5).
- 13 • I predict there will be both a new moon and a full version of the old one. (Page 6).
- 4 • No bees or wasps here. But a genuine sting is coming your way. (Page 6).
- 2 • Alas poor editor. Something Shakespearian is on the way. (Page 6).
- 9 • What do you suppose we can do with thistle? Karin knows. (Page 7).
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- 16 • Bees and honey. Honey and bees. Find 4 essential reads. (Page 7).
- 15 • The Salon returns. Not the Paris one, the Gualala one. See lots of new art. (Page 8).
- 9 • When someone says "go fund me" they really mean it. And it's a good idea. (Page 8).
- 12 • Really? You can't think of something fun to do? Check out what's up at TSRL. (Page 8).
- Which shore do you prefer? They're both great. Meet the artists. See the art. (Page 9).
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- What to do, what to do? Check out "Get Out"! (Back cover).

"I close my eyes, Then I drift away  
Into the magic night. I softly say  
A silent prayer like dreamers do.  
Then I fall asleep to dream My dreams of you."

From "In Dreams" by Roy Orbison (1936-1988)

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War is a cowardly escape from the  
problems of peace.

Thomas Mann (1875-1955)



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the season

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## San Francisco Poet Diane Frank Featured June 16 At Third Thursday Poetry And Jazz at Arena Market

On Thursday, June 16, the Third Thursday Poetry & Jazz Reading Series will feature San Francisco poet Diane Frank. The reading will take place at the Arena Market cafe and will begin at 7:30pm with live improv jazz, followed by a featured reading with Diane Frank, then an open mic with jazz improv, and finally the reading will conclude with more live improv jazz.

Diane Frank, a nationally respected poet and cellist in the Golden Gate Symphony, is our feature on June 16 for Blake More's Third Thursday Poetry & Jazz Series. She will read poems that explore music from the inside and other topics. She is author of eight books of poems, three novels, and a photo memoir of her 400 mile trek in the Nepal Himalayas, *Letters from a Sacred Mountain Place: A Journey through the Nepal Himalayas*.

During the pandemic, she used the quiet time as a writing retreat. This led to the publication of three books in 2021, including *While Listening to the Enigma Variations*, her New and Selected Poems, by Glass Lyre Press. She also edited two bestselling anthologies – *Fog and Light: San Francisco through the Eyes of the Poets Who Live*

Here, and with Prartho Sereno as co-editor, *Pandemic Puzzle Poems*. It began with a series of poems about poets doing jigsaw puzzles during the early days of the shut down but expanded to poems calling for social justice, poems grieving the California fires, poems exploring our lives during the pandemic, and poems of joy and inspiration, which often arrived in quiet and subtle ways.

Diane Frank is also author of three novels. "Blackberries in the Dream House", her first novel, won the Chelson Award for Fiction and was nominated for the Pulitzer Prize. It's the forbidden love story of a geisha and a Buddhist monk. Her second novel, *Yoga of the Impossible* is a metaphysical love story with a tribe of late-blooming artists looking for love on a crooked path. The narrator, a gypsy sculptor, sees the world through the lens of the *Yoga of the Impossible* – a path of getting enlightened by exploring opposites and contradictions. Her novel is populated by artists, dancers, sculptors, musicians, mermaids, radio talk show hosts, and betta fish – all of them on a quest to make every moment holy. Her third novel, forthcoming in the fall, is full of music and musicians. It be-



gins on Signal Mountain, TN and migrates to the Northern California Coast.

Diane teaches at San Francisco State University and Dominican University in San Rafael. She is also Chief Editor of Blue Light Press. She lives in San Francisco, where she dances, plays cello, and creates her life as an art form. Her friends describe her as a harem of seven women in one very small body. Read more about her books at DianeFrank.net.

*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.*

### The Genie

The dancing girl in the yellow silk  
pants

shimmered in my dream.

She was a flame that kept burning  
in the morning.

If I bring her to Aladdin,

I can gaze into her chocolate eyes

and lose myself in the maze of her  
footsteps.

Aladdin thinks I am his servant,

but every morning I weave a dream

into the world where he walks by  
the river.

I hold my prism in the river of sun-  
light,

each wave of color a possibility

to weave footsteps into the world

I paint every morning.

I can dream or disappear  
into the longing for the light  
that becomes invisible

inside the bronze of my lamp.

Every morning, you choose  
to dance or disappear.

– Diane Frank

### The Susan Sutton Trio Performs Friday, June 10 The First Event of the 2022 Whale & Jazz Festival Series

Gualala Arts' first event of the Sonoma - Mendocino Coast Whale & Jazz Festival Series will be Friday, June 10. Saint Orres' Dinner & Jazz in the main dining room will feature the Susan Sutton Trio. There are scheduled to be two seatings. Call St. Orres to reserve now at (707) 884-3335.

Revered for her original compositions, tender renditions of standards, and effervescent spirit in performance, pianist Susan Sutton will be joined by the pinnacle northern California guitarist, Randy Vincent, and the buoyant French bassist, Pierre Archain. Festival music coordinator Fred Adler calls this a "dream trio" of instrumental northern California musicians, who will create musical magic at Saint Orres."

Sonoma County's Randy Vincent is considered one of our country's premier jazz guitarists. The list of greats he has performed or recorded with includes Dizzy Gillespie and stellar vibist Bobby Hutcherson. He is a coveted instructor currently teaching at the San Francisco Conservatory of Music. His students have included Julian Lage, the young prodigy who appeared on

the 2000 Grammy Awards, who has since received national acclaim.

French-born bassist, Pierre Archain, grew up near the annual Nice Jazz Festival which provided inspiration. It was a regular stop for such jazz greats as Ella Fitzgerald and Miles Davis. Archain fell under the spell, becoming a powerful jazz bassist, spending the last 40 years in northern California.

Brooklyn born composer/pianist Susan Sutton holds a degree in Music Composition and Performance from Dominican University and studied jazz piano and composition with Bryce Rohde of the Australian Jazz Quintet, and jazz piano with George Cables. Her style has been described as vibrant and harmonically sophisticated.

Sutton's original works include a series of modern chamber pieces and multiple published volumes of her jazz compositions. The latest volume is the complete book entitled "Susan Sutton Compositions", published in 2020. Inspired by influences from Thelonius Monk to Herbie Hancock as well as Eric Satie and George Gershwin, she launched her own trio in 1981.



**Reeds 'n Keys At Sea Ranch Lodge  
Performing Music From  
The Great American Songbook  
June 9 & 30**

Reeds 'n Keys, the newly minted jazz duo of saxophonist Harrison Goldberg and keyboardist Lenny Kaplan will present two performances of their "Adventures in The Great American Songbook" in The Fireside Room at The Sea Ranch Lodge on Thursday, June 9, and Thursday, June 30, from 6:00-9:00pm.

Along with a repertoire of blues, ballads, swing, show tunes, and originals, Goldberg and Kaplan will pay homage to some of the masters of The Great American Songbook including George Gershwin, Cole Porter, Rodgers and Hart, and Irving Berlin.

Once introduced to Tin Pan Alley classics, Goldberg has embraced the music to this day as a mainstay of his jazz repertoire. For Kaplan too, it's always been about the music. The composer, gifted accompanist and pianist was born in San Francisco, a 3rd generation native with music coursing through his veins from the very beginning. Kaplan's Grandmother and her two sisters were the famous Wyatt Sisters who traveled the world on the premier vaudeville circuit, and his father was an accomplished violinist.



Kaplan played trumpet with the acclaimed Billy Robinson jazz band while starting his lifelong scholastic journey at Skyline College, and went on to attend San Francisco State University. About the time his first child was born, he moved on to the piano, and it's been his mainstay ever since. Kaplan and his family moved from the bay area to Gualala where he set up a studio, taught and played gigs along the coast. After 17 years he moved to Nelson, BC Canada to open a Performance Art Centre, and returned to the Mendonoma coast at the start of the Covid shutdown, purchasing a property to develop into a gathering place for art & music, where he is now resuming teaching & playing.

Admission to these Thursday evening events at the Sea Ranch Lodge is free. The bar and lounge, and the dining room will be open for service. The Sea Ranch Lodge is located at 60 Sea Walk Drive, 95497.

**"Kiss The Ground"**

**A Special Film Coming to Arena Theater, June 19**

The Arena Theater will show the film "Kiss the Ground" on Sunday, June 19, beginning at 4:00pm. This is the third of three science films in their 2022 Science on Screen Program. Admission is by voluntary donation.

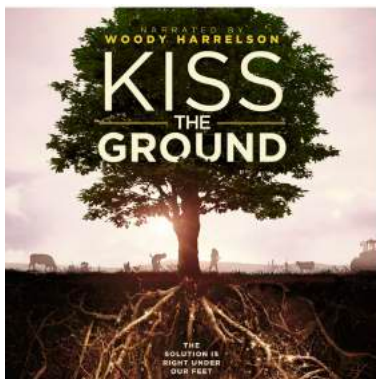
"Kiss the Ground" is an inspiring and groundbreaking film that reveals one of the most important ways to significantly reduce the climate crisis. This movie shows that in combination with reductions in greenhouse gas emissions, regenerating the world's soils can help our planet heal itself and return to a much more stable climate. Soil regeneration additionally provides abundant high quality food supplies, much higher profits for local farmers and ranchers, and restores lost ecosystems.

The film features real family farmers and ranchers whom you would love to have as neighbors. These very engaging down-

home folks happily share in detail how they make a very good living, feed their families, and enjoy their lives by practicing what the movie teaches.

The film features compelling graphics and visuals, along with striking NASA and NOAA footage. "Kiss the Ground" artfully illustrates that by drawing down atmospheric carbon and storing it in soil, agricultural regeneration can play a major, currently under-utilized role, in saving us from escalating climate catastrophes.

Local agricultural experts will discuss the film, share how their organic farming practices preserve soil, and answer questions from the audience. This event begins at 4:00pm on Sunday June 19. Admission is by voluntary donation.



**The Flamingos Return To Four-Eyed Frog June 25**

Ruth Thompson, Marcia Meier, Tania Pryputniewicz talk about their books, read a bit, and answer questions.

After a 3-year hiatus, the authors known as The Flamingos return to Gualala. Ruth-Thompson, Marcia Meier, and Tania Pryputniewicz will be at Four-Eyed Frog Books on Saturday, June 25 from 3:00pm to 5:00pm, to talk about their books, read a bit, and answer questions.

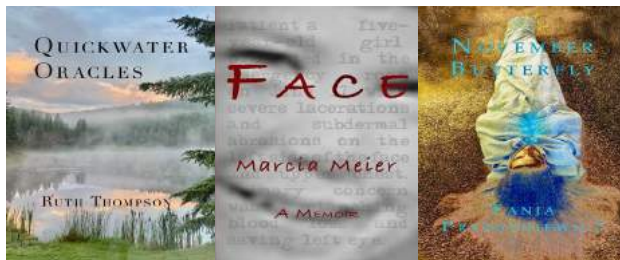
Many remember Ruth Thompson from her workshop at the Frog in 2019. Thompson's newest book, "Quickwater Oracles: Conversations & Meditations" (2021), is a 2022 Montaigne Medal Winner and Finalist for the 2022 International Eric Hoffer Book Awards Grand Prize. Full of "transformative joy and wit," Thompson's work has won many national awards and Pushcart nominations, and has been choreographed and performed by dancers including Shizuno Nasu of Japan. She grew up in the Bay Area, has lived at Sea Ranch, and now lives in Ithaca, New York. She often writes about our landscapes on the Mendonoma coast.

Marcia Meier is an award-winning writer, developmental book editor, writing coach, and publisher of Weeping Willow Books. Meier's latest book, "Face, A Memoir," won the 2022 New Mexico/Arizona Book

Award, the New Mexico Press Women Award, and is shortlisted for the International Eric Hoffer Grand Prize. "Skin Craft," a piece adapted from the memoir, was shortlisted for the Fish International Short Memoir Prize and published in Reed Literary Magazine in July 2021. A long-time resident of Santa Barbara, Marcia now lives in Santa Fe, New Mexico.

Tania Pryputniewicz is a heart-centered writing teacher, poet, and tarot muse. She is passionate about inspiring others to engage in cross-pollination, from poetry movies to tarot haiku to making your own tarot cards! Pryputniewicz brings over twenty-five years as a writing teacher and practicing tarot reader to her tarot-inspired classes. A graduate of the Iowa Writers' Workshop, she is also the author of the beautiful poetry collection November Butterfly. She lived for many years on the Russian River and moved to San Diego in 2012. Her memoir-in-poems, "The Fool in the Corn," is due from Saddle Road Press in 2022.

Four-Eyed Frog Books is at 39138 Ocean Drive, in Cypress Village, Gualala. Information is (707) 884-1333.



**Gualala Arts**  
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**The 9th Annual  
Salon and Salon des Refusés  
Opens Friday, June 10, 5pm-7pm.  
A Juried & Judged exhibit**

**New Exhibit at Dolphin Gallery  
"Eastern Shore / Western Shore"  
Suzanne Dunn and  
Carrie Phillips Kieser  
Opening Saturday, June 11, 5-7pm**

**Whale & Jazz presents  
The Susan Sutton Trio  
Dinner & Jazz at St. Orres  
Friday, June 10**

**The 2022 Summer  
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A Fundraiser for Gualala Arts**

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**Call To Artists for 2022 Exhibits  
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**61st Annual Art in the Redwoods  
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**Plein Air Affair, Opens August 23  
Paint Out, Classes,  
Exhibit, Silent Auction**

**Gualala Arts: Open daily, 11 - 4  
Dolphin: Open Thu-Mon, 11 - 4  
Gualala Arts and Dolphin Gallery are respectfully  
requiring all visitors to wear masks indoors, and  
proof of Covid vaccine required for all ticketed  
events until further notice.**

Not merely an absence of noise, Real Silence begins when a reasonable being withdraws from the noise in order to find peace and order in his inner sanctuary.  
Peter Minard

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**Solution to Crossword:**

Full Moon



June 14

New Moon



June 28

**"The Sting" Starring Paul Newman & Robert Redford**  
**ATFC Screens the Classic Film Monday, June 6 At Arena Theater**


Paul Newman and Robert Redford star as Depression-era con men out to fool a big-time criminal in this Best Picture Oscar winner, "The Sting", Monday, June 6, 7:00pm.

Directed by George Roy Hill, the film is in color, is rated PG and has a runtime of 129 minutes, it remains a classic. In addition to Newman and Redford, the film stars Robert Shaw, Eileen Brennan, Charles Durning and Robert Earl Jones.


Following the murder of a mutual friend, aspiring con man Johnny Hooker (Redford) teams up with old pro Henry Gondorff (Newman) to take revenge on the ruthless crime boss responsible, Doyle Lonnegan (Shaw). Hooker and Gondorff set about implementing an elaborate scheme, one so crafty that Lonnegan won't even know he's been swindled. As their big con unfolds, however, things don't go according to plan, requiring some last-minute improvisation by the undaunted duo.

Please note: Attendees must be fully vaccinated.

The Arena Theater Film Club is a membership-based film society which meets the first Monday at Arena Theater to screen and discuss a variety of movies, including recent independent releases, classics and foreign films. Screenings are \$7 to current Arena Theater members (memberships are \$60 per year); their guests are welcome at \$10 each. For a schedule of upcoming films, visit the Arena Theater Film Club's website, [www.arenatheaterfilmclub.org/](http://www.arenatheaterfilmclub.org/)



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"If you want to make peace, you don't talk to your friends. You talk to your enemies."

— Moshe Dayan (1915-1981)



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**Shakespeare's Immortal: Hamlet! • Met Opera Live in HD**  
**See Brett Dean's Production June 4 at Arena Theater**

Closing the 2021-22 Met Opera Live in HD season, is Brett Dean's "Hamlet". This MET performance will screen at Arena Theater Saturday, June 4, at 10:00am, with doors opening at 9:15am.

Some of the world's greatest composers have looked to the works of Shakespeare for inspiration, a tradition that continued with the 2017 premiere of Brett Dean's "Hamlet." The Bard's immortal tragedy is among theater's most captivating psychological portraits, and the incorporation of music—including tour-de-force vocal writing, imposing choral forces, and a powerful orchestral sweep—only escalates the tension of this classic tale.

When Australian composer Dean's "Hamlet" had its world premiere at the Glyndebourne Festival in 2017, The Guardian declared, "New opera doesn't often get to sound this good . . . Shakespeare offers a gauntlet to composers that shouldn't always be picked up, but Dean's Hamlet rises to the challenge." This riveting contemporary masterpiece appears live, with Neil Armfield bringing his acclaimed staging to the Met stage. Original cast members include tenor Allan Clayton in the title role. Nicholas Carter conducts. The remarkable ensemble features soprano Brenda Rae as Ophelia, mezzo-soprano Sarah Connolly as Gertrude, baritone Rod Gilfry as Claudius, and bass-baritone John Relyea as the ghost of Hamlet's father.

Tickets are \$24 general, \$22 senior, and \$18 youth (18 and under), available online (recommended) at [www.arenatheater.org](http://www.arenatheater.org) or at the door. **Seating is limited to 50% to provide for social distancing; face coverings are required when not eating or drinking. All Met Opera Live attendees must be fully vaccinated against Covid 19 and provide proof of vaccination through an original physical vaccination card or photograph of it upon arrival at the box office. Covid tests will not be accepted. The vaccine requirement includes staff and volunteers.**

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## Words on Wellness • Thistle

by Karin Uphoff

Nature is moving right along into summer on the coast, despite the low temperatures. The La Nina weather pattern we are experiencing is characterized by a cooler ocean: 4-9 degrees colder (currently 46F at Cape Mendocino), which cools the land along the coast. La Nina is typically associated with lower rainfall in the southern part of the state and pockets of heavy rain in the north. However conditions have never been drier with forty percent lower than average rainfall for our county.

Nature does its best to adapt to severe change

and is ever our teacher that way. With environmental disturbance comes opportunity, and thistles (*Cirsium* spp) excel at taking it. While you may curse wild thistles invading your garden, they typically inhabit over-used, over-grazed land with poor soil. Their roots aerate and hold soil while their bristly leaves discourage grazers and the soil recovers. Meanwhile, thistles provide bees, birds and butterflies much need food and shelter. When dead thistle biomass decomposes it creates a healthy mulch. Pulling out thistles before they flower and adding them to your compost pile will greatly enrich it. But better yet, the whole plant of any species is a



healthy edible for us. Many types of thistle have been used in numerous herbal traditions in a similar way for thousands of years. The most famous is milk thistle seed aiding liver detoxification in poisonings and hepatitis. Milk thistle is a common one along the coast and easily spotted by its white 'milky' veins. However all thistles have a positive

effect on the liver and the whole plant is usable. Other medicinal properties include reducing blood pressure and swellings, treating jaundice, promoting tissue healing and stimulating milk production

in nursing mothers.

For all of us facing climate and chemical stress, learning to incorporate wild thistles into our diet can be a healthy adaptation. Stems can be boiled or eaten raw. Scrape the barbs off leaves or bruise them well to eat them raw, steamed, or blended into smoothies and juices. Roots need to be steamed but are also edible. The hearts of the flowers are tiny edibles like the artichokes we cultivate today. Artichoke leaves are used in bitters, like any thistle leaf can. It's good to know that thistles are hardy survivors and they can still provide food and medicine for many.

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](http://www.karinuphoff.com). Image by Albrecht Fietz from Pixabay.

## Creating Habitat: More Than Feeders

Spring is the time song birds return to our yards to breed and it's time to start planning for spring.

While many of us enjoy birds at our feeders, we can also attract them to what we plant in our yards. By growing a variety of native shrubs and trees, we provide nesting sites and foraging areas.

Try to create structurally diverse habitat by growing native plants of different heights and groupings. The understory of shrubs and herbaceous plants is important for birds.

Try to leave dead standing trees and limbs. More than 50% of birds depend on these natural structures for nesting cavities. Leaving grass cuttings and brush piles provides shelter, nesting

material, foraging grounds and even nest sites.

You can also help our feathered friends by reducing predators. The biggest impact is outdoor cats. Researchers estimate 100 million birds are killed daily in the United States by domestic outdoor cats.

Keep cats indoors, especially during breeding season when young birds are newly out of the nest. Discourage other predators such as ravens, jays, skunks and rats by eliminating outdoor food sources like pet food dishes, uncovered compost piles and open trash cans.

Many songbirds nest close to the ground or in weedy areas. Create "no-mow" areas for nesting and important food sources.



Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Heron.

Each month, the Lighthouse Peddler features a bird regularly seen at or near the Mendocino Coast. More information is at [www.mendocinocoastaudubon.org](http://www.mendocinocoastaudubon.org). Image by 5506523 from Pixabay

## Beyond Honey: 4 essential reads about bees

by Jennifer Weeks, Senior Environment + Energy Editor, The Conversation

As spring gardening kicks into high gear, bees emerge from hibernation and start moving from flower to flower. These hard-working insects play an essential role pollinating plants, but they're also interesting for many other reasons. Scientists study bees to learn about their intricate social networks, learning patterns and adaptive behaviors. These four stories from The Conversation's archive offer diverse views of life in the hive.

### 1. Females are the future

The survival of bee colonies depends on female bees, although they play different roles depending on their species. In social bee species, females find nesting spots to establish new colonies and lay hundreds of eggs there.

Other species are solitary, meaning that each bee lives alone. Females create segmented nests, lay an egg in each segment, deposit a ball of pollen to feed the larva, and then die off.

Female bees need support, especially early in the year when foraging options are few, doctoral student Lila Westreich notes. "It's best to provide female bees with many early spring flowers – they rely on nectar from flowers to fuel their search for a nesting spot. Planting early-flowering plants such as willow, poplar, cherry trees and other spring blooms provides nectar for queen bees," she writes.

### 2. Some bees are curious, others are focused

All bees forage, but they do it in different ways. Some become very focused on the smell, colors and locations of known food sources and return to those flowers over and over. Others are more willing to explore and will change their behavior when they learn about new food sources.

As part of an experiment, Marquette University biologist Chelsea Cook and her colleagues bred populations of bees

that were genetically programmed to be either curious or focused, and a colony that mixed these two styles together. Then they offered the bees a familiar food source and novel sources. Sure

enough, the focused colony concentrated on the familiar source and the curious colony visited both known and novel sources.

In the mixed colony, bees came to concentrate more on the familiar source than the new ones over time. Why? The researchers observed how the bees communi-



Image by Nel Botha from Pixabay

cated through their "waggle dance," which tells nestmates where to find food, and saw that the focused bees were dancing faster. This conveyed their message more intensely than signals from slower dancers.

"Because curious bees are interested in everything, including new information about possible food locations, they are perfect listeners and are easily convinced to visit the chosen feeder of their enthusiastic nestmates," Cook observes.

### 3. It takes a colony

Bees communicate with one another about many things besides food. For example, bees use dancing to persuade their colony to move to a new nest site, write Providence College biologist Rachael Bonoan and Tufts University biologist Phil Starks.

And bees work together to defend their colonies against external threats. Bonoan and Starks analyzed how honeybee colonies of varying sizes protected themselves against a fungus that causes a bee disease called chalkbrood. To do this, the researchers infected the colonies with the fungus and tracked the bees' responses with thermal imaging.

The pathogen needs cool temperatures to infect bees, so the bees respond with heat. "When this pathogen is detected, worker bees protect the vulnerable young by contracting their large flight muscles to generate heat. This raises the temperature in the brood comb area of the hive just

enough to kill the pathogen," the biologists explain. Worker bees also remove diseased and dead young from the colony, which reduces the chance of infection spreading.

### 4. Straining for the good of the swarm

Computer scientist Orit Peleg at the University of Colorado Boulder studied yet another way in which bees work together for the good of the group. Peleg and her colleagues analyzed swarms that . . .

"Bees" Continues on Page 13.



Image by dig0mite from Pixabay

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**The 9th Annual Gualala Salon and Salon des Refusés**

**Opening at Gualala Arts June 10**

The 9th Annual Gualala Salon & Salon des Refusés opens at Gualala Arts on Friday, June 10, 2022. Presented by the North Coast Artist Guild, NCAG, this annual exhibit has earned a reputation as the top judged and juried fine art exhibit on the Mendocino coast. The Salon will continue through July 3, 2022 in the Burnett Gallery, Elaine Jacob Foyer and Coleman Hall. Admission is free.

The Salon takes pride in showcasing outstanding visual art and artists without regard to the type of media. There is no theme for artwork entered in the Gualala Salon & Salon des Refusés, 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.

The NCAG Board identifies, recruits and selects the show's judges, and the judges decide which artwork will be accepted and shown in the main Burnett Gallery, the Salon. All work not juried into the Salon by the judges is displayed in the "Salon des Refusés", located in the Elaine Jacob Foyer and Coleman Hall, and those works are eligible for a popular vote award. Thus, all artwork submitted into the show is exhibited.

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. Which artists have been selected



into the Salon is a tightly held secret until the opening. Judges for the 2022 exhibit are Drew Fagan and Kristin Otwell.

Drew Fagan received a BFA from Stanford University. After a long career in advertising, Fagan sold his business and began painting full time as a realist in mid-2004. Since then, he has added many successes to his credit, including 16 solo shows, 17 juried shows, 14 group shows and many national and local awards. His studio is just

north of Gualala on California's Mendocino County coast. His work has been featured in American Art Collector and The Artists Magazine and can be found in numerous private and corporate collections in the United States, South America, Europe and Japan.

Kristin Otwell comes from a family of artists and has been making art since she could hold a crayon. Fortunately to have lived in many places including India, Pakistan, Afghanistan, and Taiwan, she returned to the States in 1968, receiving a BA in fine arts from Mills College in Oakland and studying biological illustration at UC Berkeley. For several years she worked at a school for severely disabled children. Her professional art career began in 1983 with a showing of botanical watercolors at The Nature Company in Berkeley followed by one-person shows at the Oakland Museum and the Santa Barbara Museum of Natural History. Otwell moved to the Mendocino Coast in 1985, and in 1992 she and her business partner, Joan Burleigh, founded the Art Explorers, a nonprofit program that serves artists with developmental disabilities.

The exhibit continues through July 3, 2022.



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**Coast Highway Art Collective Launches GoFundMe Campaign**

Coast Highway Art Collective in Point Arena, CA has created a GoFundMe campaign to reach out to community members and art lovers on the coast. Their beautiful, but very old, building desperately needs a new roof. (The current roof is over 25 years old and starting to create problems for all the beautiful, but delicate, artwork it should be protecting.

As a small, but vibrant, collective, members contribute monthly dues and a percentage of sales towards rent and upkeep of the building and gardens. Keeping the doors open has been a labor of love for the past 10 years, but our sales will never cover the expense of reroofing our building.

The artists who work to make this collective succeed are just as eclectic and quirky as the building they inhabit. Currently member artists works range from oils and watercolors, photography, jewelry, textiles, woodworking birdhouses and ceramics. The gallery's importance as a place to display and sell their work, and the amazing sense of community and nurturing each member experiences can't be overstated. We urge you to contact the Collective or Ling-Yen Jones and support the GoFundMe campaign.

**June Activities at the Sea Ranch Lodge and Environs**

**Vinyl & Vineyards** with Post & Vine Cellars Thursday, 6/2, 4:00pm-6:00pm, Play your favorite record from our collection of vinyls and enjoy a glass of wine Thursdays in the Fireside Lounge at The Sea Ranch Lodge!

**Make & Mend:** Tuesdays, from 4:00pm-6:00pm, Fireside Lounge. Bring your needlework and come together for a relaxing time visiting whilst knitting, crocheting, or hand-stitching by the fire.

**Father's Day Weekend** Live music and games at The Lodge Front Porch. Saturday, 6/18, from 1pm-3pm. Live tunes from Bards of a Feather.

**Father's Day BBQ:** Sunday, 6/19, from 11am-2pm. Celebrate Dad at The Sea Ranch Links! We're serving up barbecue & drinks, and rolling out our favorite lawn games for a family-friendly celebration.

**Golf Course BBQ** Fridays, 6/3 & 6/17, 4pm-7pm, The Sea Ranch Links. BBQ, buckets of balls & beers and lawn games for the family to enjoy!

**Saturday Morning Yoga:** Every Saturday from 9:00am to 10:00am. Flex Deck/Dining Rm. Led by local instructors. Bring your own yoga mat and other props.



**“Eastern Shore/Western Shore” • At The Dolphin Gallery In Gualala. Opening June 11**

**A New Exhibit Featuring The Works Of Suzanne Dunn and Carrie Phillips Kieser**

“Eastern Shore/Western Shore” is a new exhibit at the Dolphin Gallery in Gualala. Opening Saturday, June 11, 2022, “Eastern Shore/Western Shore” is a two-person exhibition featuring the works of Suzanne Dunn and Carrie Phillips Kieser. Working in different mediums—painting and print-making—both artists are currently making work that expresses their deep concern and appreciation with our coastal regions, one Eastern Atlantic and one Western Pacific.

Carrie Phillips Kieser lives in Nova Scotia, Canada along the eastern shores of the Atlantic Ocean, working in print media to create sculptural and spatial works that speak to circular elements of re-generation, symbiotic integration and entanglement. Kieser's work focuses on her time along her native shore, walking and playing in the intertidal zones, intermingling with the life forms which exist within the constant duality of sea and land. Her work also examines the concept of native, naturalized and invasive species found through discovery and research.

As Suzanne Dunn explains, “My artwork explores the idea of the deconstructed landscape. I am fascinated with the juxtaposition of human-made constructs and the

natural world, finding certain structures imposed on the environment to be objects to reappropriate and reimagine in an attempt to find harmony with their existence. For the series Crossing Over, my subject matter is taken from impressions of landscape as well as photos I take on the road in Northern California, paying particular attention to the sharp contrast between the industrial aspects of the Bay Area versus rural Sonoma County.”

The two artists met each other more than two decades ago, and although they live ‘countries and coasts apart’ they have maintained a close and reciprocal friendship. The hope is that this combined exhibition demonstrates to the community that when times seem out of control, and our old norms-of-being begin to be questioned, the natural world around us can offer new perspectives of togetherness, possibilities for hope, and a continued connection with each other.

Growing up in a family of artists, Suzanne Dunn has been painting for over 30

years. She received her BFA in 1995 from San Francisco Art Institute, studying with Bay Area Figurative Artist Bruce McGaw and American Master Painter Julius Hatofsky. She also briefly studied with David Hockney. In 2013 Dunn added ceramics to her repertoire, studying with Japanese Master Potter Shiro Otani in 2016. Her ceramic work ranges from purely functional to sculptural.

Carrie Phillips Kieser holds an MFA from Nova Scotia College of Art and Design (NSCAD) University, Halifax Nova Scotia, and has studied Art History at UCLA. She has exhibited her work nationally and internationally. From 2014 to 2018 she was the Executive Director of Alberta Printmakers, a non-profit and artist-run centre in Calgary, Alberta. With an interest in making art accessible to all, she served on the Calgary Public Art Board for two years until her relocation to Nova Scotia in 2019.

The Dolphin Gallery is at 39114 Ocean Drive, Cypress Village, Gualala, California, 95445. (707) 884-3896. The exhibit continues through Sunday, July 3, 2022.

Images: Left: “Tumbling Waters” by Phillips Kieser  
Above: “vf:rs, 2022” by Suzanne Dunn-



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**White Cap Café Hosts Artists Collective Works**

The White Cap Café in Anchor Bay is a peaceful and quiet place to enjoy locally roasted, organic coffee or espresso drink, as well as their special-blend Chai and pastries. Torry and Amanda Olsen have created a relaxed space where customers can sip their drink, read or do a jigsaw puzzle and, monthly, enjoy an ever-rotating exhibit of artwork by local artists.

From June 2 through June 29, 2022, the café hosts members of the Coast Highway Art Collective in Point Arena, showing works in various different mediums. Collective members are exhibiting at the June show are Bea Acosta, Andrea Allen, Linda Green, Chris Grassano, Rozann Grunig, Ling-Yen Jones, Geraldine LiaBraaten, Jack O'Rourke, Scott Sewell and Elizabeth Solomon.

The White Cap Café is located at 35509 South Highway 1, Anchor Bay. The café is open 7:00am to 1:00pm, daily except for Tuesdays and Thursdays. Support local artists and a favorite local cafe.

Information about the collective, the artists or becoming a member is at Coast-Highway-Artists.com.

**In June, Elk Gallery Features Anne Kessler & Craig Hathaway**

This month, the Artists Collective in Elk will feature the works of Anne Kessler and Craig Hathaway. Opening June 11, 1:00pm.

People find Kessler's pastels to be calming, up-lifting and colorful. Her recent paintings are once again of forest pathways and rivers documenting the places she goes for meditation—so needed for inner balance in these difficult times. “I find that the qualities of water are particularly healing, with its weight, coolness, implied motion, and reflected light.” Her work can also be seen online at anekesslerpastels.com.

Hathaway has been building custom made redwood burl driftwood furniture since 1984 and has had great success with his work over the years, sending his tables all over the world. He tries to let the natural form made by mother nature capture the elegance of each piece, leaving each live/natural edge of to speak for itself. The gallery and online at: www.mendocinoredwoodburl.com.

Open daily, the gallery is located at 6031 S. Hwy. 1, between the post office and Queenie's restaurant in Elk. See the work of all 30 artists. Open daily, from 10:00am to 4:00pm. More information call 877-1128.

**3rd Monday Music Returns At Arena Theater, June 20**

3rd Monday Music is back! Just in time for the summer solstice, Arena Theater's quarterly Third Monday Music, an open mic night for local musicians, will return on Monday, June 20 beginning at 7:30pm. Tickets are \$5 at the door.

Sign-ups will begin at 7:00pm on a first come, first served basis, and participants are encouraged to sign up early as space is limited. The music will start at 7:30pm with solo and duo acts until 8:30pm, followed by trios and bands from 8:30pm to 10:00pm. The stage will be open for jam sessions after 10:00pm. The shows are run by volunteers including lights, sound, setting up and managing the stage, and tending the theater bar.

“Third Monday Music grew from the desire to have a venue for local musicians to hone their stage skills and meet other musicians,” organizers said. “And it’s a fun dance night for the community as well!” It’s also an opportunity for people who would like to learn how to work with lights and sound and more. The June 20th show will serve as a first training session, conducted by Skye Nickell. More information is available at (707) 882-3272.

## "Replacements" by David Steffen

There was a 1980s midwest rock band (with Paul Westerberg) called The Replacements. There is also the football film, "The Replacements" with Keanu Reeves. How about hormone replacement? Hair replacement? As a matter of fact, my 10 year old Jetta has lots of replacement parts. It can all be a little confusing these days, given everything we're hearing in the media. But let me back up.

My friends (and some of the regular readers of the Lighthouse Peddler) know that I was a midwest boy, growing up in Wisconsin. I began singing and playing guitar at age 10, and over the next ten years found myself playing gigs in all sorts of places. During those years, the musicians I worked with, or the band I was a part of changed. Sometimes it was just a name change, other days it was some of the players coming and going.

Memorable venues from those days included predictable places like large halls at churches and schools, as well as bars, taverns and clubs. We regularly played the Italian Village restaurant in Milwaukee, a restaurant that was transformed at 8:00pm to become a dance club and bar called the "Ivy A-Go-Go". There were numerous gigs at CYO dances inside various Roman Catholic school halls, YMCAs, college mixers and so on. I've never forgotten playing the Brat Stop in Kenosha—that's brat as in "bratwurst"; or the dance/concert at the Naval Training Center at Great Lakes, Illinois, where we opened for the Nitty Gritty Dirt Band. We played at one club whose owner placed a permanent screen of chicken wire across the width of the stage, and from floor to ceiling. Although it didn't happen to us, I learned from the club's manager that members of the audience would sometimes throw their drinks or empty beer bottles at the stage if they didn't like the band.

While not an absolute, one of the common threads for our gigs was that the vast majority of our audiences were white, sometimes with a recognizable (but not significant) mix of brown.

The South Side of Milwaukee included Bay View, which was not a separate town but rather a collection of neighborhoods near Lake Michigan. Smaller still were enclaves within Bay View, and we all knew who lived where based on European lineage and language. There were no demarcation lines, and none were needed. I could stand on my front porch and tell you that this area is where the "German" families settled, and from that vantage point tell you where the other ethnic groups settled. Pointing northeast, I'd tell you that "the Italian fami-

lies lived 'over there,' about 6 blocks away." Pointing west, I'd explain that "the Polish families lived over there", and so on. Whatever Milwaukee had become during the 20th century, Bay View, at least, was representative of the "melting pot."

Local churches conducted Sunday services in English, and many of them offered at least one weekly service in a language other than English. As late as the 1970s my church continued to offer a service in German, sandwiched between the two English services.

Insulating many on the south side of Milwaukee was the Menomonee River, which created a large, natural valley—almost one-mile wide—with only a series of mile-long viaducts connecting the city's north and south sides at four spots: 6th Street, 16th Street, 27th Street and 35th Street. Like many cities, there was a Black and non-Black divide, and the Menomonee River Valley became an obstacle, a barrier to any idea of open housing.

At Bay View High School on Milwaukee's south side (where I went to school), there were no Black students until one teen, who lived on the north side, was enrolled, requiring Joanne to make the daily commute from the city's heavily Black north side. Some may remember hearing about the city being clearly segregated, and the racial tensions of the time were more than a little bump in the road. As riots came to Milwaukee, activists like the late Father James Groppi became nationally known and activism was growing. As the Wisconsin Historical Society recounts:

"Riots broke out in Milwaukee in 1967, and four people were killed. Something had to change. Father Groppi and Vel Phillips led protestors and civil rights workers for two hundred nights of marching. Vel was on the Milwaukee City Council. She was trying to get a Fair Housing Law passed so African Americans could live wherever they wanted to live. Night after night, the group marched from the Inner Core and crossed the 16th Street Viaduct, and every night their march ended in South Milwaukee. Angry white men and women lined the streets. They swore at the marchers and threw rocks and bottles at them."



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I was working for WUWM, the University of Wisconsin-Milwaukee's radio station in the summer of 1967, and I remember being stopped by national guard troops while attempting to drive through the city's downtown, gathering news for the radio station. Times were tense, and chalk it up (maybe) to my youthful naivety, but speaking only for me, I finally began to understand the depth of bias in my hometown.

When I was a young teenager, I had a conversation with my mother about extended family. My maternal grandparents divorced before I was born, so it was years before I started to put the pieces together. When I asked my mother if my maternal grandmother was still alive, she replied with a simple "yes". She later explained that my grandmother lived in Keshena, Wisconsin, "on the res". In short, whether by marriage or by blood, a part of my family's heritage is tied to a native American tribe. The Menomonee. And that was that.

This all brings me back to the current great right-wing racist trope, that today's immigrants are replacing "real Americans". There seems to be a complete denial of

"American History" from the settlement of Jamestown in 1607 through the next 400 years. Native Americans were all impacted by European expansion into North America. Treaties were made and broken, with regularity. Whole tribes were moved from ancestral lands to "somewhere else". Subsequent


emigres to the United States were Irish, English, German, Italian, Dutch and many others, as well as Chinese and, of course, African slaves. At some point each of those groups became a pariah here, some of that manifested as "simple" racism, and some other prior established groups, were targeted with legislation. And let's remember that a fair starting point for bias can be found in the United States Constitution's Three-fifths Compromise (Article 1, Section 2, Clause 3), which declared that slaves were only 3/5 of a person, not human but the property of White slave owners. And that wasn't changed until after the Civil War.

These days the right-wing bludgeon is "Replacement Theory" which promotes the false idea that immigrants are being "brought in" to the United States to increase the Democratic Party's voting block.

And here we are in America in 2022. It has become obvious that a difference of

race and/or ethnicity is now accompanied by a difference of core beliefs. Beliefs are one thing, facts are something else. Almost 80 years ago, Bernard Baruch offered this: "People are entitled to their own opinions, but not to their own facts." I don't know about you, but I've come to accept a corollary to Baruch: comedian Ron White's assertion that "You can't fix stupid."

We can disagree about almost anything, but what has changed is an inability to accept facts, and Replacement Theory is not a fact. It is all about dividing America, not bringing us together. And that has to change.



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John F. Kennedy (1917 - 1963)

### Haiku for June

**"into the air  
as warmer days linger  
daydreams form."**

*by mai haiku*

## "I Came All This Way to Meet You: Writing Myself Home"

A Book by Jami Attenberg • Reviewed by Jennifer Bort Yacovissi

Over the course of her writing career, which includes an extended period of not much success and then, in the last 10 years, significant success, Jami Attenberg has done a lot of traveling.

In fact, she has spent so much time in airports and on airplanes — unhappy activities that often required heavy self-medication — that she titled the three sections of her memoir-in-essays, *I Came All This Way to Meet You*, in relation to flying: "The Long and Winding Runway," "Brief and Dire Spasms of Turbulence," and "A Landing, of a Kind."

During that early, long stretch of non-success, air travel didn't factor in. There was no money for it. Instead, for her third book, she took herself in an old station wagon on a cross-country book tour she had cobbled together. At one point, she found herself in Wyoming under whiteout conditions:

**"She died on the road,' I wrote, in my head. And no one even bought her book."**

Attenberg's memoir is touching, funny, thought-provoking, and enraging (in that we share her rage), but it also provides the valuable service of puncturing any notions about the glamour of a writing career. She never names any of her titles, but she makes it clear how an author can have three published books (in her case, a collection of stories and two novels) and still have a failed career.

Then, after her fourth book, "The Middlesteins", found its audience and garnered Attenberg real attention, she embarked on a three-year period of virtual nonstop touring:

**"Say yes, I thought. To everything — whether it seems like a good idea or not to be working that much, traveling that much. Because it could all be gone again tomorrow. This is your bonus round. This is your extra life."**

(In that essay, "Extra Life," Attenberg describes teaching a writing class to North Americans in Vilnius, Lithuania, in which two male students "asked me directly if I thought they were ready to quit their jobs and devote their lives" to writing. To her credit, she didn't laugh in their faces. I would have been tempted to say, "Absolutely! Quit your job! It's clearly the right thing to do.")

Having just read another memoir-in-essays of sorts, Ann Patchett's *These Precious Days*, I was struck by one telling similarity between the two: both authors always thought of themselves as writers no matter what other jobs they might have been working. Being a writer was their identity irrespective of their state of success or non-success and regardless of whatever else the world might have taken them for (presuming the world ever bothered to look).

Still, much of Attenberg's focus here is on finding her place in the world, literally as much as figuratively. Her subtitle, *Writing Myself Home*, is apt. Originally from outside Chicago, she describes an itinerant existence that started her junior year in college — when, while in Europe, she discovered the joys of "life without restraint" — and lasted for much of her adulthood. "I didn't even own a bed frame until I was forty-five years old," she notes in "Other People's Beds."

She's had cheap apartments and group houses and lots of friends' couches all up and down both coasts. She lived in three different apartments in one building in Brooklyn (before it was cool to live in Brooklyn) but often couldn't actually afford to live there and so had to sublet and find other places to stay.

In "The Wrong Side of the River," Attenberg writes, "Living day by day had always seemed a valid way to operate." The reader can feel the disorientation, the exhaustion, in

her bones. Touring for her books kicks that peripatetic lifestyle into overdrive.

Still, sometimes there's no such place as far away enough. In "A Trip to the End of the World," she is in Italy during the Brett Kavanaugh confirmation hearings. "I'm so tired of talking and thinking about the same terrible things that have happened to me over and over again. I can't even keep track of everything that has happened to me. I would have to account for thirty years of harassment, ever since puberty."

But hearing Christine Blasey Ford speak pushes Attenberg to recount being attacked during her freshman year in college by a young man she thought of as a friend. She writes of the incident:

"There were others, in other ways, some of them worse. But he was my friend. That's what it was, that's why it was hard. He was my friend and he betrayed me by being just another man."

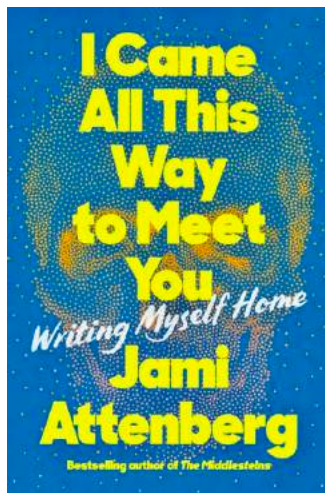
Predictably, the dean is more concerned with the attacker's future prospects than with the damage to Attenberg. A year later, she attempts suicide. "They have never asked me to return and speak... If they asked me back now, I would read this chapter."

It took her a very long time to figure out where she belonged, "to be able to put my body in the place where it needed to be."

Today, she feels at home in otherworldly places, like the crypts and ossuaries she describes visiting in several of her essays — places to consider one's insignificance in the grand scheme, as well as to ponder the difference between solitude and loneliness. She appreciates solitude, as most writers do, but the loneliness begins to wear.

Attenberg is an engaging storyteller in both fiction and nonfiction, and here she has readers in her corner, pulling for her to find what she's looking for. Thus, it's a comfort to be left knowing she has found her place — which turns out to be the surprise winner of New Orleans rather than New York — and a companion against the loneliness: a man she discovers she loves. We are happy to know she has finally written herself home.

*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.*



## June's Reading List

- Best Sellers and Best Bets -

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."  
*Haruki Murakami (1949-).*

- **Atlas of the Heart** by Brené Brown
- **Booth** by Karen Jay Fowler
- **Braiding Sweetgrass** by Robin Wall Kimmerer
- **The Dawn of Everything** by David Graeber and David Wengrow
- **Dream Town** by David Baldacci
- **50 States, 50 Campgrounds** by Joe Yogerst
- **Finding Me** by Viola Davis
- **Harlem Shuffle** by Colson Whitehead
- **I Kissed Shara Wheeler** by Casey McQuiston
- **The Lightning Rod** by Brad Meltzer
- **Nowhere For Very Long** by Brianna Madia
- **One Of Us Is Lying** by Karen M. McManus
- **Perfectly Pegasus** by Jessie Sima
- **Skandar and the Unicorn Thief** by A. F. Steadman
- **This Will Not Pass** by Jonathan Martin & Alexander Burns
- **Under the Banner of Heaven** by Jon Krakauer

### Another Book You Might Like\*

\* **I Came All This Way to Meet You: Writing Myself Home** by Jami Attenberg  
(See review on this page)

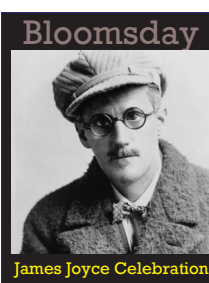
*The Lighthouse Peddler is pleased to bring our readers a list of the best-selling books being picked up and read by locals and visitors alike.*

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## "Bloomsday" Centennial Storytelling Circle with Mark Gross

### James Joyce Tribute At Sea Ranch Lodge June 16

Join Mark Sanford Gross, founder of KGUA Writers, for a community-oriented night of storytelling at the Lodge on Thursday, June 16 at 6:00pm. 2022 marks the centennial of James Joyce's *Ulysses*, which takes place over the course of one day, June 16th, 1904. In this classic novel, main character Leopold Bloom observes ordinary people getting through one simple day. Bloomsday is celebrated yearly in his honor through-



out the world, with gatherings centered around storytelling and the sharing of observations. This year, gather at the Lodge in our "Bloomsday pub" for storytelling, open mic, or just being part of the crowd and listening to others on this 100th birthday of *Ulysses*.

Mark will join Joel Crockett on his KTDE (100.5 FM) radio show "Good Morning with Frogman Joel", Thursday, June 9 (during the 7:00am hour).

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

Solution to Sudoku

# Scuttlebutt

by Mitch McFarland

Madeline and I just went on a mental health vacation. We didn't have anywhere in particular to go, but we just had to break our routine and do something different. My criteria for choosing a destination was that it should be in California, not be crowded, expensive or involve an airport and take us somewhere that we have never been. I eventually chose Paradise, California. You likely recall the Camp Fire of 2018 that leveled the town. 95% of buildings were destroyed and dozens of people lost their lives. The town had over 24,000 residents, but now is down to just over 4000. Madeline called us disaster tourists. I figured they could use our money.

I did some research and found that Paradise has instigated a tremendous effort to rebuild. Signs all over town show support for the work of rebuilding. People are even getting tattoos that say "Paradise" to show their indelible support.

One of the factors in choosing Paradise for our trip was that it could take us along routes we have never taken. Route 162 looked intriguing. It leaves 101 at Longvale (north of Willits) and goes through Covelo, then winds through the Mendocino National Forest to Willows on I-5. I've been in Mendocino County for almost 50 years and I have never been to Covelo.

I could see on Google maps that the highway designation 162 ends after leaving Covelo and is simply called Mendocino Pass Road. Before getting to Willows, it resumes the 162 title. Along the journey the road crests at 7700 feet, so I thought there would be a chance that it was closed. Instead of calling Caltrans to find out (I later learned that wouldn't have helped) we just took off and figured we would ask in Covelo. We asked at the Reservation office and their health center as well as with several people and no one could say for sure what the situation was "up top". We took off anyway and eventually reached what seemed like the end of the line. There was a mini store/bar run by an older hippie type named Tom and even he didn't know about the road since he too had never taken it. He advised against it and we turned around and went all the way back to Hwy 20 at Redwood Valley—a 3-hour detour.

Upon heading home from Paradise we stopped in Willows to learn more about the road over the mountains. We checked with CHP, the U.S. Forest Service, Glenn County maintenance, and Caltrans and

no one could tell us a thing. It seems that no agency wants to be responsible for that road. The CHP told us why—it is 43 miles of very steep washboard dirt road. The officer said it would take over 3 hours to drive it. That settled it.

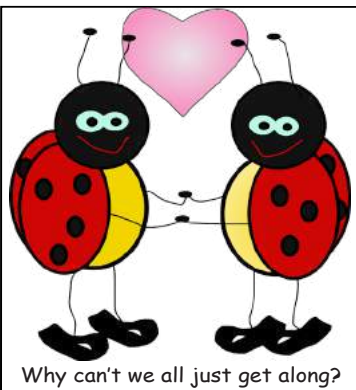
Paradise itself was interesting. Four years has brought back some bushy type plants, but there are no big trees except Sequoias. Most of them have all their lower branches burnt off as well as blackened trunks, but the upper parts are growing. The trees have survived the fire. There are many new buildings, but not nearly as many as the empty slabs and fountains that cover the town.

One thing that intrigued me about the town starting from scratch is that they now have the ability to re-invent their town however they see fit. Power and communication lines are all being buried, a new sewer system and treatment plant has gone in and they are planning a green belt around the town for recreation, wildlife enhancement, and to do controlled burns to protect the town from future disasters.

Another aspect of Paradise that I was curious about is what it would be like out of my political bubble here on the coast. Butte County is very conservative politically. Doug LaMalfa is their congressperson and he is a full-on God, guts and guns Trumper. He voted against the Violence Against Women Act because it would deny guns to people found guilty of domestic abuse.

My happy discovery was that everyone was really nice. Of course, Madeline and I are an old white couple so suspicion of us was not a big factor, but that doesn't tell the whole story. It really is about labels. We constantly label each other as to what we think people are, often before actually learning anything about them. If I had been wearing my "Feel the Bern" t-shirt things may have been different. I would be labelling myself as someone who has all the values that conservatives dislike and have attached to liberals. Just as if I was in San Francisco with a MAGA hat, someone might likely knock it off my head (and perhaps my head with it).

Our dog Scout goes everywhere with me—often on my shoulders. This constantly gets me in conversations with people about their pets. I'm sure I would have a very pleasant conversation with someone who attended the January 6 riot as long as we were talking about our pets. Or our children. Or the weather. Or just about any-



thing but politics.

Another example. On the way home we stopped in Williams at Granzellas, the well-known stop on I-5. It was very crowded as usual and as I waited for our order to be made I stepped back away from the busy, moving crowd. I ended up next to an older gentleman who had been in front of me in the line. It looked like he easily could have been a retired rice farmer and lifelong Republican. He was stocky, wore a full brim felt hat and bib overalls. As the crowd rushed by us we both moved back a bit and I said something like, "I guess we better get out of the way". He smiled and agreed before asking me if I had run the Bay to Breakers because my T-shirt looked like one his son got for doing that race. This began a long conversation about our knees, which are all well-worn. When my name was called to pick up my order we parted ways with a friendly smile and wished each other good luck. I'm sure if instead of mentioning my bad knees I brought up abortion, or LG-BTQ issues, or any of the other social issues that the media can't stop reporting on, we would have had a much different conversation, if one at all.

So, surprise! People don't hate each other as much as we are led to believe. We hate the labels that we are so quick to identify in others.

As a wise philosopher once said, "Can't we all just get along?"

"(What's So Funny 'Bout) Peace, Love, and Understanding"  
Nick Lowe (1949-)

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**SUDOKU** Edited by Margie E. Burke

Difficulty: Easy

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

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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"BEES" CONTINUED FROM PAGE 7

... European honeybees form when a colony becomes so large that it's about to split into two new groups. The relocating group forms a swarm that can hang from objects such as tree branches, and can change its shape, with each bee essentially holding hands with others next to it.

The scientists used a motor to shake a wooden board with a swarm of 10,000 honeybees hanging from the underside. By seeing how the swarm responded to shaking in various directions, they hoped to gain insights that could inform the creation of adaptive structures made up of robots linked together.

"Using a computational model, we showed that bonds between bees located closer to where the swarm attaches to the board stretch more than bonds between bees at the far tip of the swarm," Peleg recounts. "Bees could sense these different amounts of stretching, and use them as a directional signal to move upwards and make the swarm spread."

Put another way, the bees moved from locations where bonds stretched less to locations where they stretched more. "This behavioral response improves the collective stability of the swarm as a whole at the expense of increasing the average burden experienced by the individual bee," Peleg concludes.

They found that when they shook the board horizontally, the swarm spread out into a wider, more stable cone. But it was less able to react to vertical shaking and eventually broke apart. That's because vertical shaking didn't disrupt the bonds between individual bees as much as horizontal shaking, so the swarm didn't respond to vertical shaking by changing its shape.

Our thanks to all of the writers and contributors at [TheConversation.com](http://TheConversation.com)

**THE CONVERSATION**

Exhibition on Screen Presents  
"Pissarro: Father of Impressionism"  
At Arena Theater Sunday, June 12

Without Camille Pissarro, there is no Impressionist movement. He is rightfully known as the father of Impressionism. Exhibition on Screen presents this amazing film Sunday, June 12, at 1:00pm, doors open at 12:30pm. Directed by David Bickerstaff, the film has a running time of 90 minutes. Tickets are \$15 at the door or online.

It was a dramatic path that Camille Pissarro followed, and throughout it all he wrote extensively to his family. It is through these



intimate and revealing letters that this gripping film reveals Pissarro's life and work. Born in the West Indies, Pissarro found his passion in paint as a young man in Paris, and by the age of 43 had corralled a group of enthusiastic artists into a new collective. Their first show was scorned by the critics, but the group had acquired a new name: the Impressionists. For the next 40 years Pissarro was the driving force behind what has become the world's favorite art movement.

The Ashmolean Museum has a long tradition of excellence. As the UK's first ever public museum (opened 1683) it houses a wonderfully rich collection, including the remarkable Pissarro archive. With exclusive access to most extensive archive of any Impressionist painter, and to the first major Pissarro retrospective in four decades, this film explores and highlights the enthralling and hugely important biography and output of an incredible artist. **Attendees must be vaccinated, masks required.**

Welcome to June!  
Events and Happenings for Ft. Ross,  
Jenner, Timber Cove and Cazadero.

**Meditation Group:** All are welcome to a peer-led meditation group at Fort Ross School. Starting on June 6th, Monday, from 4:30. Sitting will be silent and last 30 to 40 minutes with time afterwards for relevant conversation. Every Monday excluding 3rd Mondays (school board meeting). No experience necessary. Curious what mindfulness could do for you? Please come. Bring your cushion if you have one. Marcella94924@gmail.com for inquiry.

**Fuel Reduction Work On Fort Ross Road:** June 1-8, and June 15-22. California Dept. of Parks and Recreation, CCC Ukiah, and CAL Fire continue fuel reduction work along Fort Ross Road. CCC crews will focus on removing dead and downed material and standing dead trees within 200' of the road edge. The material will be piled or staged to be removed from the site. If weather conditions are favorable CAL Fire will begin burning piles as they are constructed. Pile burning will only occur if conditions are safe. Contact Environmental Scientist Chris Heintzelman at 707-865-3173 or [Chris.Heintzelman@parks.ca.gov](mailto:Chris.Heintzelman@parks.ca.gov) with any questions or concerns.

**Personals**

**Horses:** Longing to be around horses. Does anyone with horses desire someone to keep them company, brush them, spend time with them? I desire being around horses again. Thank you. [privacyrules84@gmail.com](mailto:privacyrules84@gmail.com).

**Skilled Painter Wanted:** Need skilled painter for 400 sq. ft. living room ceiling. Twelve feet high on one end. Needs flat white paint and primer. 847-3831.

**Ongoing**

**Sunday Community Market** continues at Fort Ross School Sundays, 10am - noon. Although not required outdoors, masks are strongly advised indoors. Thank you for adhering to this safety protocol.

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# Crossword

by Margie E. Burke

## ACROSS

- 1 Stinging remark
- 5 Light on one's feet
- 10 \_\_\_ we forget...
- 14 Direction at sea
- 15 Blanchett film set in 1950s
- 16 Quite fond of
- 17 Castaway's place
- 18 Rowing teams
- 19 Hot pot
- 20 A little cuckoo
- 22 "Gunsmoke", e.g.
- 24 García Márquez work, "Love in the Time of \_\_\_"
- 26 Coastal bird
- 27 Colony member
- 29 Vegas hotel with gondolas
- 31 Front-runner

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21				22		23				
		24					25			26				
27	28			29					30					
31			32				33				34	35	36	
37					38	39					40			
41				42					43	44				
			45					46				47		
	48	49				50					51			
52					53			54					55	56
57					58		59				60			
61					62						63			
64					65						66			

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- 33 Seeking payback
- 37 Eaten up
- 38 Watchful
- 40 Seldom seen
- 41 Sloth cousin
- 43 Junior naval officer
- 45 Cruise purpose
- 47 Roulette bet
- 48 Parlor piece
- 50 Winner's flag
- 52 Series of contests
- 54 Tariffed goods
- 57 Lock opener?
- 58 Buy alternative
- 60 Ending with hard or soft

- 61 Discovered, slangily
- 62 Twirler's stick
- 63 Anagram for "aide"
- 64 Poke
- 65 "\_\_\_ we all?"
- 66 Hatchling's home

## DOWN

- 1 Can of worms?
- 2 \_\_\_-ran
- 3 Not eager
- 4 Nut-bearing tree
- 5 Speed up
- 6 Veggie patch

- 7 Steamed state
- 8 Tidal extreme
- 9 "Anything \_\_\_?"
- 10 Radio audience
- 11 Set foot in
- 12 Back at sea?
- 13 Word with ghost or boom
- 21 Moved, nautically
- 23 Just for men
- 25 PRNDL pick
- 27 Aquatic plant
- 28 Kind of sign
- 30 Type of camp
- 32 Like fish and chips
- 34 Equitable deal
- 35 Impel
- 36 Give for a bit
- 39 2024 is the next one
- 42 Arkin or Ladd
- 44 Kind of tide
- 46 All together, with "in"
- 48 Sub detector
- 49 Go one better
- 51 Kind of situation
- 52 Pound (down)
- 53 Isle of exile
- 55 "\_\_\_ chic"
- 56 Backside
- 59 Bolted down

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John Ruskin (1819 - 1900)

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## "Dumpy Little Seabird Celebrates World Ocean Day"

by Mary Jane Schramm, Freelance Writer, Naturalist

In the thin light of dawn the caffeine-charged (but still sleepy) scientists headed out from Sausalito aboard the 67-foot NOAA research vessel Fulmar into Greater Farallones National Marine Sanctuary and adjacent waters. Today they were surveying across and just beyond the Continental Shelf for seabirds, and for marine mammals such as whales, dolphins, and sea lions. These are indicator species that would reflect ocean productivity during this spring upwelling season. Periodic stops for plank-



ton net tows would reveal what lay beneath the surface in the water column, and sea water sampling would document its chemistry. Following a lengthy COVID-mandated interruption of field work, and with good sea conditions, all were agreed: it was good to be back at sea.

Past the offshore Continental Shelf Break where deep nutrient-laden water surges up to the surface, they approached the end of a long, straight-line transect - one of a series

of tracks that ensures a consistent, methodical profile of sea life. Perched on the flying bridge, a researcher peered through powerful binoculars and called out, "Cassin's Auklets, 300, feeding" as a colleague entered the data into a computer. The flotilla of Cassin's auklets (*Ptychoramphus aleuticus*), a small, chunky seabird and prime sentinel of ocean productivity, signaled the presence of krill: tiny shrimplike creatures that form their main diet, and for that matter, that of giant blue whales, too, and many species in between. Abundant krill meant every creature in the marine food web would feast well this season.

**Flying Tennis Balls:** The Cassin's Auklet is easy to identify. Mostly dark gray, on the wing it resembles a flying tennis ball, and its white "eyebrows" give it a quizzical expression. Its tiny beak limits its prey to plankton, small fish, and squid seized in shallow dives, or picked from the surface.

They breed on islands from Alaska's Aleutian chain to Baja California, Mexico. The Farallon Islands off San Francisco host a spring-summer population of around 50,000 breeding pairs, but it can fluctuate wildly from year to year, depending on food availability. Little is known of their winter non-breeding range or offshore diet.

**Baby Boom, or Bust?** These auklets nest deep inside burrows made comfy with native vegetation. They typically lay only one egg, but may "double-clutch" - nest again

later in the season - in highly food-productive years. However, if upwelling fails due to warming seas—an increasingly frequent occurrence with climate change—these small birds are among the first to experience nesting failure and massive at-sea mortality.

The marine sanctuaries document this through research cruises and the mostly volunteer Farallones Beach Watch shore survey program. They share this information with other agencies and conservation groups to enlarge and enhance ecosystem monitoring, and so coordinate actions to protect our ocean's health.



**World Oceans Day:** On June 8 we (and the auklets) celebrate United Nations World

Oceans Day to appreciate the beauty, wealth and promise of the ocean, and to work toward making ours a sustainably managed Blue Planet. Its 2022 theme is "Revitalization: Collective Action for the Ocean." If you can, head out to the coast, but also take

time to learn about our national marine sanctuaries and their work to protect our waters from oil drilling, habitat destruction, and pollution. That knowledge may lead you to become part of the "collective action" through one of the sanctuaries' volunteer programs.

To find out more about Greater Farallones and Cordell Bank national marine sanctuaries, go to <https://farallones.noaa.gov> and [cordellbank.noaa.gov](https://cordellbank.noaa.gov) For more on World Ocean Day, see <https://worldoceansday.org/>

Far left: Flying tennis balls, or Cassin's Auklets? Photo: NOAA.

Near left: Tiny seabird in burrow sitting on a huge egg. Photo: NOAA.

Above: Nondescript, but sentinels of the sea. Photo: CINP-NPS.

Mary Jane "MJ" Schramm is a marine conservationist, author, journalist, filmmaker, and naturalist. She has worked aboard NOAA and other vessels off California, Mexico, Alaska and the Bahamas, focusing on marine mammals and seabirds and assisted with elephant seal research and intertidal monitoring on the Farallon Islands.

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## Get Out! June 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.

- Wednesday 01: 3:00pm, Coast Library presents publisher Stephen Kessler, "Last Call"
  - Thursday 02: 7:00am, Art Exhibit at White Cap Cafe featuring artists from CHAC
  - Friday 03: 10:15am, Point Arena Lighthouse tower tours begin again.
  - Friday 03: 7:00pm, "Downton Abbey: A New Era" opens.
  - Saturday 04: Noon, Coast Hwy Art Collective opens a new exhibit.
  - Saturday 04: 9:30am, Gualala Farmers Market at Gualala Community Center every Saturday
  - Saturday 04: 10:00am, MET Opera presents "Hamlet" at Arena Theater.
  - Monday 06: 4:30pm, Meditation Group at Ft. Ross School (Mondays, excl. 3rd Mondays)
  - Monday 06: 7:00pm, ATFC presents "The Sting" at Arena Theater.
  - Thursday 09: 6:00pm, Reeds & Keys bring great music to Sea Ranch Lodge
  - Friday 10: 11:00am, Gualala Salon and Salon des Refusés Opens at Gualala Arts
  - Friday 10: 5:30pm, Dinner & Jazz with Susan Sutton Trio at Saint Orres
  - Friday 10: 7:00pm, "Doctor Strange in the Multiverse of Madness" opens at Arena Theater
  - Saturday 11: 1:00pm, Opening Reception for Kessler and Hathaway at Elk Gallery.
  - Saturday 11: 5:00pm, "Eastern Shore/Western Shore" exhibit opens at Dolphin Gallery
  - Sunday 12: 1:00pm, "Pissarro: Father of Impressionism" screens at Arena Theater.
  - Tuesday 14: Full Moon
  - Thursday 16: 6:00pm, "Bloomsday" Centennial Storytelling Circle at Sea Ranch Lodge
  - Thursday 16: 7:30pm, Diane Frank • 3rd Thursday Poetry & Jazz at Arena Market in Pt. Arena
  - Friday 17: 7:00pm, "Top-Gun: Maverick" opens at Arena Theater.
  - Sunday 19: Fathers Day
  - Sunday 19: 4:00pm, "Kiss The Ground", Science on Screen film at Arena Theater
  - Monday 20: 7:30pm, Third Monday Music at Arena Theater.
  - Friday 24: 7:00pm, "The Bob's Burgers Movie" opens at Arena Theater.
  - Saturday 25: 2:00pm, Fire Safety & Prevention Forum at South Coast Fire Dept., Gualala
  - Saturday 25: 3:00pm, Ruth Thompson, Marcia Meier, Tania Pryputniewics at Four-Eyed Frog
  - Tuesday 28: 6:00pm, Pt. Arena City Council Meeting via Zoom. ◇◇
  - Thursday 30: 6:00pm, Reeds & Keys bring great music to Sea Ranch Lodge (again)
- Looking ahead to July:
- Saturday 02: 4:00pm, Music and Fireworks at Arena Cove
  - Sunday 03: 12:00noon, Independence Day Parade on Main Street in Point Arena.

### Farmstead Atop Gualala Mountain With Views That Stretch To The Sea



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