

**ALWAYS
FREE**

June 2020



Mendocino Coast's Lighthouse Peddler

The Best Original Writing, plus the Guide to Art, Music, Events, Theater, Film, Books, Poetry and Life on the Coast



Explore Our Local Businesses

As the weeks have rolled by (or dragged on), there's a bit of familiarity coming to living during California's Shelter In Place (SIP). Our old normal will return at some point, but for now we're living with 'a temporary new normal'.

When the SIP order was announced in March, I'm not certain any of us knew just how daily life would go on along the Mendocino Coast. Slowly we began to understand just what is an essential business. On first glance it felt like there were 'essential' businesses and everyone else. In time a number of businesses reinvented their mission, happily for all of us.

Some ten weeks into SIP there may be uncertainty as to who's open and who's not, and

people and businesses we've missed.

With that in mind we had an idea. Inside this issue of the Lighthouse Peddler (on page 4) you'll find information on many area businesses and what they're doing right now. A few have been open during SIP, and others are open now or will open soon.

The state amended it's SIP order on May 8. We are now in the early days of Stage 2, which includes lower risk workplaces including retail, manufacturing, offices, limited personal services, outdoor museums, child care and essential businesses can open with modifications. The state is . . .

... cont'd on page 13.

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The Coast Highway Art Collective Presents A Soft Opening in June
Visit the Exhibits on the Collective's Patio Each Friday

Just as the spring wildflowers are emerging on the coast, so are many of the local businesses that have been shuttered since March. A slow, careful unfolding, one store at a time. During this next phase of reopening, the Coast Highway Art Collective in Point Arena is exhibiting member's art work on the front patio of the building on Fridays, from 11:00am to 2:00pm. Customers are welcome to come by and browse, properly attired in the facemask of your choice, and all items are available for purchase.

In addition to new and exciting works created by Collective members during the shelter-in-place order, guest artists Bobbi



Jeanne and Ron Quercia of Bodega Bay are exhibiting a collection of ceramic and coastal paintings in their new show, Birds Eye View II. While access to their work at the gallery is limited at the moment, visitors are encouraged to access the virtual gallery the Collective hosts to see their work in detail. Visit https://coast-highway-artists.com/virtual_tours#Next.

Bobbi Jeanne Quercia was born into a family of artists. "My interest in ceramics began at the age of 14 when I made pottery for our 'Family Gallery' in Mendocino, Ca. My mother, Lois Need, a sculptor and watercolorist, instilled the desire to create. My stepfather, Al Need, a renowned seascape painter and my father, William Dailey, a wild life painter. The 'Family Gallery' carried my work and the work of my family for more than a decade, from 1965 through the 1970's," says Bobbi Jeanne. She studied with

Sasha Makofkin and Jack Sears and was influenced by Brad Perry, Sophia Southern, Lois Need and Japanese Ceramics.

Bobbi Jeanne says she is fascinated by the "magical transformation of alchemy from clay to stone, figurative sculpture with clarity, simplicity and spontaneity that can bring motion with emotion." Inspired by coastal life, her new direction is building totems that support the connection between humans and the earth, telling a story of balance. "This new series of bird totems are about new life supporting one another through our thoughts that create another thought, our ideas that create another idea. Totems are spirit guides that can protect the earth and its inhabitants."

In 1985 she opened the second "Family Gallery" in Duncans Mills, Ca., featuring the creative work of three generations. In 1995 the gallery merged with the Quercia Gallery, also in Duncans Mills. Bobbi Jeanne and Ron Quercia, a coastal painter, were married in 2000. They continued the Quercia Gallery, exhibiting their work and representing selected Sonoma County artists, until the gallery closed in 2016.

Ron Quercia says his awareness in art started at an early age with a painting by Van Gogh in Life Magazine. Encouraged by his mother and grandmother, he started drawing whatever he saw. In junior high, he had my first art teacher who gave him serious artistic encouragement. From then on, he



pursued every art course available to him.

In 1969 through 1973, Ron attended the California College of Arts and Crafts (CCAC) in Oakland, Ca. There, he was influenced by the Bay Area Figurative School of art, as well as artists Jacque Faberet, Arthur Okamura, Vincent Perez, Ron Dahl and Ralph Borge.

Privately collecting and dealing early California art from 1975 to 1990, Ron opened of his first gallery in 1980 in Petaluma, California. His interest in contemporary art continued as he added post World War II paintings to his gallery. Then, in 1990, he moved his gallery to Duncans Mills, where he met and married Bobbie Jeanne, merging their lives and their galleries. Ron also offers frame restoration services, that he has been developing for the past fifty years.

At the present time, the Quercia's live at Salmon Creek, just north of Bodega Bay. Ron says "I've been painting coastal images for the past thirty years. Fascinated by the coastal light and color, my work is a reflection of what I see. We are working full time in our studio and have our studio open to the public most days." Visit their website at www.Qcoastalart.com for more information.



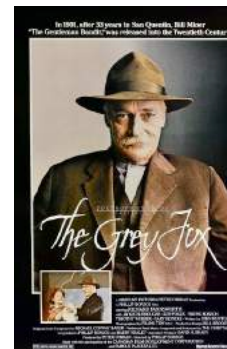
The Coast Highway Art Collective gallery is located at 284 Main Street, Point Arena, the little red building next door to the Redwood Credit Union. More information is available at www.coast-highway-artists.com.

"The Grey Fox"

With Richard Farnsworth

Available now from Arena Cinema.

Arena Theater offers us another way to see good movies and support the theater. Facilitated by a group of film distributors who came together to support small independent movie houses that had to close due to the Covid 19 pandemic, Arena Cinema offers a variety of mostly art-house movies. This program provides movie fans with an opportunity to support the theater while watching new releases from the safety of their homes. When they buy a ticket as much as 50%, sometimes even 70%, of the net proceeds goes directly to Arena Theater.



Next on the playlist is "The Grey Fox," a classic heist film starting continuing to be available through June 11. Visit the Arena Theater website for details.

Francis Ford Coppola protégé Phillip Borsos directs this elegiac, low-key tale about real-life bandit Bill Miner that has become a classic of Canadian cinema. Having been released from jail in 1901 following a 33-year prison sentence for robbing stagecoaches, Bill Miner (Richard Farnsworth) finds himself living in a society that has completely changed from the one of his youth. He tries to put his life of crime behind him and settle down in Washington state with his sister, but the quiet life does not suit him. He feels restless but uncertain as to how to proceed next. The answer comes to him when he sees Edward S. Porter's "The Great Train Robbery". "Farnsworth appears to have been born to play Bill Miner. An exceptionally fine movie." – Kathleen Carroll, New York Daily News.

"White Water • Lighthouse View"

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Lighthouse Peddler

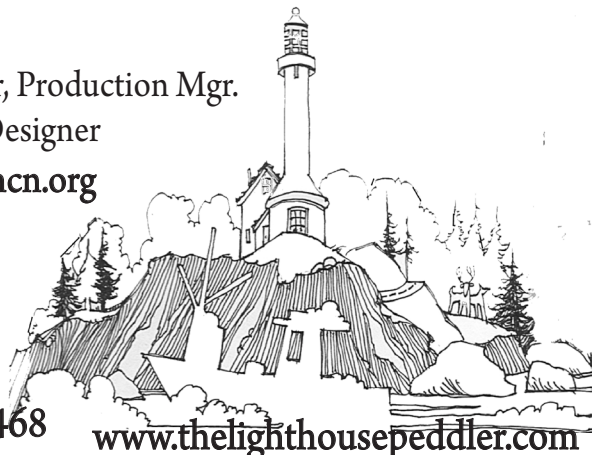
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- Happy, smiling, fabulous faces. See our area High School grads. (Page 16).
- An abbreviated "Get Out!" returns. Little by little. (Back cover)

Editor's Note: Cathy Sue Riehm has been contributing her Animal Care & Welfare essays to the Lighthouse Peddler for a few years now. Last month we spelled her name correctly, and we had the correct title to her essay. After that we fell down. Our apologies. Her column on "Pets and Covid19" appears on page 7 of this issue. You'll also find a find a picture of Rex social distancing.

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy." They told me I didn't understand the assignment, and I told them they didn't understand life."

John Lennon (1940-1980)



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More Local Businesses Are Beginning To Open Up. Here's the Peddler's List. (And Please, Wear Your Mask!)

Accents by the Sea: Kitchen, cookware and accessories. 707-884-1988. 39132 Ocean Drive (Cypress Village), Gualala.

Action Network: Offering community support and distance learning. Contact their office at 707-884-5413 or visit their website: actionnetwork.info.

Anchor Bay Store: Open Monday thru Saturday, 8:00am-7:00pm, Sunday from 8:00am to 6:00pm. 707-884-4245. 35513 South Highway 1, Anchor Bay.

Arena Market & Cafe: Open Monday thru Saturday, 7:00am-7:00pm, Sunday, 7:00am to 6:00pm. Senior hours 8:00am to 10:00am. 707-882-3663. No cafe seating but to-go orders available. ArenaMarketandCafe.org. 185 Main Street, Highway One, Point Arena.

Arff Feed & Pet Supply: Open Monday, Tuesday, Thursday, Friday, 10:00am to 5:00pm, Saturday 10:00am to 3:00pm. Highway One and Pacific Woods, Gualala. 707-884-1832.

Alison Trujillo Translations: Spanish to English translations. trujilloalison@gmail.com. 707-847-3970.

Arena Frame: Anna is available by appointment. 707-882-2159.

Arena Pharmacy: Open Monday thru Friday, 9:00am to 5:30pm. 707-882-3025. 235 Main Street, Highway One, Point Arena.

Arena Technology Center: Contact the center at 707-882-4173.

Arena Theater: Theater building closed during SIP. Some events available via stream. ArenaTheater.org. Check website for details.

Artists Collective in Elk: Gallery closed during SIP. Virtual exhibit being planned. Contact the Collective at 707-877-1128. ArtistsCollective.net. 6031 South Hwy. One, Elk.

Banana Belt Realty: 707-884-1109. 35505 South Highway 1, "Downtown" Anchor Bay.

B Bryan Preserve: More information on opening and tours is at BBryanPreserve.com.

Birdsong Clinic & Tea Shop: Expanded botanical offerings in response to Covid19. Call for more information. 35590 Verdant View, The Sea Ranch. BirdsongClinic.com.

Coast Community Library: Patrons can either call, e-mail, or use the request form on the website to request and check out books via curbside pickup. Only up to 5 requests per week. Please keep all books until the library reopens. 707-882-3114.

Coast Highway Art Collective: Exhibiting on the patio on Fridays, 11:00am to 2:00pm. 284 Main Street, Point Arena, CA 95468. 707-882-3616. Coast-Highway-Artists.com.

Cove Coffee: Not open yet. 707-882-2665. At the Cove in Point Area. Stay Tuned.

Discovery Gallery Artists Collective: Open Thursday thru Tuesday, 10:00am-2:00pm. 707-884-1900. 39140 South Highway One in Gualala.

Dream Catcher Interiors: Open Monday-Friday, 9:00am-4:00pm, Saturday, 10:00am-3:00pm. 707-884-9655. 38870 South Highway One, Gualala. DreamCatcherInteriors.com.

Flowers by Natasha: Contact Natasha for current hours and availability. 707-884-9414. GualalaFlowers.com.

Four-Eyed Frog Books: Open Tuesday thru Saturday, 10:00am-4:00pm. 707-884-1333. FourEyedFrog.com. Check or credit card only. In Cypress Village, Highway One, Gualala.

Franny's Cup & Saucer: Open Wednesday thru Saturday, 8:00am-2:00pm. Sundays 8:00am to Noon. 707-882-2500 at 213 Main Street, Highway One, in Point Arena.

Garcia River Casino: Closed during SIP. 707-467-5300. theGarciaRiverCasino.com.

Green Room: Open Monday thru Thursday, 11:00am to 6:00pm. Weekends, 11:30am to 6:00pm. 707-320-1918. TheGreenRoom-Collective.org. 138 Main Street, Highway One, in Point Arena.

Gualala Arts: Gualala Arts Center is closed. The Center's Sculpture Garden is scheduled to open for visitors in June. Check the website for details. GualalaArts.org.

Gualala Building Supply: Open Monday thru Friday, 7:30am-5:00pm. Sunday, 8:00am to 5:00pm. GualalaBuildingSupply.com. 38501 South Highway One, Gualala.

Gualala Farmers Market: Open Saturdays, 9:30am-12:30pm. Center Street & Hwy One.

Gualala Supermarket: Open every day, 7:00am-6:00pm. 707-884-1205. 39225 South Highway One, Gualala. Senior discounts on Monday and Wednesday all day. Seniors only (60+ years of age) from 9:00am to 11:00am.

Ignacio Health Insurance Services: 707-884-4640. IgnacioHealth.com. 35521 South Highway One, Anchor Bay.

Jin Shin Jyutsu: Denise Green, CMT. Body, Mind, Spirit. Information at 707.882-2437.

Jrs Home & Auto: Open Monday-Saturday, 9:00am-5:00pm, Sunday from 10:00am to 3:00pm. 38820 South Highway One in Gualala. 707-884-3534.

Jrs Auto Care Center: Open Monday-Friday, 9:00am-5:00pm. 46900 Pacific Woods Road at Highway One in Gualala. 707-884-1837.

Judith Hughes: Acupuncture, Telemedicine, Chinese Medicine: By Appointment. 707-357-3055. AcupuncturePointArena.com.

The Loft: Going out of business sale. Open Monday, Wednesday, Friday, 10:00am-3:00pm. 707-884-4424. at 39225 South Highway One, Sundstrom Mall. Gualala.

KGUA Public Radio: No in-person hours at the present time. 707-884-4883. Email at kguafm@gmail.com. Website at KGUA.org.

KTDE: No in-person hours at the present time. Office: 707-884-1000. Studio: 707-884-3000. Website: KTDE.com.

KZYX Public and Community Radio: No in-person visits. Office: 707-895-2324. Studio: 707-895-2448. Website: KZYX.org.

Lisa's Luscious: Open daily, 11:00am-5:00pm. 707-882-2452, 90 Main Street, Highway One, Point Arena. LisaJams.com.

Little Green Bean: Locally roasted coffee, available online at LittleGreenBeanRoastery.com. 707-684-9813.

Mar Vista Cottages: Information is available at 707-884-3522. MarVistaMendocino.com.

Mendocino Coast Botanical Gardens: Beginning a phased reopening. Check their website for current details: www.gardenbythesea.org/visit/updates.

Mendonoma Health Alliance: Organizing online Healthy Cooking sessions. Contact MHA at 707-412-3176 x 102 or email them at info@mendonomahealth.org.

MTA: Schedule has changed. Check the ad in the Lighthouse Peddler or the MTA website at MendocinoTransit.org.

Office Source: Open Monday, Tuesday, Thursday, Friday, 2:00pm-4:00pm. 39150 Ocean Drive, Ste 2, Gualala. (Please knock. One customer in the store at a time). 707-884-9640. Info at OfficeSourceGualala.com.

Oz Farm: Fresh produce is available at farmers markets in Gualala, Point Arena, and Fort Bragg. Information is at OzFarm.com.

Phillips Insurance Agency: Available by phone or email only. 707-884-1740. aphillips@farmersagent.com.

Point Arena Lighthouse: Closed due to SIP. Retail may re-open in June. Check the website or call for updates. 707-882-2809. PointArenaLighthouse.com. 45500 Lighthouse Road, Point Arena.

Point Arena Pizza: Open Sunday and Monday, 4:30am-8:00pm at the Cove, Point Arena. 707-318-4174 and PointArenaPizza.com.

Ranch Cafe: Open Thursday thru Tuesday, 7:30am to 4:00pm. 7:30am to 4:00pm. 707-785-4529. TheRanchCafe.biz. 35590 Verdant View, Sea Ranch.

Rollerville Cafe: Take out only. Call for specials. 707-882-2077. 22900 South Highway One, Point Arena.

Red Stella: Open Wednesday thru Saturday, 11:00am-4:00pm, Sunday from 11:00am to 3:00pm. 707.884.1072. On Highway One at the Sundstrom Mall.

Sea Trader: Open Monday-Saturday, 10:00am-5:00pm. Sunday 11:00am-5:00pm. 707-884-3248. 38640 S. Hwy One, Gualala.

Skunk Train: Open for RailBike trips along the Redwood Route. 1-4 departures per day beginning at 8:30am. \$40 per 2-person Railbike. Information is at 707-964-6371, at the depot in Fort Bragg, and at SkunkTrain.com.

Spirit Veterinary Clinic: Mobile Veterinary Services, Monday thru Thursday, 8:00am to 5:00pm. Vaccine Clinic Fridays (behind the Gualala Hotel) 8:30am to 12:30pm. More at SpiritVeterinaryServices.com.

Surf Market: Open Monday thru Sunday, 7:30am-8:00pm. 39250 South Highway One, Gualala. 707-884-4184.

Two Fish Bakery: Open Wednesday thru Sunday, 7:30am-3:30pm (until 5:00pm on Fridays for Pizza) on Highway One in Stewarts Point. 707-785-2011.

Village Bootery: Open Tuesdays and Fridays, 12:00pm to 6:00pm. 707-884-4451. 38951 South Highway One, Gualala.

Wellness on the Coast: 19 separate wellness practitioners. Check the website for healing modalities, contact information and availability. Wellnessonthecoast.com.

Zen House: Open Tuesday thru Saturday, 10:00am to 6:00pm. 707-882-2281. Sales, Repairs, Service, and Special Orders. Online at TheZenHouse.net. 170 Main Street, Highway One, Point Arena.

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**Virtual Community Talent Show •
A Fundraiser for Arena Theater
Watch From Home
via ZOOM, Friday, June 5**

The Virtual Community Talent Show, a fundraiser for Arena Theater is now scheduled from Friday, June 5 at 7:00pm. Tickets are being sold to benefit the theater, and the audience gets to sit in the comfort of their own home and enjoy. There's barely enough time to sign up to perform your special talent. You can email shauna@arenatheater.org to sign up.

You bring the talent, Arena Theater will supply the stage for Arena Theater's VIRTUAL community talent show. When the zoom windows open, the audience will be treated to a fun show suited for the whole family, celebrating the creative spirit that marks our coastal community.

Performers of all ages will not only entertain but also help raise money for the theater by showing off their talents. The acts will include singers, musicians, dancers, and comedians with favorite repeats from last year as well as new acts.

Performances will be live via Zoom, or performers can send a video of their act in advance that will be played during the Zoom show. Acts must be five minutes or less (one song only for musical acts). Please email shauna@arenatheater.org to sign up or for more information.

"All of you talented and home-bound Point Arena and Gualala people! We'd like you to be part of our virtual talent show! So dust off your dancing shoes, warm up those pipes, practice your stupid pet tricks and email us to join in the fun... And the best part? You can stay in your pajamas!"

Tech shortcut: If you're not familiar with Zoom, but you have access to the internet, you'll be able to view the Talent Show with a link provided by Arena Theater.

Mendocino County (and Sonoma County) is filled with talented people. Join the fun.

**Mendonoma Health Alliance's
"Healthy Cooking on a Budget"**

Mendonoma Health Alliance's "Healthy Cooking on a Budget" sessions continue in June. The sessions remind us that food is not only an essential part of life but the type of food you eat can impact chronic conditions and physical/mental well-being. Each week has been designed to offer something different for every pallet and every health need.

All ingredients will be low cost and can be found locally. Participation is FREE for all. Below is a list of scheduled sessions and the type of meal that will be cooked.

As we get closer to each session, a breakout event flyer will be created to provide specific details for each session. The flyer will include information about the chef of the week, the utensils needed to complete the dish, and a list of ingredients. Following the close of each session, the recipe will be emailed to all participants along with a recording of the session to reference in the future.

JUNE 3: Whole Grains and Low sodium with Chef Jill Nussinow. Wednesday, June 3 at 5:30pm. <https://zoom.us/j/994799095085>

JUNE 10: Diabetic-friendly Italian Night with Chefs Madison Madden and Joe Rich. Wednesday, June 10 at 5:30pm. <https://zoom.us/j/93607970110>

JUNE 17: Plant-based Mexican Meal with Chef Rebecca Stewart. Wednesday, June 17 at 5:30pm. <https://zoom.us/j/98505353166>

MHA has more information at 707-412-3176 x 102, email info@mendonomahealth.org or visit our website at <https://mendonomahealth.org/calendar/>.

**Get Back Into Reading
Coast Community Library's
Curbside Pickup Begins In June**

Mendocino County Library is very glad to be able to provide this "books to go" service! Here's how their new Curbside Pickup works:

- To request items from Coast Community Library you can call 707 882-3114, e-mail larkej@mendocinocounty.org, or use the request form on the website.
- Only items that a branch has on its shelves showing as "checked in" can be requested.
- Only up to 5 requests per week.
- Items will be "due" in three weeks. The date will be extended if necessary.
- Book drop remains closed. Please keep all items until we reopen.
- Staff will receive an order, available items will be checked out and placed in a bag. You will be called to arrange a pick-up time and



the bag will be placed just outside the front door before you arrive.

- Pickup times will be staggered according to a social distancing schedule so please let us know in advance if you can't make an appointment.
- Hours: for pickup 11:00 am—4:30 pm

As Shelter In Place begins to gradually reopen, the library in Point Arena is here to help. Coast Community Library is at 225 Main Street, Point Arena, CA. 95468. 707 882-3114.



Gualala Arts

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workshops
and more.**

Great News!



**The New Dolphin
is Coming Soon!**



**Look for more
announcements during
June. And check for
updates at
GualalaArts.org**

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Life is about creating yourself."

George Bernard Shaw (1856-1950)

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Solution to Crossword:

Full Moon



June 5

New Moon



June 21

Annual Membership Meeting and Board Election 2020 Set for June 8. Online.

The Arena Theater Board will hold a Special Zoom Meeting on June 8, at 6:00pm, to consider and vote on two Motions to Amend the Arena Theater Association By-laws. If passed, the amendments would waive the requirement that the June 15, 2020, General Membership Meeting and Election of Directors be held and the three open board seats would be filled by a vote of the board.

The extended nominating period has closed and there are three candidates for the three open board seats, Tim McMurtry (returning), Blake More and Harm Wilkinson.

Anyone interested in participating in the Special Meeting should call the Arena Theater office at 707 882-3272 (leave your name and telephone number) so that the necessary remote arrangements can be made for you to attend. You can participate either by phone or on your laptop with video and audio.

In addition to the three board seats up for election this year, there is one other vacancy on the board. Barbara Pratt, whose current three-year term on the Board is ending, has been nominated to fill the remaining year of that term.

While we anticipate that there will not be an annual meeting, Year-End Reports and Projections will be available at arenatheater.org > About > Board and Staff > Scroll to Board Agendas & Minutes. The reports will include specifics and accomplishments for the year May 2019 to April 2020 as well as projections for 2020/21 to keep our membership informed about upcoming challenges for the theater.



The 2020 Census is Here. Be Counted! Because It's Important!

The Census is here. Each of us must fill out the census form so that our rural areas, town, villages, cities, counties and states are represented. The data gathered from this census will dictate the amount of federal funding that will come to our county for the next ten years.

Every individual that is counted, translates to \$20,000 over ten years. So, if we miss a family of four, that is \$80,000 our county will not receive for critical infrastructure needs including our roads, our schools, senior housing, fire fighters, and more. You can fill out the census online at: www.my2020census.gov

Complete the census. There are only a few questions: the names of who lives in my home, their birth dates, and our ethnic heritage. Stop thinking about it. Just do it!

MTA Bus Service Update

• Changes During Shelter in Place (Update)

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

• Last week, Mendocino County's Public Health Officer has issued an order requiring Mendocino County residents to wear face masks in public. The order (CA Health and Safety Code 120295, et seq.) is intended to reduce or stop the spread of the coronavirus. Beginning on Friday, May 1, passengers/riders on MTA will have to wear a face mask in order to board any MTA bus.

• On April 1, 2020 Mendocino Transit Authority **discontinued public bus service to Santa Rosa**. The reduction in service continues.

• **ROUTE 95:** The suspension of Regional #95 bus service along the south Mendocino coast from Point Arena to Gualala and on to Santa Rosa remains in place. This suspension will continue throughout the order to shelter-in-place.

• **ROUTE 75:** Bus service on this route will continue, providing essential transportation to south Mendocino coast residents. The

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

• **ROUTE 65:** MTA will no longer take passengers south to Santa Rosa on Route #65 inland buses.

• **INLAND ROUTE:** MTA continues to offer **weekly roundtrip bus service from Hopland**

to Ukiah and back.

• MTA now provides essential bus transportation service only within Mendocino County during the coronavirus pandemic and welcomes customers aboard for essential trips. **Buses are disinfected thoroughly before each trip**, and riders are encouraged to **practice social distancing and use on-board hand sanitizers.**

• MTA said that routes and schedules may continue to change. For updated MTA bus routes and schedules, visit:

- mendocinotransit.org or call:
• (707) 462-1422.



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Words on Wellness • "Sea Thrift"

by Karin Uphoff

With the sun at its zenith our senses are enlivened to nature's colorful, musical and textured expressions. We might also notice that after months of Covid Constriction, more light is being shed on various aspects of our personal, public and planetary lives.

Midsummer is a wonderful time to practice full-body awareness to the life blossoming around you. How many minutes can you walk in nature without a chattering of commentary in your head? How



many details can you pick up about ordinary things in your day? Ever notice a song sparrow's throat feathers ruff-up when it sings? Or how afternoon light on rattlesnake grass glows their pods pale green? What about the expression in the sloped shoulder of a masked shopper at the store? Attention to sensory detail is grounding to our nervous system and thus stabilizing for our bodies. Reaching out to hug a tree or brush the velvet petal of a poppy (things you can freely touch!), dials down the volume of a busy brain, letting us experience the present moment, which is where the body actually lives. This begins the important alignment of head with heart and body.

Plants invite us to be open to non-verbal expressions. You may have enjoyed the bloom of coastal Cream Cups, Gold Fields and Indian Paintbrush. As you walk by, what messages are they passing on for you? Flowers can invoke our feelings and if we

tune into the feeling, we may receive its healing, perhaps through a word or image or song that comes to mind. Flower remedies are the vibration of flowers captured in water to subtly tune our energy. The

cheery Sea Thrift (*Armeria maritima*) that bob their pink pompoms on sturdy stems, show us that how a plant looks and grows, gives us clues to its qualities. Sea Thrift flower essence helps us stay well-grounded and maintain a core equilibrium or inner harmony no matter how erratic our environment. It is taken to free the circulation of mental, physical and spiritual energy for a more balanced state of being. Just hanging around these plants will impart this.

While you stop to smell the roses, take time to get to know them as a fellow beings. Cultivate a curiosity in what their existence offers us in deeper understanding of the world and our place in it.

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

Barn Swallow: "Pest Controllers"

The association between Barn Swallows and people allows many of us to enjoy watching their nestlings grow right outside our doors. They are easily recognized by their deep-blue backs, long pointed wings, and deeply forked tails. Females are paler with a whitish chest. Males have more orange on their chest and a longer forked tail. Barn Swallows are the only swallows showing spots of white on their tails.



April brings the return of their chattering calls during their graceful courtship flights. The male chases the female through the air. When they land they rub heads and necks, interlock their bills, and preen each other. As the name suggests, Barn Swallows al-

most always nest on human structures that have an overhang to provide protection from the weather and predators. They have been known to nest on slow-moving trains and boats. They build a cup-shaped nest of mud and lay four to five small white eggs with brown spots. They produce two to three broods a

summer. The young have been known to stay around the nest and help out.

The Barn Swallow is a great help with pest control, catching bugs while flying low over the fields. They even drink and bathe while in flight over water. They have one of the longest migrations, seven thousand miles, with some spending summers in Alaska and winters in Argentina.

Image by Dr. Georg Wietschorke from Pixabay

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Spotted Towhee. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendonoma Coast.

More information is at www.mendocinocoastaudubon.org.

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

By Cathy Sue Riehm

When it comes to the uncertain circumstances of our current times, there are still many questions regarding our pets and coronavirus.

The CDC says that "Coronaviruses are a large family of viruses that are common in many types of animals". Dogs, cats, horses, cows, birds, camels and bats can all get a form, or strain, of the coronavirus. Most coronaviruses are species-specific. This means that dogs cannot transmit their strain of coronavirus to humans or cats, and cats cannot transmit their strain of coronavirus to dogs or humans.

However, the CDC also reports that "Rarely, animal coronaviruses can evolve and infect humans, and then spread from person-to-person. SARS and MERS are some examples of how coronaviruses can jump from animals to people. This is what we suspect may have happened with the current COVID-19 pandemic", given that the COVID-19 virus (in humans) is thought to have originated from a bat in China.

Five tigers and three lions at the Bronx Zoo tested positive for the virus that causes COVID-19. It is reported that the keeper this tiger interacted with every day, while asymptomatic, had previously tested positive for COVID-19. There have also been two domestic cats (also in New York) reported to have

tested positive for coronavirus, one of whom lived with a human who was COVID-19 positive. Outside of the US, a cat in Hong Kong and a cat in Belgium both tested positive for coronavirus, and both cats lived with humans who tested positive for Covid-19.

The (very cute) Pug in North Carolina, who tested positive for coronavirus, lived with three humans who tested positive for COVID-19. The two dogs in Hong Kong that tested positive also lived with COVID-19 positive humans.



While there are currently no reported cases of humans catching COVID-19 from animals, if we are COVID-19 positive, it's currently thought possible that we can pass a form or "family" member of coronavirus

to our pets, but they are not able to pass the virus to us.

The goal is to prevent an infected person from coming into contact with our pets (and ourselves). It's advised that we treat our pets as we are treating our fellow humans- practice social distancing... no dog park visits for now... and maintain the 6 feet of distance when seeing neighbors while walking your dog through the neighborhood. Unfortunately, a COVID 19 positive human should not only be separated from other humans, but from their pets as well.

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Mill Bend: A Story of Community, Heroes, and Magic Fairy Dust

While we fell asleep in one world and woke up in another, the magic fairy waved her wand on our local Redwood Coast Land Conservancy (RCLC) to raise \$2.1 million of the \$2.7 million needed to acquire the 113-acre Mill Bend property on the Gualala River estuary. Now, as the sparkling fairy dust hangs in the air over Mill Bend, RCLC looks to the community and a few heroes to contribute the remaining \$205,000 needed to close escrow on the property.

Almost three years ago when Mill Bend was listed for sale, Kathleen Chasey, RCLC's volunteer project director for Mill Bend, and the Mill Bend Coalition had the vision and determination to acquire this property for conservation. Conservation means to save this precious, living, breathing land from further development and restore it to benefit the flora, wildlife, our community, and well-being of the Earth.



Like a deer in headlights, the idea of raising such a huge amount of money necessary to purchase Mill Bend was daunting. In the world of land trust organizations,

RCLC is considered small. Yet, with a belief and trust in Kathleen Chasey, her drive and her enthusiasm, RCLC pressed forward to find a way to acquire Mill Bend.

A forum in November of 2017 was held for the community to develop a vision and direction for Mill Bend. After the forum, a Mill Bend Coalition was formed with team members John Walton, Jeanne Jackson, Kathleen Chasey, Laurie Mueller, Charlie Ivor and Joel Chaban.

Then in 2018 – and with a little bit of magic fairy dust -- The Allemall Foundation stepped forward and offered to be a conservation buyer for the property and to give RCLC the time needed to find funding to reimburse The Allemall Foundation. With RCLC's \$1.8 million commitment to The Allemall Foundation, the search for funding became a serious endeavor. In addition, as a former mill site, Mill Bend had to undergo testing for potential soil contamination. Although the testing process was lengthy and complicated, realtor Cindy Kennedy and Kathleen successfully held the negotiations together until the property was finally acquired by The Allemall Foundation in September 2019.

RCLC looked to three organizations



Actual photos of the Mill Bend property. Photos by Craig Tooley.

for major grant funding: The US Fish and Wildlife Service, the California Natural Resources Agency, and the California State Coastal Conservancy. These organizations,

realizing the importance of Mill Bend as a prime habitat for young steelhead and salmon waiting to migrate from the river to the ocean, provided optimism and encouragement. They also stipulated that RCLC needed to raise \$600,000 to steward the property. What started out as a daunting effort to raise \$1.8 million, now appeared to be insurmountable: RCLC now had to raise \$2.4 million.

Understand that stewardship requires lots of planning: scientific resource assessments and site investigations, development of public access trails, estuary enhancements, public meetings, a preservation plan – all requiring scientific studies. Such a plan must be prepared by a team of professionals -- scientists and environmental planners – and costs upwards of \$300,000 thus pushing RCLC's funding requirement now to \$2.7 million.

Last month, and with lots of magic fairy dust, RCLC received grants from those three major funders totaling \$2.1 million to pay for the \$1.8 million acquisition of Mill Bend and for the required \$300,000 professional planning. In addition, over the course of the past eight months, RCLC President, Tina Batt, Kathleen Chasey and other volunteers spoke with key donors and obtained \$395,000 in lead gifts, pledges, and community contributions to go towards the \$600,000 needed for stewardship of the property.

This leaves only \$205,000 to be raised. When it's raised, RCLC will be able to close escrow on the property and begin working with professional planners and the community for the long-term preservation and restoration of the Mill Bend site. It takes a village, hard work and a lot of heroes – and magic fairy dust.

For more information and to donate, visit RCLC's new website at <https://www.rclc.org>. No gift is too small. RCLC welcomes you to be a part of the village that creates our newest park.

Images courtesy of Craig Tooley.



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

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Discovery Gallery
Artists Collective

Sets Reopening for June 11

In the middle of March, due to the orders to Shelter in Place, the Discovery Gallery Artists Collective closed its doors and has not been able to share their art with the community and its visitors since. Happily restrictions by the Mendocino County Health Department have been lifted so that they can re-open their doors.

The popular Artists' Collective is planning to open for business again on Thursday,



June 11th barring any further restrictions or outbreaks. They will attempt to continue their usual days open of Thursday-Tuesday with reduced operating hours of 10:00am-2:00pm through June providing there is enough staff to cover. It is advised to call the Gallery first to be sure they are open. Walt Rush will continue to provide his jewelry repair business every Thursday with these same revised business hours.

In addition, as part of their safe reopening business plan, they are posting a limit of only two customers in the Gallery (plus the Docent) at a time, placing hand sanitizing stations at the front entrance and at the desk, and have a touch-less thermometer to check people as they enter. Masks and social distancing are required. Please wait at the door until the Docent advises you it is safe to enter.

The Gallery is located in the SeaCliff Center, 39140 Hwy 1, Gualala. Call 884-1900 for more info. You can view their art online on Facebook and Instagram.

National Theatre Comes Home
More Films Screen for Free in June

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

National Theatre will be releasing additional encore titles in June through the National Theatre YouTube channel (address



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

Enjoying two sold-out National Theatre runs, an NT Live broadcast in 2013, plus a West End transfer and UK tour, "This House" is a timely, moving and funny insight into the workings of British politics by James Graham.

It's 1974, and Britain has a hung Parliament. The corridors of Westminster ring with the sound of infighting and backstabbing as the political parties battle to change the future of the nation. During this era of chaos, when a staggering number of politicians die and age-old traditions are thrown aside, MPs find they must roll up their sleeves, and bend the rules, to navigate a way through the Mother of all Parliaments.

Jeremy Herrin directs this much-loved

production, available to watch on the National Theatre's YouTube channel now through June 4. Running Time is 2 hours 40 minutes with a very short interval.

Next up is "Coriolanus". Tom Hiddleston (Betrayal, The Avengers, The Night Manager) plays the title role in William Shakespeare's searing tragedy of political manipulation and revenge.

When an old adversary threatens Rome, the city calls once more on her hero and defender: Coriolanus. But he has enemies at home too.

As famine threatens the city, the citizens' hunger swells to an appetite for change, and on returning from the field, Coriolanus

must confront the march of realpolitik and the voice of an angry people.

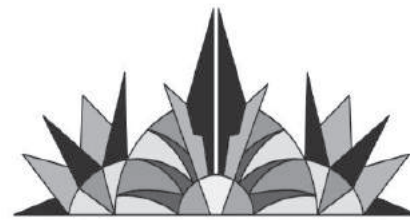
Josie Rourke (Les Liaisons Dangereuses) directs the company including Mark Gatiss (The Madness

of George III, League of Gentlemen), Hadley Fraser (Long Day's Journey Into Night, Young Frankenstein), Alfred Enoch (Tree, Harry Potter film series) and Deborah Findlay (Allelujah!, Top Girls).

Coriolanus was filmed live on stage at the Donmar Warehouse in 2014 by National Theatre Live. NOTE: BBFC rating 12A when released in cinema. Contains scenes featuring occasional gore and staged violence. The film will be available from 7:00pm on June 4 through June 11. Running time is 3 hours with a very short interval

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

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



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National Theatre at Home
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"Recollections of My Nonexistence: A Memoir" by Rebecca Solnit

A Review by Jennifer Bort Yacovissi

As a young woman, Rebecca Solnit was subject to fainting spells. She had experienced a growth spurt that her weight could not keep up with, and the imbalance caused dizziness. For years, she endured teasing for her skeletal looks, though that was not all she endured.

Indeed, her extreme slenderness in the photo of her young self that graces the cover of this unconventional memoir — and the vulnerability it conveys — is much of what makes the image vaguely disturbing. She notes that the skirt she wears in the photo had a waistband of 20 inches. "I could have snapped in two."

In many ways, her physical manifestation mirrored the conflict she felt: on one hand, needing to disappear into invisibility to avoid the unbidden attention thrust upon her; on the other, being thoroughly invisible — virtually non-existent — when it came to making her mark as a young female author.

Solnit spends significant time in *Recollections of My Nonexistence* evoking an era — in this case, the Bay area of the early 1980s, just before AIDS exploded into the Castro and other storied gay neighborhoods. She describes with loving nostalgia the apartment she rented as an undergraduate, in a beautiful old Victorian, a small place she would inhabit for 25 years.

She also describes the many ways that she and other young women felt vulnerable during those times — ways that society seemed to find unremarkable, and that, therefore, were never remarked upon.

Violence against women — both random acts and those perpetrated by current or former intimates — seemed both endemic and epidemic. Lurid news stories mined the crimes for whatever prurient nuggets were available, but no one seemed to consider that these were any more than one-off incidents, indicative of nothing in particular, within the society in which they occurred.

In a stark example, Solnit notes that she has written virtually all her published works at a small desk given to her by a friend who "had been stabbed fifteen times by an ex-boyfriend to punish her for leaving him. She almost bled to death...she was blamed for what happened as victims often were then; there were no consequences for the would-be murderer."

Perhaps it's because I'm a direct contemporary of hers, but so much of what Solnit describes here resonates with me for its pitch-perfect description of what I believe so many of us experienced as young women, such as this:

"And so there I was where so many young women were, trying to locate ourselves somewhere between

being disdained or shut out for being unattractive and being menaced or resented for being attractive, to hover between two zones of punishment in space that was itself so thin that perhaps it never existed, trying to find some impossible balance of being desirable to those we desired and being safe from those we did not."

(Do young women today have a mark-



edly different experience? Perhaps changing norms have allowed them to build up a reservoir of confidence that we were missing — confidence that allows them to not care, to push back, to voice their outrage. I wonder.)

Certainly, there is also uplifting lived experience that forms Solnit as a writer. She notes that a waitressing gig, cut short by her "inability to remove corks without a graceless struggle," opened her to landing a research position at the San Francisco Museum of Modern Art, "the best job I ever had," and one that was pivotal in her work and life trajectory.

That boots-on-the-ground training in art drew her into that world and led to a string of writing projects as she discovered artists and movements that captivated her but that no one had written about yet.

Many such happy coincidences paved the road of Solnit's life and career. Her brother's involvement in the protests at Nevada's nuclear test sites drew her from the coast into the desert states, where she found both a primary subject and a palpable freedom of movement and of choice, where she truly made her own way.

Her delicious descriptions of that time, tramping about in various western locales, unhurried, sleeping in the snug bed of her truck or out in the open, engender envious feelings of having lived the wrong life.

The book is broken into sections of related chapters, and I found "Hopscotch" especially lovely for the way Solnit considers different ways to tell the story of a life: by pulling threads of a theme, by following branches from one connecting element to another, or perhaps by returning again and again to a starting point and taking a new path each time, as in a children's game of hopscotch.

All of this pulls and returns to Solnit's in-

visibility to the powerful white men in the worlds of art and publishing. They used her youth and gender to dismiss, ignore, or silence her, and when that didn't work, they used their power to derail her.

Early on, she discovered gay men as her fellow travelers, men who taught her "that what troubled and frustrated me in straight men was not innate to the gender but built into the role," and who taught her that not all men see talk as entirely transactional, or, even worse, as completely one-sided.

Though Solnit has written over 20 books, she is best known for a 10-page essay she wrote before breakfast one morning in 2008 called "Men Explain Things to Me." It went viral as soon as it was published and engendered the term "mansplaining" (a New York Times word of the year in 2010), along with an entire genre of works about things men have explained to women. (Just today, I saw a story on nyl.com by Kristin Iversen called, "Men Explain Fiona Apple to Me.")

What is perhaps most revelatory in Solnit's observations — briefly considered in the 2008 essay, more widely explored here in *Recollections* — is her insight that the treatment of women is on a continuum that moves easily from silencing to battering to raping to murdering. Society treats them all as unrelated phenomena, one-off incidents indicative of nothing in particular.

Solnit makes a powerful argument to the contrary.

Jennifer Bort Yacovissi's debut novel, Up the Hill to Home, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny writes a bi-monthly column and reviews frequently for the Washington Independent Review of Books, and serves on its board of directors. She also writes a bimonthly column for Late Last Night Books. Her short fiction has appeared in Gargoyle and Pen-in-Hand. Jenny is a member of PEN/America and the National Book Critics' Circle. Previously, she served as chair of the Washington Writers Conference and as president of the Annapolis chapter of the Maryland Writers' Association.

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One Ocean Film Tour

At Arena Theater June 8 - 10

Arena Theater announces the arrival of the One Ocean Film Tour, from June 8 to 10. Curated and distributed by Adventure Entertainment, the world's leading provider of high quality adventure films, "One Ocean" will screen at Arena Theater and at venues across North and South America.



Sponsored by the likes of Hydro Flask and Helinox, "One Ocean" will feature 100 minutes of the newest action, adventure, conservation and character driven stories of the new year. Check the Arena Theater website for more information.

Scuttlebutt

by Mitch McFarland

Time marches on. Or does it? Like many others, I have lost track of time. Days just seem to run into one another. I can't tell anymore what is the most useful way to keep track of time. A calendar? A sundial? Or just a scratch on the wall?

You can't blame people for that desire to go back to "the way it was". We are all going stir crazy a little bit, but, of course, we just need to hang in there and keep our heads down until the bullets quit flying.

It makes me think of a kid staring at a pile of presents under a Christmas tree. Though the kid knows it should wait, there is an uncontrollable urge to rip open a gift, even if it does mean getting in trouble.

Movement has definitely picked up around here, but I don't get the feeling people are being casual about their behavior. We have avoided being hit very much at all here on the coast and part of that is adhering to social distancing and quarantine measures. It appears the virus is not here and we don't want it to get here. Though many have serious concerns, this stay-at-home order isn't that bad for those who are not economically stressed by the restrictions. Gardening, assisted by pretty perfect gardening weather, is booming. Writers are getting their manuscripts written. Songs are being composed. Building supply stores report that home repair projects are surging. Many office workers, forced to work at home, are finding that the 2-hr commute may not really be all that necessary. Parents are spending more time with their kids (not always a positive). More pot is being smoked!

We must applaud those heroes who are keeping community life alive by working our grocery stores, credit union, bank, post offices and other essential businesses. Thanks, folks!

And speaking of the post office, can you believe the Republicans are once again going after the Postal Service? I wrote a column way back in 2011 about proposals to go private with mail service. My research at the time revealed that the cheapest you could send a letter to Petaluma from Point Arena by FedEx or UPS was \$7.29. Now it is \$8.50 and will take 4 days. Is this what Republicans want for our nation?

Mitch McConnell and his oligarchy cohorts have so completely neutralized the Congress that nothing is really being done beyond COVID relief, except appointing his people as federal judges. This is something that Trump-hating Democrats and Independents who couldn't bring themselves

to vote for Hillary were warned about. So thanks, you highly-principled non-voters!

Meanwhile dumb stuff just keeps happening. This month I am highlighting yet another nuclear boondoggle, this time in Georgia. The Southern Company is expanding a nuclear plant, Plant Vogtle near Waynesboro, Georgia. The project was begun in 2013 and is now 69 months behind schedule. That would be bad enough, except that those delays have also caused the project to be an additional \$11 billion



over budget. That means the estimated cost of the expansion has risen from \$14 to \$28 billion. So who gets to pay for that? Southern's stockholders? Their Board of Directors or the sub-contractor? Oh, yes, it is the ratepayers.

When the project began Georgia created something called the Nuclear Construction Cost Recovery Rider. This \$400 charge to each customer was suppose to pay for the project. Now they are being asked to pay an additional \$385 each for the cost overruns. In addition, the Georgia public utility commission just approved a \$4 monthly increase in meter fees, plus an additional \$24 a month for the next two years on utility bulls. This 40% rate hike leaves residential customers with some of the highest electricity bills in the nation. The Partnership for Southern Equity, a clean energy group, has pointed out the faulty accounting used to justify the rate increases, while the commission received over 6000 letters of protest. Rates increases were nonetheless approved 4-1.

But all is not nuclear in Georgia. They are also progressing on a fairly ambitious drive to produce solar energy. After all, they do share a border with the Sunshine State.

When construction of the Vogtle Plant began Georgia had less than 100 MW of solar power. Today they have over 1700 MW and by the time the Vogtle Plant is finished, solar will produce more energy than the two new units being constructed. And while the Vogtle Plant is being constructed,

solar has already provided 9 million MWh to the grid.

The Vogtle Plant is the largest construction project in the state of Georgia. This is a powerful incentive to keep building, despite the costs. Over 9000 workers are employed directly or indirectly. That sounds pretty good, but according to the US. Energy and Employment Report solar represents 4-5 times as many jobs overall compared to nuclear power and while the construction jobs for the nuclear expansion will be winding down as the units are completed — but the pace of solar is increasing — the state will see more Georgians working in solar for the foreseeable future.

None of these huge construction costs, of course, even come close to what it will cost to deal with the nuclear waste the plants will produce. That is a 10,000 year + endeavor that will cost ratepayers untold amounts in the future, and none of that is included in the official thinking of the alleged economic benefit of nuclear power. Ratepayers would be better off paying those 9000 workers to dig a hole and then fill it back in.

Image by annca from Pixabay

"Time is that quality of nature which keeps events from happening all at once. Lately it doesn't seem to be working."

Anonymous

Attention:

If you or a loved one has been refused entry to a private business for not wearing a mask and you would like to explore legal options to protect your constitutional rights, our law firm is happy to explain just how #fck#ng stupid you are.

An advertisement in the public interest paid for by a concerned citizen.

OPEN from cover.

The state is issuing guidance to help these workplaces reopen safely. Detailed information is at [Covid19.ca.gov](https://www.covid19.ca.gov).

We reached out to as many local businesses as we could so that we could tell you what they're doing and, if open, encourage you to visit them. Our local businesses need our full-time residents, our part-time residents and travelers, visitors and people just passing through.

We've prepared a list of 60 businesses that have now reopened. You can see that list on page 4 of the June Lighthouse Peddler. Keep it handy as it can be your quick-



reference guide as you plan your day. **Put on your mask, stop in, and say hello. We need our local businesses. And please, Wear Your Mask. It's a simple, safe and courteous thing to do.**

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Pt. Arena Lighthouse Looking to Re-open as Shelter In Place is Reevaluated An Update from Mark Hancock

As it moves into the third month of its Museum, Gift Store, Tower and lodging being closed to the public the Point Arena Light Station sits sad and lonely on its peninsula. This is especially hard to take since 2020 marks the 150th anniversary of lighting the way on the coast. We closed to visitors on March 12 out of concern for our staff and guests, and when the COVID-19 Shelter in Place (SIP) order from Mendocino County was issued on March 18 we sadly had to cancel all our lodging reservations for the period covered by the SIP. We have also cancelled or postponed our Lecture Series, Night Tours, Wind & Whale Celebration and 150th Anniversary Celebration & Tower Lighting events.

The April Our Lighthouse exhibit honoring our 150th Anniversary at the Gualala Arts Center was also cancelled. Finally, due to the ongoing uncertainty around the County and State SIPs the Bureau of Land Management, Friends of Point Arena-Stornetta Lands, City of Point Arena, Mendocino College Coastal Field Station, California Native Plant Society and the Lighthouse all agreed to postpone the Discover the Coast event in June.

We applied for the Paycheck Protection Program (PPP) and the Economic Injury Disaster Loan (EIDL) programs authorized under the CARES legislation approved by Congress as soon as they became available. We our PPP loan in May which allowed us to bring back our maintenance and groundskeeping staff to keep up with necessary maintenance of the property. We received notice from the Small Business Administration (SBA) that they had received our EIDL application but have no other status. That application was supposed to result in an immediate grant of \$10K to be deposited in our account within 3 days of our application but that has not happened.

We were pleased to see the County issue a revised SIP order on May 22 moving the County to Stage 2, which allows limited reopening of low risk retail. We have met all the published requirements for reopening and self-certified to reopen through the County's certification website. We believe we should be able to reopen the Fog Signal Building, which houses our Gift Store and Museum, but need confirmation from the County that we can do that under the revised SIP order. On the lodging front, which accounts for over 40% of our annual revenue, we have been able to rent some of our units to Essential Service providers which is helping us somewhat. Prior to reopening we will also meet with the entire staff to get their input on the new processes and practice how they will be implemented and enforced so that everyone is invested in making the Lighthouse a safe and enjoyable destination once again. Our focus, as always, will be on the safety of our staff and guests and providing an excellent guest experience.

As a non-profit completely funded by our Museum and Tower Tours, Gift Store sales, Lodging rentals, memberships and donations we are being severely affected by this closure. The Lighthouse deeply appreciates its guests and members in these unprecedented times and we wish everyone safe travels, good health and hope for a quick end to the emergency. Please consider becoming a Member if you are not already and/or make a donation to us to keep the light shining in our 150th year.

Please cooperate with all County, State and Federal orders during this unprecedented crisis, be safe, use common sense, don't hoard food and toilet paper, keep the 6' social distance and be good to each other. Most of all, bring that positive coastal attitude and sense of humor to bear as much as you can!

Four-Eyed Frog Bookstore Announces

Limited Re-opening—But A Re-opening Nonetheless!

Good news. As of now the Four-Eyed Frog Bookstore is allowing browsers at the Frog with, of course, restrictions. In the good old days the store was open 7 days a week, closed only 3 days a year (Thanksgiving, Christmas and one day for physical inventory.) Right now the Frog has specific guidelines and a significantly reduced open schedule.

According to Joel Crockett, "We allow a maximum of 4 customers in the store at any given time. Each must wear a mask. And they also must disinfect their hands or wear gloves before touching

any books.) The store has a very effective sanitizer spray bottle and free gloves on the table just outside store's entrance. Browsers are also asked to honor social distancing (the 6-foot rule). Note: The Frog we cannot accept returns.

Crockett added, "While we hope to expand our hours and days of operations in the relatively near future, right now we are open Tuesday through Saturday, 10:00am to 4:00pm. All sales must be paid by check or credit card. For now, no cash. Information at 707-884-1333.



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Crossword

by Margie E. Burke

ACROSS

- 1 Orange Bowl site
- 6 Pointer's word
- 10 Tip off
- 14 Bit of high jinks
- 15 Wedding shower?
- 16 Aide's anagram
- 17 Landscaping material
- 18 Played for a sap
- 19 Whitewater vessel
- 20 Bride-to-be's stash
- 22 Sire, in the Bible
- 23 Two-man fight
- 24 Figurative writing
- 26 Give it ____ (try)
- 29 Life story, briefly
- 30 Hernando's home

1	2	3	4	5		6	7	8	9		10	11	12	13
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64					65					66				
67					68					69				

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- 31 Use sparingly
- 34 Fix, as a dog
- 38 Inventory unit
- 39 Brief reprieve
- 41 Donated
- 42 Pioneer product
- 44 Eating disorder
- 46 Adored one
- 48 Wonderment
- 49 Under the weather
- 50 Family doter
- 53 Sheen's wing
- 55 Stallone role
- 56 Gladiator played by Kirk Douglas
- 61 Teeny bit
- 62 ____-friendly
- 63 Watchful
- 64 Full of oneself

- 65 Stir up
- 66 Fiji neighbor
- 67 It can be bold
- 68 Brings home
- 69 Step in

DOWN

- 1 Sitcom set in Korea
- 2 Look ____ (study)
- 3 Mounted on
- 4 Went for the gold?
- 5 Cola cooler
- 6 Soul mate
- 7 Snake's warning
- 8 Type of acid
- 9 One of the Kennedys

- 10 Metal thread diameter
- 11 Old saying
- 12 Pass along
- 13 1985 film, "The Journey of ____ Gann"
- 21 Item handed down
- 22 Barracks locale
- 25 Staffing level
- 26 Top guns
- 27 Bearded animal
- 28 A while back
- 32 Washing woe
- 33 In-flight info, for short
- 35 Uber alternative
- 36 Sermon subject

- 37 "Get ____!"
- 40 Bad way to be caught
- 43 Whirlpool-like current
- 45 Say again
- 47 Long-time TV dog
- 50 Ground grain
- 51 Spacious
- 52 Misbehave
- 54 Prey grabber
- 57 Trapper's trophy
- 58 Small price to pay
- 59 Hankering
- 60 Rating unit
- 62 Big coffee holder

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"Sperm Whales: Magnificent Moby!"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

S.O.S.! The call came in to The Marine Mammal Center: a small whale had stranded by the marshes in Richmond, in San Francisco Bay. On arrival we stood, unbelieving: it was a newborn sperm whale, *Physeter microcephalus*, perhaps 14 feet long. We stabilized the calf, its fetal folds still intact, as the veterinarian administered Whale First Aid: B vitamins and steroids, and took blood and tissue samples. Unable to take it into captivity, we gently floated it towards open water, hoping its mother was nearby. Sadly, three days later it washed up dead beneath the Bay Bridge. The necropsy revealed severe scoliosis—a spinal malformation, and other problems. Sperm whales prefer very deep offshore waters; this remains the only recorded instance of a living sperm whale in San Francisco Bay.

A WHALE OF DISTINCTION: Immortalized in Melville's "Moby Dick," sperm whales embody magnificence. They are the largest toothed predator on the planet. Males achieve lengths of 62 feet, weighing upwards of fifty tons. They dive to over 7,300 ft., second only to the Cuvier's beaked whale. Their huge "boxcar" heads contain the largest brain on Earth, although much of it goes to processing echolocation sounds. Giant squid, octopus, and fish comprise their diet. The California/Oregon/Washington sperm whale stock, estimated at 1,997 whales, is found mainly from April through mid-November, though some re-

main here year-round.

LOVING LEVIATHAN: Like most toothed whales, sperm whales have complex, highly structured societies. New mothers are attended by 'aunties' who share calf care-giving, remaining at the surface while

Mom dives deep to hunt and replenish her energy stores; she has nursed her calf with incredibly fat-rich milk. Cows give birth at

four- to ten-year intervals, sometimes caring for calves for a decade. After mating with the females, who remain in groups with immature males at temperate and tropical latitudes, bulls retire to high-latitude waters. They are cosmopolitan, found worldwide.

THE HUNT: Sperm whales were prized for their precious ambergris for pharmaceuticals and perfumes, their "ivory" teeth for carving, and their high quality spermaceti oil for specialized machinery. More mundane uses were as cattle feed and bone meal.

When the world whaling capital shifted from New Bedford and Honolulu to San Francisco around 1880, fast steam-powered boats with explosive harpoons proved le-

thally efficient. In 1919 there were sufficient gray, humpback and sperm whales to keep whaling stations active along the North-central California coast, including Crescent City, Humboldt, Pt. Arena, Bolinas, Pigeon Pt., Santa Cruz, Monterey Bay. The hunt

continued, but with diminishing harvests, as stocks plummeted. Whalers were fishing themselves out of business.

FIDO

FOOD: In the 20th century the development of plastics, the petroleum industry, and other whale product replacements made whaling increasingly unprofitable. However, the mid-20th Century gave rise to nuclear weapons and a burgeoning pet food industry. In the 1970s spermaceti oil was used in auto transmissions, and sold to the nuclear industry for weapons production. In December 1971, the KalKan pet food company commissioned a hunt into the Gulf of the Farallones off San Francisco, killing a sperm whale—the last whale to be hunted commercially under the U.S. flag.

PROTECTION: In 1946 the International Whaling Commission was established to regulate and keep whaling viable, but with the Marine Mammal Protection Act of 1972, American whaling was banned.

SURVIVAL! Killer whales (and humans) are their only natural enemies. Besieged sperm whales will use their big heads as

battering rams, also wielding their jaws and flukes as weapons. Groups will surround their young or weak in a "marguerite daisy" rosette: heads-inward, powerful flukes pointed outwards towards attackers. These clashes may represent the most formidable battles of might, ferocity and wits ever to take place among creatures of the sea!

Human threats include vessel strikes, fishing gear entanglement, ocean noise, marine debris and pollutants. Climate change could affect prey availability, especially within Arctic and sub-Arctic ecosystems. But their extremely wide range – perhaps the greatest of any mammal – may confer resilience.

CONSERVATION: NOAA Fisheries and our national marine sanctuaries work to reduce these threats through protective legislation and other conservation efforts. Learn more about sperm whale biology, society, ecology and conservation at: <https://www.fisheries.noaa.gov/species/sperm-whale>; sounds at <https://swfsc.noaa.gov/textblock.aspx?Division=PRD&ParentMenuId=148&id=5776>

<https://www.youtube.com/watch?v=SkBpummjR5I> & <https://www.britannica.com/video/180340/diver-sperm-whale>



Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
Maryjane.schramm@noaa.gov
Image
IMAGE: Cow-calf headshot shows unique left-offset single blowhole. Surface blow reveals wrinkled sides, brown-gray color, left blow. Following fishing long-liner; may steal black cod from hooks! Illustration shows boxy head, narrow lower jaw, short 'pec' fins. Credit: NOAA/NMFS

**MTA Suspends Bus Service To Santa Rosa
Other Bus Routes Reduced**

During the COVID-19 pandemic, MTA has reduced south coast bus service.

- Route 75 RT from Gualala to Ukiah is Monday-Friday only.
- Route 75 RT Saturday service is from Navarro Store to Ukiah only.
- Route 95 RT from Pt. Arena to Santa Rosa is discontinued through the Shelter-in-Place.



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SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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

(Answer appears elsewhere in this issue)

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**Our Graduating Seniors.
A moment of triumph in a year
of unprecedented challenges!**

1. Reyna Benitez, PAHS
2. Leroy Gustafson, PAHS
3. Corynne Spencer, PAHS
4. Christian Alcala Vazquez, PAHS
5. Faith Rasmusen, PAHS
6. Alonzo Fuentes, PAHS
7. Alexandra Ramirez, PAHS
8. Cole Diggins, PCCHS
9. Dennae Silva-Timberlake, PCCHS
10. Paul Tlahuitzo, SCCHS
11. Orlando Molina, PAHS
12. Blaine Mason, PCCHS
13. Kimberly Hernandez Diaz, PAHS
14. Ashley Cruz Coria, PAHS
15. Loden Haught, PAHS
16. Dylan Freebairn-Smith, PAHS
17. Releana Breier, PAHS
18. Juliana Ramirez, PAHS
19. Luis Davila, PAHS
20. Jordan Vargas, PAHS
21. Alejandro Aguirre, PCCHS
22. Nikolas Laiwa, PAHS
23. Logan Duggan, PCCHS
24. Ana Amador Lopez, PAHS
25. Jason Belleza, PAHS
26. Taylor Bowen, PAHS
27. Nancy Barragan Torres, PAHS
28. Jose Luis Meza Lopez, PAHS
29. Noah Fisher, PAHS
30. Kai Leeper-Sale, PAHS
31. Mary Hernandez, PAHS
32. Emilia Sherman, PAHS
33. Ashlynn Okubo, PAHS
34. Jojo Baker, PAHS
35. Jonathan Milian Garcia, PAH SNP
36. Lizeth Lara Villagomez, PAHS
- NP. Laisha Velarde Barragan, PAHS
- NP. Neveah Bechtol, SCCHS



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

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

- Monday 01: "The Grey Fox" screens at home through Arena Theater. (Continues thru 6/8).
- Tuesday 02: On demand screening of "This House". National Theater. (continues thru 6/4).
- Wednesday 03: 5:30pm, MHA's Healthy Cooking on a Budget: "Whole Grains, Low Sodium"
- Thursday 04: On demand screening of "Coriolanus". National Theater. (continues thru 6/11).
- Friday 05: 11:00am, Bobbi Jeanne and Ron Quercia exhibit at Coast Hwy Art Collective
- Friday 05: 7:00pm, Virtual Talent Show Fundraiser with Arena Theater. (Check website)
- Monday 08: 6:00pm, Arena Theater Annual Membership Meeting (online via Zoom).
- Wednesday 10: 5:30pm, MHA's Healthy Cooking on a Budget: "Diabetic Friendly Italian"
- Thursday 11: 10:00am, Opening of Discovery Gallery (continues Thursdays-Tuesdays)
- Friday 12: 11:00am, Bobbi Jeanne and Ron Quercia exhibit at Coast Hwy Art Collective
- Wednesday 17: 5:30pm, MHA's Healthy Cooking on a Budget: "Plant-based Mexican Meal"
- Thursday 18: 10:00am, Opening of Discovery Gallery (continues Thursdays-Tuesdays)
- Friday 19: 11:00am, Bobbi Jeanne and Ron Quercia exhibit at Coast Hwy Art Collective

NOTE: Additional screenings from the MET may also be available. Details were not available at press deadline.

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

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

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

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