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Lighthouse Peddler

Issue #183 February 2017

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An Evening With Julie Felix A Special Gualala Arts Concert in February

Gualala Arts Global Harmony series presents An Evening with British Folk Legend Julie Felix. Born in California, of mixed Mexican and Native American ancestry, Felix may be the most prolific folk recording artist you've not yet seen or heard and yet will be welcome news to those fans in Northern California who've followed her career since the 1960s. Felix has been a major British folk music star since the early 1960s. We can all welcome her to the coast on Saturday, February 18 for a 7:00pm concert at Gualala Arts.

Tickets for the Julie Felix concert are \$15 in advance, plus \$5 more the day of the event, and youth 17 and under are free with a paying adult. Concert tickets can be purchased

at BrownPaperTickets.com and at the Gualala Arts Center and Dolphin Gallery or by calling 1-800-838-3006.

Given the wonderful and unique nature of this event, Gualala Arts will be offering some special features. "Seeing as how this concert is happening in February, we decided to also create a special 'Valentine's Package' so people could give the gift of music to their special someone," said Gualala Arts Executive



Director, David "Sus" Susalla.

The Valentine's package is available at Gualala Arts Center only and is an additional \$20. The add-on package includes a special embossed Gualala Arts card with a Valentine message.

FELIX cont'd on page 11

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Gualala River Watershed Fundraiser February 12

No one here takes the beauty of the Mendocino Coast for granted. At least not consciously. We drive south toward the Russian River and get caught up in the beauty of the California Coast. Heading inland we're embraced by the Redwoods visible from Mountain View Road or Highway 128. Traveling north to Mendocino or Fort Bragg there's that amazing ocean view again. But even a simple trip to the market can give us a view of mountains, Pacific Ocean, tall trees or idyllic meadows.

Those are the things we see daily as a resident, or for a week or two as a visitor. But there is so much more just slightly off the aforementioned roads and highways; just slightly out of our view. The Gualala River watershed, for those who've taken a deeper look, offers glimpses of an ecosystem that existed centuries before any of us showed up. And from time to time it needs our undivided attention.

Readers may recall something known as the "Dogwood Timber Harvest". As reported in the Press Democrat (October 2015) the Dogwood timber plan "covers 402 acres divided among nearly two dozen sites spread along eight miles of the Gualala's South Fork. About 320 acres are in the flood plain, beginning

at the boundary of the county park. Clear-cut at the turn of the last century, the area has been thinned a few times since, leaving second-growth redwoods all in the 100-year-old range" according to Henry Alden of the timber company.

The Dogwood Harvest was challenged last year by several environmental groups as the plan included logging in the floodplain of the river which may devastate water quality,

the banks of the river, the plants, and animal life, and the area to be logged is just past the two campgrounds at the mouth of the Gualala River. Those opposed to the plan are not against logging but would prefer it not include the flood plain. Cal Fire granted an exception to their normal rules restricting flood plain logging and a judge has granted an injunction until the hearing for the final ruling in March. Local groups hope to be successful in stopping the logging in this critical area.

The California Native Plant Society and the Friends of the Gualala River are hosting a fundraising dinner at the Bird Café in Point Arena Sunday, February 12, to support the legal challenge to the Dogwood Timber Harvest Plan. Nicole and Aaron of the Bird Café are generously donating their restaurant to this cause for the evening and the two groups are simply offsetting food costs, all else is being donated by them. It is a very nice contribution to the river community. Reservations for the dinner can be made by calling Kathleen at (707) 884-1094.



Looking North

—The Northern Spotted Owl—

The Spotted Owl's habitat of old growth forests has dramatically influenced timber management practices in the Pacific Northwest. The owl is named for the white spots on the chocolate brown feathers that cover the back and chest. It has a very round head, large dark eyes and a yellow bill. It is 16-19 inches tall and has a wingspan of 45 inches.



The Spotted Owl is a nocturnal hunter. Fuzzy feathers with serrated edges allow it to swoop silently down on prey of mice, wood rats, rabbits and tree voles. Scientists analyze regurgitated pellets of fur and bones to determine the owl's diet.

Spotted Owls have long-term mates. They nest in tree hollows, broken tree tops, or crevices in caves or cliffs. They may use the same nest site for years. The female incubates 2-3 whitish eggs for a month, during which the male feeds her. The pair cares for the young for several months. Survival

rate of chicks is very low, only 11%. The pair usually nests every other year.

Spotted Owls are intolerant of even moderately high temperatures because of thick plumage and an insufficient ability cool down. Their day-time summer roosts are on north facing slopes in cool canyons with dense overhead canopy.

Each pair requires 1400-4500 acres for a home range. Since the 1800's Spotted Owl habitat has declined by 88%. It competes with its cousin, the Barred Owl, which has spread here from the eastern U.S. Scientists estimate the Spotted Owl population here is declining by 3.9% each year.

Our thanks to the Mendocino Coast Audubon Society for contributing this article. Each month, the Lighthouse Peddler will feature another bird regularly seen at or near the Mendocino Coast.

*More information is at
www.mendocinocoastaudubon.org
www.fineartamerica.com*

Poetry Out Loud / Coast High School Poetry Slam Tuesday February 7 at Arena Theater in Point Arena

At 3:45pm, on Tuesday, February 7th at the Arena Theater in Point Arena, high school poets from Ukiah, Point Arena, and Mendocino will compete to become the Mendocino Poetry Out Loud champion.

And immediately following, at approximately



4:30pm, teams from Point Arena, Fort Bragg, Ukiah, and Mendocino (and maybe Willits and Anderson Valley?) will slam their original poetry at the 16th annual MCOE/CPITS Coast High School Poetry Slam. The event will be judged by four Mendocino County poets, with audience response influencing their decision. Join us at the Arena Theater in Point Arena in support of youth expression. These events are sponsored by the Mendocino County Office of Education, California Poets in the Schools, the California Arts Council and the National Endowment of the Arts.

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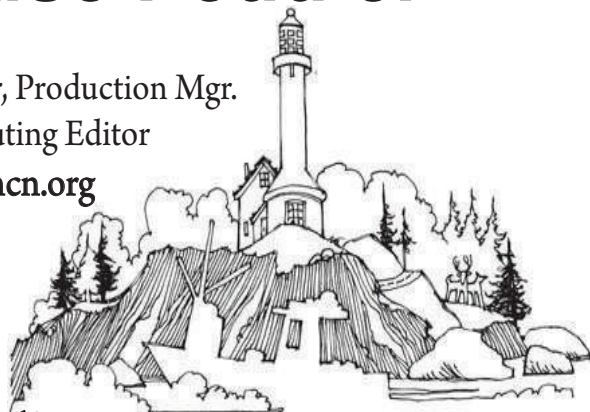
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FROM THE EDITOR'S DESK

If you made a resolution to take your sweetheart to dinner for Valentines Day, it's February!!!

Folksinger Julie Felix stops on the coast and presents a special evening of music. This is a woman with a repertoire and a life worth paying attention to. (Cover Story).

The Gualala Watershed is on the minds of many on the South Coast. (Page 2).

The Coast High School Poetry Slam is set for Arena Theater this month. (Page 2).

The Mendocino Coast Audubon Society brings us information on the Northern Spotted Owl. (Page 2.)

A list of our generous advertisers (so that you can support them) is here. (Page 3.)

You're looking at the index right now. (Page 3.)

A large group of citizens and residents showed up for a protest on January 21. (Page 4.)

The Bay Area Comedy Tour returns to Point Arena, and given the political climate, we can use some laughs. (Page 4.)

The MET once again comes beaming into Arena Theater with a fabulous production of Rusalka. (Page 5.)

Robert deMaine brings his considerable musical skills (and his cello) to Gualala Arts. (Page 5.)

The February Crossword puzzle answers are here (not that you need them). (Page 5.)

Arena Theater Film Club has three evenings of entertainment for us. (Page 6.)

Karin Uphoff's Words on Wellness suggests barefootin' it may be good for your health. (Page 7.)

An interesting two-fer with the man from Further Reach. (Page 7.)

Sudoku is here with the usual plan to drive you a little crazy. (Page 7.)

Third Thursday Poetry at 215 Main February 16, featuring Lorraine Lipani. (Page 8.)

Steve Lucky and the Rhumba Bums featuring Miss Carmen Getit are at Arena Theater. They have more than just a great name. (Page 9.)

Gualala Arts offers Mystery. Try and find out what they're doing. (Page 9.)

Still Stumped? Answers to this month's Sudoku puzzle are here. (Page 9.)

David Steffen offers Tears and Fears. (not the '80s band Tears For Fears.) (Page 10.)

National Theater Live presents *Amadeus* at Arena Theater (Solieri too.). (Page 11.)

Swooning? OK. Mooning? Maybe not. New moon/full moon dates are here. (Page 11.)

Pt. Arena Lighthouse offers two options for viewing the February full moon. (Page 12.)

The Mendocino Film Festival has an event on Presidents Day weekend if you feel like going for a drive. (Page 12).

Mitch McFarland's Scuttlebutt column —It's about tear gas, and well, you have to read it. (Page 13.)

The Crossword Puzzle is on page fourteen. (Page 14.)

Caitie Steffen tells us about impersonation. (Page 15.)

My Turn features a column by a familiar coast personality. (Page 15.)

Gualala Arts and the Dolphin Gallery will attempt to increase our art appreciation. (Page 16)

Our thanks to contributors Kathleen Chasey, Mark Hancock, Pam Huntley, Mitch McFarland, Blake More, Paula Ray Power, Caitie Steffen, and Karin Uphoff.

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The People Turned Out In Gualala On January 21 Many Coastal Towns No Exception To National Protest

A funny thing happened on the way to the Post Office on Saturday morning, January 21. Highway One was filled—not with cars, although traffic was moving through town—but with people coming together to be a presence, support each other, and



make a statement about the incoming administration in Washington, D.C.

Regardless of with which side of the political equation your sympathies lie, the

fact of the matter is that as large a percentage of the population turned up here as in any city in the country. During the 30-45 minutes I observed the peaceful protesters (many of whom were around the area for 2-3 hours), the spirits were consistently represented as all about change with

the next election, or sooner if the opportunity presents itself.

I thoroughly enjoyed visiting with many of the protesters, as I saw friends, neighbors, and whole families making their voices heard. I estimated more than 200 people were visible in an area along Highway One between the old Gualala Hotel on the south, and the Chamber of Commerce office on the north. Equally distributed on both sides of the highway, from time to time the two groups would trade places by marching from one side of the Highway to the other. I even found a gentleman with a dog on or near his head. He wouldn't say whether the dog was simply along for the ride or being used as a representation of Donald Trump's hair. You can judge for your self in one of the attached photos.



Bay Area Comedy Invasion 2017 Live At Arena Theater Feb 4

We are always ready for comedy to play the Arena Theater stage. In these "interesting" times, comedy is even more welcome than ever. So, come Saturday February 4 (8:00pm) put some laughter in your life with the help of an all new Bay Area Comedy Invasion coming to Arena Theater. The evening features three Bay Area favorites, and is hosted by Ash Fisher. The lineup includes



Dash Kwiatkowski,
 Natasha Muse, Luna Malbroux.

Tickets are \$20, and are available at The Sea Trader and Four-Eyed Frog in Gualala;

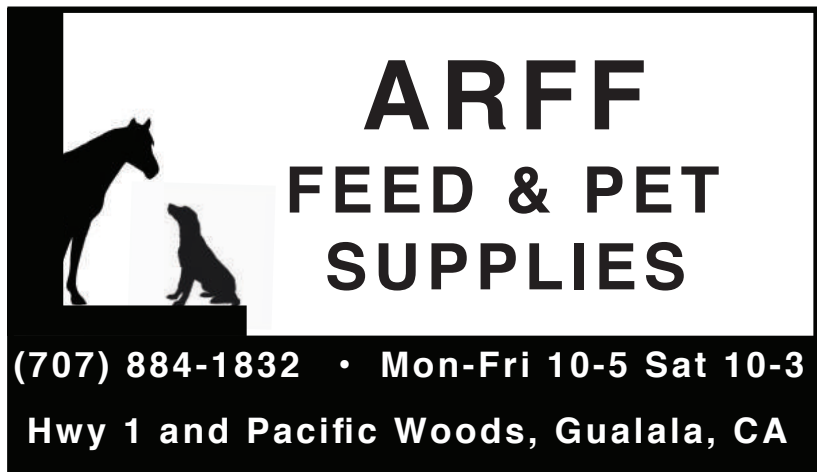
Arena Market in Point Arena, and Twist in Mendocino.

Dash Kwiatkowski is a chubby nerd with dopey sideburns, but it's not a Wolverine thing, so be cool about it. He's into comic books and jokes and is currently the longest reigning Intercontinental Comedy Champion. Dash has a long list of performance credits at clubs and larger venues, and he's the star of the popular web series, *Neighborhood Watchmen*. (And he's really into Dim Sum.)

Natasha Muse is like the C-3PO of San Francisco comedy: a bunch of small bears once mistook her for a golden god but in reality she's a bumbling robot (as well as a mom, a transsexual, and a firm agnostic). In 2014, *The SF Weekly* declared Muse a "Comedian to Watch", and in 2016 they upgraded her to an "Artist to Watch." Natasha appears at the SF Punchline and Cobb's Comedy Club, and has worked with such comedy luminaries as Maria Bamford, Roseanne Barr, Janeane Garofalo, Wyatt Cenac, and God.

Luna Malbroux is a comic and writer and the host and producer of *Live Sex SF*. She performs regularly in comedy clubs throughout California and is currently working on the #MappingPrivilege project. She made international headlines as the creator of the Comedy Hackday app *EquiTable* and had been featured in *Refinery 29*, *Fusion* and *AJ+*.

Host Ash Fisher is a comedian, actor and writer. She co-produces and hosts the popular monthly comedy show "Man Haters" at the White Horse in Oakland and writes for *Wear Your Voice Mag*. She was the 2012 Newcomer Runner-Up in the Ladies of Laughter Contest at Gotham Comedy Club in NYC, co-produced the 2014 Hella Gay Comedy Festival and performed at the San Francisco Sketchfest 2016. Ash holds a B.F.A. in Theatre from NYU's Tisch School of the Arts, and Sallie Mae will never let her forget it.



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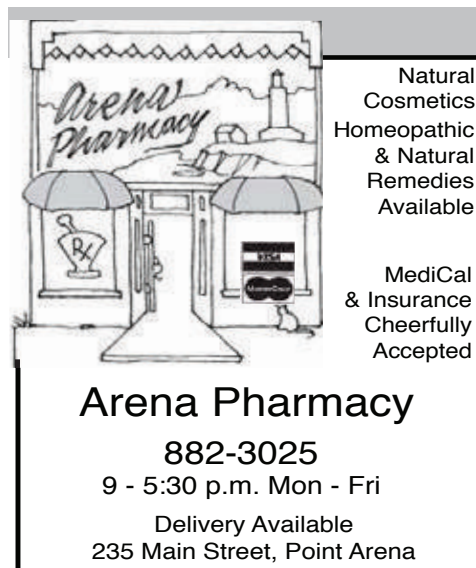
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The MET Season Continues at Arena Theater February Brings Dvorák's *Rusalka*

No need to catch a flight to New York as Arena Theater continues to bring the Metropolitan Opera to the Mendonoma Coast with another amazing production in HD this month.

On February 25, Kristine Opolais stars in a new production of the opera that first won her international acclaim, Dvorák's fairy-tale opera about the tragic water nymph *Rusalka*. Sir Mark Elder conducts Mary Zimmerman's new staging, which also stars Brandon Jovanovich as the human prince who captures Rusalka's heart; Katarina Dalayman as Rusalka's rival, the Foreign Princess; Eric Owens as the Water



Sprite, Rusalka's father; and Jamie Barton as the duplicitous witch Jezibaba.

The performance is at 9:55am with doors opening at 9:15am. Tickets are \$24 general, \$22 senior, \$18 youth (18 and under), and are available in advance online and at the box office the day of the opera. Approximate runtime is 4:05 with two intermissions.

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

Robert deMaine, Principal Cellist of L. A. Philharmonic Comes To Gualala Arts Sunday, February 12

I doubt if every cellist can claim that they chose the cello as their instrument. Some are convinced that the cello chose them. Regardless of whether the musician chose the instrument or the instrument chose the musician, the fact is great musicians and great instruments become one. Rostropovich was quoted as saying "When I started learning the cello, I fell in love with the instrument because it seemed like a voice - my voice." Which brings us to Robert deMaine who performs in Coleman Hall on February 12, at 4:00pm.

Praised by the New York Times as "an artist who makes one hang on every note," Robert deMaine is the Principal Cellist of the Los Angeles Philharmonic. A highly sought-after solo artist and chamber musician, he is a frequent guest artist at many of the world's premier chamber music festivals, including those of Canada, Europe, Asia, and of course, the United States. DeMaine's playing is noted for its "beautiful singing tone, lapidary technical precision, and a persuasive identification with the idiom of the music at hand", and he was the first cellist ever to




win the Klein Competition (in 1989). It is our good fortune that he will be part of this year's Gualala Arts Chamber Series.

As a soloist, deMaine performs the great works of the repertoire both old and new from concertos by Haydn, Dvorak, Elgar and Penderecki, as well as more recent works by John Williams and Christopher Theofanidis. As a recitalist the great works for cello and piano as well as the suites of J.S. Bach remain staples of his repertoire, and as one critic noted, his playing was "magnificent" and that his "technical brilliance is surpassed only by the beauty of tones he produces."

DeMaine will be accompanied by pianist Timothy Bach, founder and director of the Collaborative Piano Program at the San Francisco Conservatory of Music. The program will include: Shostakovich Sonata in D Minor; Saint-Saëns Sonata in C Minor; Rachmaninov Sonata in G Minor; and a short encore.

Tickets are \$25 in advance (\$5 more the day of the concert). Youth 7 to 17 may attend for free when accompanied by an adult. Information is at www.gualalaarts.org.



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**Arena Theater Film Club Offers
Animation, Drama, and Documentary in February**

For many years discussions of animation in the film industry centered around Disney, Hanna Barbera, and Warner Brothers. By the 1980s a new generation of producer/directors began to create compelling animated films of varying lengths, catering to an increasingly interested audience. Arena Theater will give many of us a sampling of the current animation world with "The Animation Show of Shows", as it returns for its second year in theaters (and 18th year overall) with 12 charming family-friendly films.

Highlights include *About a Mother*, a new folktale (with echoes of Shel Silverstein's *The Giving Tree*), the sweet film *Piper*, and the latest in 360° storytelling in a touching father-and daughter-journey *Pearl* by Academy Award® winner Patrick Osborne. The show also features a late-night bonus of four provocative shorts exclusively for mature audiences. Many of these shorts have garnered awards from prestigious festivals around the world.

For 16 years, The Animation Show of Shows, founded and curated by Ron Diamond, has been an incredible cinematic showcase for new animation, representing the apex of animation compilation programs, prized by industry professionals, students, and fans around the world. Over the years, 32 of the films showcased in the Show of Shows went on to receive Academy Award® nominations, with nine films winning the Oscar®. The only downside was that a relatively small number of people, primarily those in the professional animation community, had the opportunity to see these cinematic gems in a theatrical setting.

In 2015 the 17th edition was expanded to include public screenings in cities around the world, allowing general audiences to experience these singular works of art on the big screen, as they were meant to be seen. Your opportunity is Monday, February 6 at 7:00pm. Curated by Ron Diamond, with Skype Q&A following the screening.

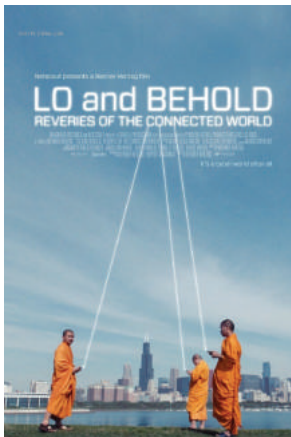
A week later on Monday, February 13, the Film Club presents *Before the Rain*. This acclaimed Macedonian drama, director Milcho

Manchevski's first feature film, presents intersecting romantic storylines set both in that country and abroad. A young monk named Kiril (Grégoire Colin) becomes involved with Zamira (Labina Mitevska), an Albanian girl accused of murder, while far away in London, Aleksander (Rade Serbedzija), a weary photojournalist, meets with his married lover,



Anne (Katrin Cartlidge). When Aleksander returns to his Macedonian village, his life crosses paths with characters from earlier in the film. "Before the Rain" was nominated for an Academy Award for Best Foreign Language Film and won the Golden Lion award at 51st Venice International Film Festival. The film is not rated. Running time is 112 minutes.

The month's third and final offering is *Lo and Behold, Reveries of the Connected World* Monday February 27th. The Oscar®-nominated documentarian Werner Herzog (*Grizzly Man*, *Cave of Forgotten Dreams*) chronicles the virtual world from its origins to its out-



most reaches, exploring the digital landscape with the same curiosity and imagination he previously trained on earthly destinations as disparate as the Amazon, the Sahara, the South Pole and the Australian outback.

Herzog leads viewers on a journey through a series of provocative conversations that reveal the ways in which the online world has transformed how virtually everything in the real world works—from business to education, space travel to healthcare, and the very heart of how we conduct our personal relationships. The film screens at 7:00pm, is rated PG-13, and has a running time of 98 minutes.

Arena Theater is a member supported non profit, located at 214 Main street (Highway One) in downtown Pt. Arena. Film information is at (707) 882-3456 and www.arenatheater.org



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Rusalka**

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Feb. 6 18th Animation
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Feb. 13 Before the Rain
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Words On Wellness by Karin Uphoff

Winter's waning on the north coast creates an ever-shifting mosaic of clouds along a spectrum of grays and blues that grace the wind-swept sky. One might think that birds shirk the high velocity air current, but you will find ravens, gulls and even white-crowned sparrows appearing joyful as they ride the tosses nature throws them. People can be seen grinning against the cold pelt too and it is a reminder of how much we gain from subjecting ourselves to the elements. Many of us reading this are probably



blessed with leading comfortable, temperature-controlled lives, but the downside is that our immune and circulatory systems aren't challenged in ways that increases stamina and adaptation in the body.

We all have a ratio of white fat to brown fat, with other mammals, infants and lean folks having a higher ratio of brown fat. White fat cells are oil containers stored for future famine but they don't metabolize easily for daily use. Brown fat is brown because it teams with mitochondria, the little powerhouses of our cells that spit out ATP and give us energy, so it's brown fat that metabolizes quickly and provides us with heat.

*Karin Uphoff is the author of Botanical Body Care.
More information about Karin is at <http://rainbowconnection.net>.*

While it's burning calories to produce heat, brown fat uses triglycerides as fuel, removing substances associated with metabolic syndrome and gobbling sugar along the way. Both regular cold exposure and exercise activate a gene, which transforms white fat into beige fat, in effect infusing it with mitochondria and nudging it on its way to becoming brown fat.

Whether you down dress as you brave a walk on the headlands, take a 1-5-minute of cold shower (ending a hot shower with cold is an old health tip) or take a cold swim, the provocation of a strong shiver response (and your vocal accompaniment!) will increase the activity and numbers of natural killer cells in your body, boost circulation to the extremities, significantly increase blood levels of antioxidants and reduce inflammation. An enjoyable practice that grounds electromagnetic energy, releases upper-body tension and inflammation and increases circulation is to walk barefoot on the cold beach in the cold Pacific water for at least 5 minutes at the end of a long day. Let the wind take your worries and the birds bring your joy.

Entrepreneur Yahel Ben-David of Further Reach To Talk About His Life at Coast Community Library's Sunday at The Library February 5 at 2:00pm

Connectivity has been an issue on the coast since long before I began living in Gualala ten years ago. Various solutions have been tried, some of which are long gone and some still connecting parts of the Mendocino Coast to the "outside world". Most agree that the lack of a four-lane freeway along the coast



is a blessing. However, connecting to the world via the internet has become an issue of ever-increasing importance to most residents and visitors. (It's always easy to unplug when you have it; it's far more difficult to plug-in when you don't.)

Further-Reach is a business that deploys and operates a large-scale wireless network in one of California's most rural areas. Here. They serve hundreds of paying subscribers for whom Further-Reach is the only affordable and reliable solution for true broadband Internet access.

On Sunday, February 5 at 2:00pm Mr. Yahel Ben-David, CEO of Further Reach, will be talking at the Coast Community Library in Point Arena. While this get together is not specifically about Further Reach the library presentation will discuss his life in general, from an Israeli Army intelligence officer to his work in the Himalayas with the Dali Lama. It is another Sunday program not to be missed. (Note: There is also a meeting specifically to discuss the history, success, issues, and future of broadband here, and about Further Reach. That meeting is Tuesday, January 31 at 6:00pm, at the Manchester Community Center.) Information is at (707) 882-3114.



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MY TURN cont'd from page 15

think of a single-screen movie theater that is run by a for-profit business. There are some attempts being made. One is the so-called premier theater. They have cushy leather seats and serve drinks at your seat. They also have a \$30 ticket price. Are you ready for that?

I certainly don't know what the future will hold for Arena Theater. There may be a major paradigm shift. The generation succeeding the current board will determine what happens with Arena Theater. Has Arena Theater outlived its necessity or will it continue to be a focal point of the community? Only time will tell.

SUDOKUO

Edited by Margie E. Burke

Difficulty: Easy

	4					8	2	
7		2						4
		3	6	4				
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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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Sea Ranch Poet Lorraine Lipani at Third Thursday Poetry
February 16 at 215 Main in Point Arena

On Thursday, February 16, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature Sea Ranch poet Lorraine Lipani. The reading will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Before she made northern California her home in 2013, Lorraine Lipani had lived in northern New Mexico for 25 years. The high desert mountains offered an experience of wilderness, a solitude in Nature, that deepened her appreciation of Love as the creative force within all life. The influence of Pueblo cultures with their prayers danced upon the earth, and of the Hispanic reverence for land and water reminded her to regard the rhythms of the moon and sun and stars in a more primal agrarian sense. Earth is Mother.

This was far from her own roots, growing up in 1950s Brooklyn, New York, with its immigrant diversity taking on the American dream of prosperity through assimilation to the modern world. It's hard to feel the earth beneath concrete. The rhythms of life seem to be reflected instead in the accumulation of things and accomplishments.

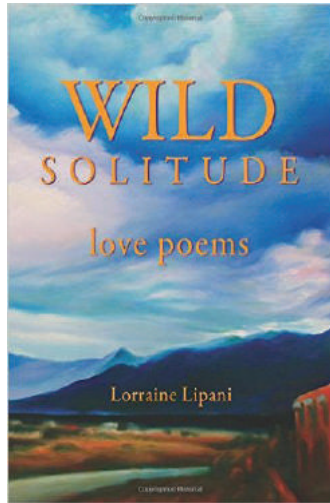
Lorraine began writing poems and stories

in her early teens. She developed her love of literature at a rural college in upstate New York, earning a Liberal Arts degree in Literature. She realized a passion for writing and art-making, as well as Jungian psychology and mysticism. It was now the late 1960s, and the world was indeed changing.

In her twenties she worked at the Edgar Cayce Foundation in Virginia, where she could explore diverse philosophies. Lorraine trained there as a massage therapist, and maintained a practice for over 40 years. In her thirties she studied ceramics and has kept a studio ever since. Her sculptures have been shown in fine art galleries nationwide. In her forties she learned to ride a horse, her second favorite relationship. Lorraine and her lover, artist Jolly Smith,

keep horses at The Sea Ranch and are frequently seen riding the trails there.

As a practice, Lorraine writes a poem in early morning, when the world is still quiet. Over the years she has published works in journals and newspapers. In 2016 she published a collection of love poems, "Wild Solitude". Her book was a Finalist in the Indie Excellence Awards that year.



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.

Manna
by Lorraine Lipani

Some say true Love is out of reach
so long as ego-needs
weigh and measure
the returns

I say Love is bigger than that
well-rooted in stars
moonlight-nourished
tapped at the heart
flows freely, impeccably

like a mountain stream whose bed
is surrendered of much soil
for the sake of the sound
the feel of such joy
tumbling over stones

I say Love is the manna in bird song
in the breezes teasing my dreams
like strands of hair across my eyes

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Mystery Theater & Matinee
"Disappearance from Gualala:
A Steven Oakwood Mystery"
Dinner, Saturday, February 25 6 pm
Reservations Required!
Matinee, Sunday, February 26 2 pm
First-come, first serve!

Purchase advance tickets at
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reason, but with no morals.
Martin Luther King, jr.

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STEVE LUCKY
MISS CARMEN GETIT
& **THE RHUMBA BUMS**

SATURDAY, FEB 11
DOORS 7:30PM/SHOW 8PM
\$20 GENERAL ADMISSION

ADVANCE TICKETS AT ARENA MARKET, POINT ARENA; THE SEA TRADER AND FOUR-EYED FROG BOOKS, GUALALA; & ONLINE AT WWW.ARENATHEATER.ORG

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Steve Lucky and The Rhumba Bums featuring Miss Carmen Getit On February 11 Arena Theater Will Be Swingin'

Every now and then a treat takes center stage at Arena Theater, and February bring's us one of those treats. Steve Lucky's sextet performs a mélange of Jump Blues, Swing, Big Band Jazz and other rare gems inspired by the '30s, '40s and '50s, bringing an intense energy, personal magnetism and knowing wit to their musical portrayals of the battle between the sexes.

Called "instant crowd favorites" by the San Francisco Blues Festival and "consummate musicians and entertainers" by New York City's Lincoln Center, Lucky and Miss Carmen Getit really shine before a live audience, having earned a reputation as captivating entertainers with "superior musicianship" (Downbeat), engaging audiences at the Montreux Jazz Festival in Switzerland, the Half Note Jazz Club in Athens, Greece, the San Francisco Blues Festival, as the house band at the Derby in Hollywood, and hundreds of performances around the world.

Born in Seattle and raised near Detroit, bandleader Lucky started playing piano at age eight and was playing and singing professionally by the time he was thirteen. He founded and led the six-piece Blue Front Persuaders

through the '80s, playing swing, jump-blues, and '40s and '50s R & B. Through the lively music scene in Ann Arbor and Detroit, Steve



met and learned from a number of piano greats, including Vernon 'Boogie Woogie Red' Harrison, Mark 'Mr. B' Braun, Roosevelt Sykes and later in New York City, Pinetop Perkins and Sammy Price. In addition to piano, Lucky is passionate about playing the Hammond B3 organ.



In 1993, he moved to San Francisco and started the Rhumba Bums as a quintet, but admits the band really took shape in '94 with the addition of Miss Carmen Getit on vocals and guitar.

Getit is a dynamic performer and versatile vocalist, interpreting "slick jazz a la Dinah Washington" or shouting down-and-out blues, and in her powerful vocals, one can hear echoes of her idols Ruth Brown, Etta James, and Dinah Washington.

Getit has performed and recorded with Elvin Bishop, Willie "Big Eyes" Smith, and piano blues legend Pinetop Perkins on his CD "Ladies Man" (nominated for a Grammy award in 2005 and won the 2005 W.C. Handy award for "Best Traditional Blues Album".) She is featured in productions like "Queens of Boogie Woogie", "Women In Blues" and "Divas of the Blues" with other women artists like Lavay Smith, Wendy DeWitt and Ruth Davies, and is profiled in the '05 All Music Guide's "500 Top Jazz Vocalists."

The band is rounded out with some brilliant musicians including Scott Petersen, Matt Cowan and Doug Rowan on saxophones, Brian Fishler on drums, and Lukas Vesely on bass.

The hot ticket will be for Saturday night, February 11, 8:00pm at Arena Theater, 214 Main Street, Point Arena. Tickets are \$20, and are available at Arena Theater's local ticket outlets: The Sea Trader and Four-Eyed Frog in Gualala; Arena Market in Point Arena, and Twist in Mendocino.

"Disappearance from Gualala: A Steven Oakwood Mystery" Gualala Arts Presents Mystery Theater Dinner & Matinee February 25 & 26

Five years ago, the evening after dropping off their only child at the University of San Francisco for her first day of college, Gualala residents Greg and Susan Prine celebrated with a quiet evening at home. All seemed well until an unexpected visitor appeared with demands for repayment of a long ago debt. That evening ended with mysterious disappearances and possible foul play.

And so begins this year's Mystery Theater play "Disappearance from Gualala: A Steven Oakwood Mystery" at Gualala Arts later this month. The dinner mystery theater will be Saturday, February 25 at 6:00pm and the matinee will be Sunday, February 26 at 2:00pm. Tickets for the mystery dinner are \$50 in advance and include a four-course meal offered throughout the four-part play. Mystery matinee tickets are \$20 in advance and will include light snacks and refreshments. There will be a no-host bar for both performances.

Reservations for the dinner performance must be made by February 19 at BrownPap-

erTickets.com or 1-800-838-3006 or at Gualala Arts Center. Matinee tickets can be purchased via BrownPaperTickets.com or at the arts center or Dolphin Gallery and are first-come, first serve. All ticket prices increase by \$10 the day of the performance.

Written by playwright Dennis Carter, The Sea Ranch, he said that in creating this play he took the opportunity to further explore some characters he created a few years ago.

"The play is based on 'The Debt' a one-act I wrote in 2005," Carter said. That play went on to be featured in a one-act play festival with San Francisco's Three Wise Monkey Theater Company and had a three-week run at the Eureka Theater in San Francisco.

"For the upcoming Gualala Arts production, I used 'The Debt' as scene one." He said. "I was always interested in what motivated the characters to do what they do in 'The Debt' and wondered about what consequences their actions in that play would have on their futures. This play gave me the chance to figure those things out."

The character of Steven Oakwood, a retired crime reporter for a Los Angeles newspaper who has retired to The Sea Ranch, returns in this year's play. Always fascinated with solving mysteries, Oakwood just can't leave this one alone.

The four-course dinner menu served throughout the play will be a family style Italian. Starting with the first act, the first course will be antipasti of Italian meats, cheeses and olives. During the second act comes the second course of a Caesar salad and minestrone soup. As the plot thickens in the third act, so does the third course of regular pasta or zucchini "pasta" curls topped with marinara, pesto or Alfredo Italian flag sauce served with herb-stuffed rolled pork loin. Finally, the final act and the final course will be a dessert of tiramisu.

Actors include Paddy Batchelder, Diane Boeke, Jan Carter, Lloyd Cross, Jon Handel, Donna Yates-Johnson, Richard Knarr, Rhianon MacDonald, Sam Parsons, Rich Schimbor, David Skibbins, and Marla Skibbins.

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When the power of love overcomes the love of power the world will know peace.

Jimi Hendrix

Let me work on that.

Anonymous

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

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Tears and Fears • by David Steffen

First they came for the Socialists,
and I did not speak out—
Because I was not a Socialist.

Then they came for the Unionists,
and I did not speak out—
Because I was not a Unionist.

Then they came for the Jews,
and I did not speak out—
Because I was not a Jew.

Then they came for me—
and there was no one left
to speak for me.

Martin Niemöller (1892–1984)

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

It's not time to make a change
Just relax, take it easy
You're still young,
that's your fault
There's so much you have to know
Find a girl, settle down
If you want you can marry
Look at me, I am old,
but I'm happy

(from "Father & Son" by Cat Stevens)



January 28

Full Moon



February 11

When love is gone,
there's always justice.
And when justice is gone,
there's always force.
And when force is gone,
there's always Mom.
Hi, Mom!

Laurie Anderson

Do you recall the 1975 film *Monty Python and the Holy Grail*? A classic Monty Python comedy. Loosely—very loosely—based on King Arthur, the Round Table, quests, and death. In 10th Century England there was a plague upon the land. (Note: not the 14th century as history records but the 10th as Monty Python records.) So many people were dying that “dead collectors” went through the streets telling good citizens to bring out their dead. One unfortunate citizen’s body was in the process of being collected by the dead collector when the citizen asserts “I’m not dead.” A debate proceeds but after being hit by a club, the “citizen” is now, well, dead.

A few months ago I fully anticipated that by February I would, at the very least, be near the end of channeling Elisabeth Kübler Ross. Her classic model on how we deal with grief is well known: Denial, Anger, Bargaining, Depression, Acceptance. Understanding these stages is supposed to help us get through the process of dying and death (in that order). Whether it’s our own mortality or that of a family member or friend, we all can relate to Ross’s conclusions. The good news from the stages is that ultimately we all hope to arrive at acceptance. The night of November 8th I went to bed in what I’d describe as something other than denial, but I was clearly aware of what news the Wednesday morning papers would bring. It’s been a little like that for some people since November 9th.

Acceptance arrived and I spent a couple of months waiting for the pivot. You know, it was to be that moment when Trump, our recently elected Great Orange Overlord (GOO) would come down to earth and govern. Unfortunately, GOO turned out to be unable or unwilling to pivot, and he spent late January issuing edicts. While many of them got my attention, it was one in particular that struck a nerve: “Protecting the Nation From Foreign Terrorist Entry Into the United States”. Essentially GOO was following through on his promise to treat Muslims differently than everyone else. And amazingly by design or rank ignorance he managed to do this on International Holocaust Remembrance Day. One university professor, Daniel Drezner of Tufts, was so incensed by the order and the timing that he let fly an amazing Tweet:

“Dear @POTUS: on Holocaust Remembrance Day my synagogue told me the Syrian refugee family we’re sponsoring is not coming. Go fuck yourself.”

Drezner later apologized for the closing

three-word expression of disfavor, but doubled down on his feelings about the policy. The New York Times offered this: “That [Trump’s executive] order, breathtaking in scope and inflammatory in tone, was issued on Holocaust Remembrance Day spoke of the president’s callousness and indifference to history, to America’s deepest lessons about its own values.” From this side of America we are left to wonder if this latest order is GOO’s stalking horse for a laundry list of people, countries, groups, and religions with whom he and his administration disagree. After all, GOO has one prominent supporter suggesting the country begin registering Muslims, while another thought the WWII Japanese internment camps were “a good precedent”. Think about it; zealous supporters offer Manzanar as a good idea, a good precedent.

In 1988 a seven-year effort to start a family became a reality for us. Our daughter has been amazing. She’s worked as hard as can be to carve a place in society and this month began a new chapter by changing careers, going to work for a tech-related company in San Francisco. I treasure every moment we’ve had and I hope we have many, many more. But it was the rhetoric of GOO and his close associates that made me wonder just what

ing to this day is that it was like winning the lottery. Only better. We flew to Korea, spent three days in Seoul, and returned with our baby on September 2, 1988. As I once said to friends of mine when their first child was born in 1976, ‘the three of you are now one.’ And now so were we.

In June 1989 we sat in the Los Angeles chambers of Judge C. Bernard Kaufman, and he made our adoption final. A year later we were once again in downtown Los Angeles. This time it was at the Los Angeles Convention Center, and where, along with a thousand or so of our closest friends, we were to participate in a ceremony making a lot of people in that hall citizens of the United States. The room was absolutely colorful. There were whites, Blacks, Asians, and Hispanics. Too many countries, and too many stories to list, but the common thread was someone in each group was about to receive American Citizenship. That morning there were plenty of flags, kind words, and a collective singing of the National Anthem (and it wasn’t even a ball game.) There were a thousand people saying the pledge of Allegiance, along with the recorded voice of Country star Lee Greenwood singing “God Bless The USA”. Not a dry eye in the house, including mine.

And here we are almost three decades later. It feels like recalling that convention-hall camaraderie today is more important than ever. In 1990 we were all as one at the Citizenship swearing-in ceremony. It was a kind of tent revival meeting, with everyone hugging strangers, shaking hands, singing together, for ourselves and for all of those who came before us. So when our leaders begin to register, arrest, intern, and deport people based on family name, skin color, birth country, or religion, we must speak up. This is not what constitutes making America great again. When GOO attempts to turn the clock back to some time a century or two in America’s past, we must all be aware and engaged.

Forget the stages—denial, anger, bargaining, depression, acceptance. Save those for bad news from the doctor. What we need now is everyone to stand up for everyone else. No exceptions. This country has a constitution, and a history of tolerance. Last month 200-300 people were marching in downtown Gualala as part of the post-inaugural Womens March, and it was a genuinely beautiful sight. Now is not the time stay in the house and hibernate. Now is the time to pay close attention and let our government hear why the policies of GOO have nothing to do with greatness.



can be next?

Our decision to start a family was not surprising—lots of other people have done it, really—but any journey that takes seven years to succeed, as ours did, sort of focuses the mind. Like Star Trek’s character Mr. Spock, a Vulcan who mates only once every seven years, anticipation and success can be a long process.

Caitie was born on February 7, 1988, and it was an event that I was not able to attend. For that matter, neither was my wife. Caitie was born in Korea. After seven years of paperwork, interviews, and waiting, we were matched with this wonderful baby who happened to be born in Seoul. In short, my feel-

Arena Theater Presents *Amadeus* February 18 National Theater Live Production From London

Perhaps one of the most famous plays of the past 40 years, *Amadeus* never ceases to bring people into the theater to become engrossed in the story of the legendary composer's nemesis, Antonio Salieri. Lucian Msamati (*Luther*, *Game of Thrones*, *NT Live: The Comedy of Errors*) plays Salieri in Peter Shaffer's iconic play, broadcast live from the National Theatre, and with live orchestral accompaniment by Southbank Sinfonia.

Wolfgang Amadeus Mozart, a rowdy young prodigy, arrives in Vienna, the music capital of the world - and he's determined to make a splash. Awestruck by his genius, court



composer Salieri has the power to promote his talent or destroy his name. Seized by obsessive jealousy he begins a war with Mozart, with music, and ultimately, with God. After winning multiple Olivier and Tony Awards when it had its premiere at the National Theatre in 1979, *Amadeus* was adapted into an Academy Award-winning film.

Tickets are \$18, \$5 youth (18 and under), available online at www.arenatheater.org.

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

FELIX from cover

-sage inside and entitles the recipient to four See's chocolates, two glasses of champagne, a long-stemmed rose and reserved seating the night of the event.

Felix has enjoyed a long and varied career as an entertainer, especially in Europe, where she hitchhiked her way to England as a young woman and became the first solo folk artist to be signed to a major British record company (Decca) in 1964. Her first album and single "Someday Soon" (composed by Canadian singer/songwriter Ian Tyson) were released that year and she headlined throughout England in the years to follow, collaborating with musicians from Cat Stevens to Leonard Cohen to John Paul Jones.

After years of touring and television, Fe-

lix moved back to California in the 1980s to take a break from the music world, studying yoga, meditation and healing. In the late '80s she participated in a peace march through Central America. Witnessing the suffering of the indigenous peoples of Latin America inspired Julie to start singing again.

Returning to her house in Hertfordshire, England, Felix began singing for Latin American refugees, for women's and gay rights and for peace projects including protests against the war in the Gulf. She established the first New Age Folk Club, The Magic Messenger, providing a platform for budding musicians and poets. In 1989, Julie created the Remarkable Records label and released *Bright Shadows*, her first album in 10 years. In the 90s she set up Goddess Tours, arranging trips and pilgrimages to sacred sites throughout Britain, Turkey, France and the American Southwest. Her music is constantly evolving and growing and she has produced more than twenty albums, several of which have been re-issued by RAK records.

In June 1998, Felix celebrated 35 years as a professional singer and 60 years of life. In 2002 she brought her admiration of Bob Dylan's writing to the fore by releasing her double album on Remarkable Records, "Starry Eyed and Laughing - Songs by Bob Dylan". Supporting musicians included John Paul Jones and Danny Thompson, and the album featured contributions by such luminaries as John Renbourn, Ed Frost, Gareth Turner, Kiki Dee, Carmel Luggeri, and, back with her again at Hammersmith, P.J. Wright. Tracks were engineered by Dave Swarbrick. This is a unique opportunity. Felix may be the greatest success story many Americans have never heard of. Until February 18.

Nine Workshops Announced By Gualala Arts And That's Just The First Six Months

Gualala Arts has nine workshops scheduled through the first six months of 2017 and more in the works! Often the success of these programs depends on early registration from people interested in attending so the arts center staff can confirm with instructors that there are enough participants to ensure a successful class.

A highlight of workshops scheduled in the next few months is the exciting "Bigger, Faster, Fresher, Looser Abstract Painting" with artist David M. Kessler from Winston-Salem, North Carolina. Kessler teaches abstract painting workshops around the country, encouraging students working in all mediums to "loosen up" their painting style. His colorful works can be found in collections throughout the United States, Canada, Mexico and Europe.

Local artist Judy Pfeifer, Director of the

Discovery Gallery Artists Collective and a member of the North Coast Artists' Guild, says participating in workshops such as Kessler's has helped her broaden her skill set, even if she is not working in the same medium as the instructor.

Kessler's workshop will be an intensive, taking place Monday, March 20 through Thursday, March 23, 9 a.m. to 4 p.m. All mediums and levels are welcome. Because the instructor is traveling from out of state, the deadline for registration is an early one -- Monday, February 20 -- in order to make sure this workshop happens, said Lamar VanGuten, Gualala Arts workshop committee head. Cost is \$360 for Gualala Arts members and \$395 for non-members.

Instructor Susan King will bring her expertise in collecting family stories to her workshop "Tips of the Trade: Capturing

Audio Life Stories" Saturday, February 25, 9:00am to 3:00pm. Sign up for this workshop is February 18. Cost is \$65 for members and \$75 for non-members.

In March, Palo Alto artist and instructor Sandy Ostrau will offer a 3-day workshop "Abstracting and Simplifying Your Paintings" starting Friday, March 3 and working through Sunday, March 5, 10:00am to 3:00pm. The sign-up deadline for this intensive is February 24. Cost is \$325 for arts center members and \$375 for non-members.

"Yoga in the Redwoods" is Friday through Sunday, March 17 through 19. The watercolor class "From the Plein Air Sketch to the Watercolor Painting" is Friday, April 7 through Sunday, April 9, 10:00am to 4:00pm.

More to come. Check the Gualala Arts website or call 707-884-1138.

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Point Arena Lighthouse February Night Tour Twice (again), This Month February 10 & 11

The Point Arena Lighthouse will have two Full Moon Night Tours in February. The Full Snow Moon Night Tour will be held on Friday, Feb. 10 and the (almost) Full Snow Moon Night Tour will be held on Saturday, Feb. 11. For both tours the Lighthouse gates will open at 6 p.m. and the tour will begin around 6:30 p.m. The evenings feature a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast, and sweet and savory snacks accompanied by champagne or sparkling juice will also be provided. An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$50 for two.

Reservations must be made at least three days in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund. The Lighthouse is at 45500 Lighthouse Road

in Point Arena.

According to the Old Farmer's Almanac, February's Full Snow Moon is so named February's full Moon is traditionally called the Full Snow Moon because usually the heaviest snows fall in February. Hunting becomes very difficult, and so some Native American tribes called this the Hunger Moon. Other Native American tribes called this Moon the "Shoulder to Shoulder Around the Fire Moon" (Wishram Native Americans), the "No Snow in the Trails Moon" (Zuni Native Americans), and the "Bone Moon" (Cherokee Native Americans).

The Bone Moon meant that there was so little food that people gnawed on bones and ate bone marrow soup.

"These Night Tours have been extremely popular, selling out well in advance many times in the last several months," says Mark Hancock, Point Arena Lighthouse Executive Director. "We do limit the number of guests to 20 so make your reservations early!" For more information or to make a reservation, call the Lighthouse at 707-882-2809, ext. 1 at least three days prior to the tour.



Three Days of Films at Mendocino Film Festival: Special Presidents Weekend Event In Mendocino

The Mendocino Film Festival has become an institution in northern California with the annual Film Festival each May and June. From time to time the Festival creates a short program that locals and visitors can take in as a day trip north along Highway One.

The Mendocino Film Festival brings three days of screenings and events to Matheson Performing Arts Center for Presidents' Weekend February 17, 18, and 19. The program, Short Films: Then and Now, will feature "Live Cinema"—a selection of films from the silent era accompanied by live music—and the award-winning Mendocino Film Festival Short Films Program: **Only Human**. A portion of the proceeds from the program will benefit the Mendocino High School Multimedia Arts Program.

The Saturday program will feature seven short films produced between 1909 and 1925. In their day, these films were always accompanied by live music, creating an in-the-moment experience for both the audience and the musicians "playing the picture." The Mendocino Film Festival plans to continue this "Live Cinema" tradition, with Dave Mihaly and the Shimmering Leaves Ensemble providing their own musical score for these lively silent films. Screened on a reel-to-reel

projector, the program features a variety of films, ranging from comedies starring Snub Pollard to dramas like D.W. Griffith's **A Corner in Wheat** (1909) to an enchanting early stop-motion animation, *The Automatic Moving Company* (1912).

Jumping to the present day, the Short Films Program: Only Human showcases more recent short films, including the 2016 Academy Award® Winners for Best Animated Short (**Bear Story**) and Best Live-Action Short (**Stutterer**), and offers a sometimes touching, sometimes funny, always entertaining look at the triumphs and travails of being human. These nine short films from around the world present an intimate and heartwarming view of what unites us. The program screens on Friday and Sunday, and both screenings will feature a filmmaker Q&A with Paige Morrow Kimball, the director of *Play Date*.

The Short Films Program: Only Human screens on Friday at 8:00 pm and Sunday at 1:00 pm. Saturday will feature two performances of the Live Cinema silent film program at 4:00 pm and 8:00 pm. Mendocino Film Festival members are invited to begin the weekend at a special opening reception on Friday afternoon. Tickets and more details are at MendocinoFilmFestival.org.



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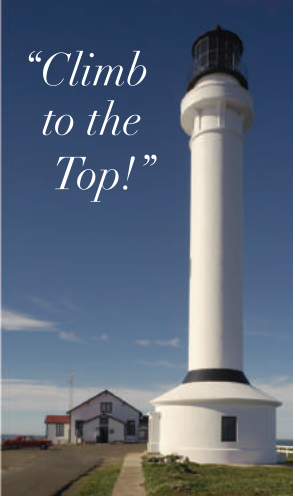
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Scuttlebutt

by Mitch McFarland

While viewing the Women's March in Washington I couldn't help but be reminded of the only time I ever rallied in Washington on behalf of a cause. It was October of 1969 at what was billed as the Vietnam Moratorium to End the War. You can google it to learn the details and politics of the thing if you choose. While those things were of extreme importance to me then, my lasting memory of that day (besides the tear gas)

These were the people who were sick of waiting for action and thought they would step things up a bit. They were very angry. . . .

had to do with my unwanted 15 seconds of fame.

The enormity of the crowds of anti-war demonstrators was made all the greater by the fact that Woodstock had just happened six weeks earlier where half a million people came to believe that the revolution was, in some form, a possibility. Getting rid of that nasty Vietnam War would be a major priority. And so was having fun.

I say "crowds" because there was a wide variety of groups there, each with a separate primary focus, but all with the common goal of ending the war. There were Black Nationalists, Womens' groups, SDS-types, Grey Panthers, Black Panthers, clergy, Vietnam Vets Against the War, religious groups, and plenty of hippies. Tens of thousands of them could be found dancing at the Washington Monument where the cast of Hair had come down

from New York to perform an extended version of "Where's the Sunshine".

I, too, had come down from New York from school with a friend. It didn't feel like a day to take drugs and have fun. The joyousness of that crowd was great, but we had come to protest, not to dance. Someone told us that the real action was at the Department of Justice, so we thought we should give it a look.

As we approached the block that the Justice Department occupies we were met with a very different crowd. These were the people who were sick of waiting for action and thought they would step things up a bit.

They were very angry and shouting something in unison that I don't remember, but I don't think it was very polite.

We were too freaked out to want to join that mob. It was looking pretty ugly. We decided to approach from the side street, which was also crowded with people, but more the curious



types like us and not the ones that looked like they were about to storm the Justice Department. There is a thick row of bushes right up against the wall of the stone building. I was able to slip in between these giant bushes and the wall so that I was able to slide along the wall to the corner where the side and front walls meet. This allowed me to see the crowd and look all around from an excellent vantage point as the building is on a rise above the street. There is a very large flagpole on the lawn near this corner of the building. It is 16 inches or more in diameter at the bottom as it is really tall.

I allowed myself to move the ten or fifteen feet from the corner to the pole and sort of hide behind it as I got a closer look at the crowd. There

were some other people standing near me next to the pole, but I paid no attention to them. There were people everywhere that day. I was just fascinated by the size and intensity of the crowd. I truly felt that I

might soon witness something quite like the revolution that some people were advocating. This crowd could easily have taken over that building and overwhelmed the hundred or so cops standing on the steps.

During this, two of the other people standing close to me started messing around with the flagpole, but again, I wasn't paying any attention to what they were doing. I was watching to see what this crowd might do. Then the crowd began to turn and look my way. Only those near-by at first, then more and more. Suddenly I felt something hit my shoulders and quickly realized it was the American flag. Those two guys took down the flag and as it floated to the ground under its own weight it landed on top of me. I stepped away quickly from the pole in panic only to become more obvious to the crowd, which by now was fully staring at me and cheering wildly.

To be perfectly honest, I really don't remember the next few minutes. I'm pretty sure I gave the flag to one of the true actors and I am sure that I fled the scene immediately. Not soon enough to avoid the tear gas that the truck was spewing that drove purposely through the crowd on the street in front of the building. I fled not knowing in what direction as my eyes were watering greatly and all I could think of was where to find some

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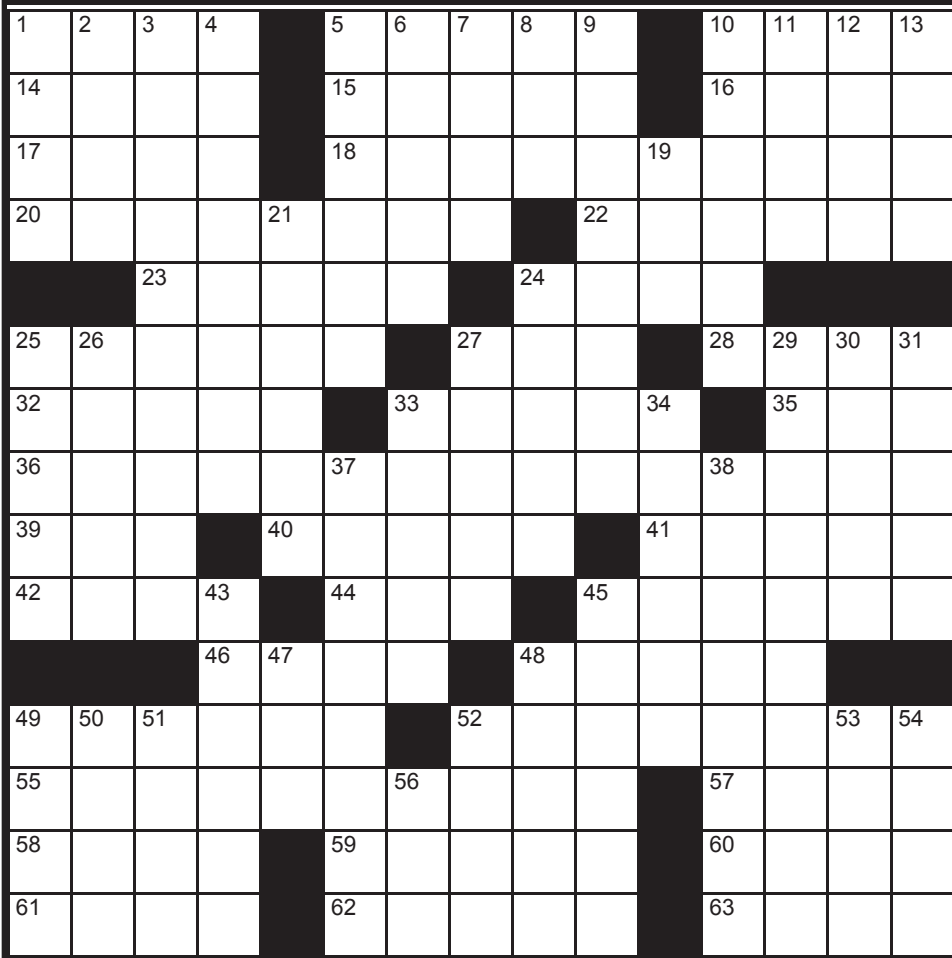
fresh air. Frankly, the rest of the day is a blur as chaos reigned throughout the city. I just remember spending the night in a high school gym with hundreds of other people where Tom Paxton, the folk singer, came by and serenaded us with a few songs.

That protest did not end the war. It went on another five years or so, but still, something very important happened. Millions around the nation saw that they were not part of a small minority of whiners and non-patriots as some tried to portray us. The inspiration that the sight of so many fellow citizens coming together to express their feelings was really the beginning of the end for the Nixon administration. Even though he was overwhelming re-elected in 1972 he had to campaign on ending the war- even though he had no intention of doing so. And two years later he was on the verge of resigning.

They say history repeats itself, don't they? Cross your fingers.

The Crossword

by Margie E. Burke



ACROSS

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- 1. Military award
- 5. Mink's cousin
- 10. Warbled
- 14. Garden wedding feature
- 15. Come about
- 16. Symphony member
- 17. "Good one!"
- 18. Printing process
- 20. Without a hitch
- 22. Snapper
- 23. Established
- 24. Cassette contents
- 25. Kitchen space
- 27. Barracks bunk
- 28. Aerial maneuver
- 32. Church part
- 33. Bustles
- 35. Nod, maybe
- 36. Clinton's domain, once
- 39. Till bill

- 40. A bit lit
- 41. Flinch, say
- 42. Cultural doings
- 44. "Get the picture?"
- 45. Kind of bean
- 46. Deal (out)
- 48. Like some liberties
- 49. One-dimensional
- 52. Grammatical slip
- 55. Cheap additive
- 57. ___ meridiem
- 58. Gangster's gal
- 59. Burn
- 60. Santa's reindeer, e.g.
- 61. Wartime partner
- 62. Primitive fishing tool
- 63. Conclusion starter

DOWN

- 1. Lacking
- 2. Deck
- 3. 2016 Affleck title role

- 4. Current regulator
- 5. Walk nonchalantly
- 6. Voice lesson topic
- 7. Overly smooth
- 8. "Don't ___!"
- 9. Will-maker
- 10. Reddish brown
- 11. Look out for, say
- 12. Yuletide song
- 13. Heredity carrier
- 19. Stanley, for one
- 21. Tank top
- 24. NBC morning show
- 25. Ziti, e.g.
- 26. Adjust
- 27. Thicket
- 29. Seagoing vessel
- 30. Postal scale unit
- 31. Minor
- 33. Home of the brave
- 34. Endeavor
- 37. Type of call
- 38. Treat with drugs
- 43. Rotten
- 45. Off-___ (awry)
- 47. Bother, with "at"
- 48. Line dance
- 49. Dalai ___
- 50. "Rebel Yell" rocker
- 51. Partner of void
- 52. Balanced
- 53. Alone
- 54. Kind of pad
- 56. Swindle, slangily

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Caught In the Act of Impersonating a UX Designer

by Caitie Steffen

The fears, exaggerations, and overreactions of imposter syndrome have crept into my mind. After I realized this, I started reading about it and concluded that the reason why imposter syndrome is coming up now is because I've moved outside of my comfort zone and I have more to lose. For the past 2 months now I've "left the nest" and put myself on the market. No, I don't mean romantically. I've been job searching in an industry in which I do not have much direct experience because I changed careers.

In my opinion, making a career switch is an admirable but risky decision. It involves trusting your gut, which creates so many unknowns and a higher probability of failure. My Dad was 49-years old when he left his full time job as an executive in the music business to go back to school full time and earn his undergraduate degree; he never completed college prior to getting a job and worked his way up in the music business. Despite all the doubts and risks that could have held him back, he made this leap of faith with 2 dependents. I recently made a 180° career change from veterinary medicine to user experience design. I enrolled in a full time bootcamp that required me to quit my full time job and spend 10 intense weeks learning new outlets for soft skills and completely new hard skills.

The interesting thing about being in school, whether it's a formal education or a 10-week bootcamp, is that you're "sheltered" as a student. Teachers want you to succeed, projects are meant to help you learn the tools and trade and your cohorts are your friends. When you graduate, you're responsible for yourself and when you put yourself on the market you will be viewed objectively. As a blank slate, I needed to prove my capabilities, but fears of imposter syndrome crept into my mind. Suddenly, I was tasked to explain myself, my thinking, my choices and my skills to people who have more experience and knowledge and will validate my new title by offering or denying me a job.

This was a world I was unfamiliar with and I was unprepared for my feelings of self-doubt. What got me through those moments when I was filled with fear of exposure was writing, reading and listening to topics about or related to user experience (UX) design. On my way to job

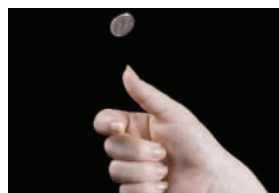
interviews where I would have to present a design challenge, I listened to podcasts from industry professionals I respect and formed my own opinions about the topics they discussed. After job interviews, I wrote down any thoughts or opinions related to UX that came to mind. And everyday I would read articles to keep my brain working around everything that I love about UX. Through these small actions my feelings of imposter syndrome were held at bay. You would think that walking away feeling successful about a presentation would be enough. But that just made me panic more because I was formulating so many what ifs about the future and projecting that I will need to be "on point" forever. When I was researching articles on imposter syndrome, I found that many wrote about a fear of failure. It's true that I was placing crazy expectations of perfection on myself now that people were looking to me and only me for my opinions. But eventually people fail and when decisions need to be made there will be different paths to take. We increase our risk of failure when we are faced with more diverged paths to choose from, but that shouldn't stop us from choosing.

I understand what it's like to have imposter syndrome. And it's comforting to know that people like Tiny Fey and Don Cheadle have also felt insecure with their roles. But overcoming imposter syndrome is a personal experience. And what worked for me might not work for you. What I can say is that sometimes knowing that you're not the only one helps. So here I am telling you that you're not the only one. I'll list the articles I found researching below because some of them had some helpful and humorous words of wisdom.

I would like to thank my Dad for inspiring this article.

- *21 Proven Ways To Overcome Impostor Syndrome* (startupbro.com)
- *"Afraid Of Being 'Found Out?' How To Overcome Impostor Syndrome"* (forbes.com)
- *"Don't Let Impostor Syndrome Sabotage Your Career"* (huffingtonpost.com)

Caitie lives in San Francisco and is a regular contributor to the Peddler. Her email is: caitie.steffen@gmail.com



My Turn • By Mitch McFarland

Note from the author: Though I am currently the Treasurer of the Arena Theater, the following is my personal perspective and does not necessarily reflect the collective opinion of the Board or any of its individual members.

Everybody loves the Arena Theater. When out-of-town friends visit we brag about what a beautiful building it is and how proud we are that the community came together to not just restore, but to enhance this community asset. It is used for a wide variety of functions from school graduations and plays to films, live music, telecasts of high culture, community gatherings, and as a rental space for private affairs.

The employees and volunteer Board of Directors are constantly working to improve the quality of programming and upgrade the facility. In recent years a first-class sound system was added, solar panels have been purchased to reduce or eliminate our electricity bill, and currently they are initiating a major upgrade of the theatrical lighting.

All this bodes well for the future of the Theater. There is only one problem: people are not attending the events. The first-run films that show most evenings are not often big money-makers. The entire Hollywood industry is based on the sales of concessions. After expenses, theater's make very little money from ticket sales. The bulk of your ticket price goes to the studios. As much as 65% comes off the top with the rest left to pay employees and other expenses. Any significant profit coming from audiences is due to concession sales which is true industry-wide. Besides fewer admissions, our concession sales are down 15% primarily as a result of reduced ticket sales.

The Monday Night Film Club has struggled all along, but has thus far managed to keep its nose above water. Recent financial reports indicate that Film Club, an important element of the Theater's programming, may require additional funding next year to continue.

The Blues on the Coast series has also managed to stay in the black due to the generosity of its sponsors, John and Tracy Dupont. This season the series had its first loss.

It is not only ticket sales that are hurting. Membership is also down and it is probably the most important component of the budget. Membership has fallen 21% since 2014.

Next year will mark 20 years since the renovation of Arena Theater. The simple fact of the matter is that many of those who worked so hard to make that happen are either dead or moved away. Those who aren't are inching towards or are well into their retirement years. The average age of the current board is well into their 60's..

I imagine that many who have moved here in the last 20 years think that Arena Theater, having been around for nearly 90 years, is an institution that will be here forever. It's like a

church or the DMV-there is an institutional momentum that will carry it into the future under any circumstances.

I wish that were true. It's not.

I am not predicting the demise of Arena Theater. I will do all in my power to see that that does not happen, but wishing does not make it so. We need a new generation of people to be dedicated to Arena Theater's future. A recent review of ticket sales show that the largest movie audiences are children and seniors. Those kids' parents and the children of those seniors are not going to the movies. I fully understand that there are many diversions to attract our attention. Other local venues are also offering entertainment. Netflix is very popular and you don't have to tell me how difficult it can be on a rainy winter night when you are cozied up next to a fire to get up and go to town.

In the 1980's when the predecessor of the Arena Theater Association, the Arena Renaissance Company, was formed, satellite TV was in its infancy and few folks around here had a dish. The Internet barely existed and "Netflix" wasn't a word. Some people had a VHS player, but not many.

The Air Base and Loran stations had closed leading to the demise of the bowling alley and a few bars. There was great need for something to do around here and the Theater played a crucial role in filling that need. Even the work of renovating the building was a way for the community to be together, to help each other with the work and get to know some people you may not have known before. It was an inspiring way to build not just a structure, but community itself.

Well, that is in the rear view mirror now by a few decades, so what does the future hold? I don't know. That entirely depends on who cares and I'm not sure who that is. Is it you? How much would it affect you if the Theater had to close? Be honest. Maybe it wouldn't mean much to you. Maybe you think it wouldn't, but maybe in the end it would. That is your call.

If you do care, what can you do to help? Well, attending events would certainly be good. If you don't feel like that, but you still think it is a good idea to have a theater on the South Coast, buy a membership for yourself or someone else or just donate some money-or time as a volunteer. Volunteering at the Theater gives one the chance to be part of something bigger than oneself while hopefully having fun. You can become a regular volunteer or offer to just do one thing once (office number: 882-3272).

The fact of the matter is that there is no profitable business model for a single screen theater. It is simply not profitable. Try to

See MY TURN on page 7

North Coast Artists Guild •
Mixed Media
at Gualala Arts in February •
Reception February 3

What's love got to do with it? A little bit of everything in Gualala Arts' February exhibit in the Burnett Gallery at Gualala Arts Center. The exhibit opens Friday, February 3 with a reception from 5:00pm to 7:00pm that is free to the public. Wine and appetizers will be served. The show remains on display through Sunday, March 5.



This show is an opportunity for artists' to share their interpretations of love however they want to approach it -- personally, emotionally, intellectually,

religiously, figuratively, conceptually, literally, abstractly, subconsciously, comically, tragically, satirically or even absurdly.

Curated by local artist Leslie Moody Creswell, "What's Love Got to do it it?" includes



artists who are members in collectives all up and down the coast from Elk to Timber Cove and everywhere in-between and will feature a variety of medium.

Love in all its various forms is undoubtedly the most driving force in human behavior and one of the most common themes in the creative arts – countless poems, operas, songs, sculptures, paintings, have been created throughout human history in every era and culture, said Jemison-Ball, NCAG president, and this show promises inclusion of many themes and all medium.

Opening Reception Saturday, February 4, 2017, 5:00pm to 7:00pm. Exhibit remains through Sunday, February 26.

Dolphin Gallery Hosts Joann Cassady and Barbara Johannes
Opening Reception Saturday, February 4

Healdsburg Ceramist Joann Cassady and local photographer Barbara Johannes will show off a bit of their whimsical sides in this Dolphin Gallery exhibit opening Saturday, February 4 from 5:00pm to 7:00pm. Wine and appetizers will be served and the reception is free to the public.



Cassady's work ranges from the whimsical to the traditional. In this,

her second two-person Dolphin show, she will be highlighting her colorful raku-fired fish and environmental yard art. This exhibit will display her broad range of ability in form and firing methods as well as subject matter.

Cassady chooses to use only the most basic tools in creating her work, relying on traditional hand-building methods and primitive firing techniques. "Not all of my pieces succeed, but when they do the magic of the moment inspires me to create others," she said.

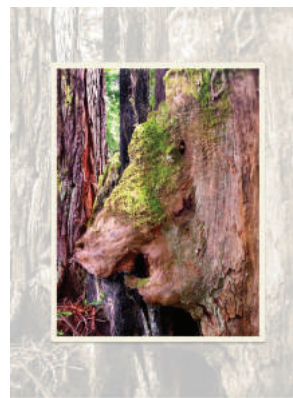
Instead of glazes, Cassady often uses a labor-intensive process of hand burnishing with a polished stone. These pieces are fired in a pit dug in the ground and the colors are

created by the swirling actions of the fire. For her, she said, the surface of a burnished piece is far more natural looking than the glossy look of a glaze.

Cassady studies under numerous potters including internationally renowned Mexican potter Juan Quezada, founder of the pottery revolution of Mata Ortiz where potters work to develop their own style in the Casa Grandes tradition of the ancient Paquimé Indians. She has worked with the potters in Mata Ortiz for over 17 years and continues to teach workshops in this area to share their techniques.

Cassady's work has appeared at numerous venues throughout Sonoma and neighboring counties. She has taught workshops at high schools, art centers, community centers, and

community colleges. Her work can be seen currently in galleries in Graton and Mendocino as well as at The Dolphin. Cassady's work can also be viewed on her website at imakepots.com or on her facebook page. The exhibit continues through February 25.



"Sharing the Love"
Ling-Yen Jones & Dianne Neuman
At Gualala Arts February 3

These two creative wonders are no strangers to the Mendonoma Coast, or to the regulars at Gualala Arts. A reception for Ling-Yen Jones and Dianne Neuman will be held at the Elaine Jacob Foyer Friday, February 3 starting at 5:00pm.

"This is what has been happening to me lately: I've been obsessively creating heart paintings," says Neuman. "Small ones, big ones. So, I asked myself: "why I am being so



obsessive with creating these heart paintings?" Upon reflection, I discover I have been feeling the effect of the sadness and negativity out there in our world. So, I say "Self . . . more love must

be the answer!"

Neuman has recently been exhibiting at the Blue Door in Guerneville and now shares her large abstract hearts with Gualala. With studios in Anchor Bay and in Guerneville, Neuman is primarily an abstract painter, working on canvas and/or paper with layers of transparent color to create new color and light in her work. She uses her hands, brushes, sticks, rags and a little bit of everything in her studio to create her images.

"When my paintings are finished, they reflect the balance of the essential elements: earth, fire water and air. The union of these elements radiates from my core – thus I consider my work 'Landscapes of the Heart,' " Neuman says.

As for Ling-Yen Jones, "I am honored to participate in this exhibition in the Elaine Jacob Foyer," says the Point Arena artist. I am showing work that I have been selling at galleries out of the area. These pieces are designed with the intention, and integrity that I use to create all of my work. Each pair of earrings acts like a human couple, creating a story. Sometimes it's a story you have to create and tell yourself."

The idea of the safety pin has come in many forms, Jones says. The basic use, of course, is to pin a diaper on a baby or to pin something on one's clothing safely. In the 1980s it was a style thing to add for the punk rock look or on your jean jacket. Now, Jones says, the meaning has come to symbolize being "linked, willing to stand up for the vulnerable" quoting a New York Times November 2016 article. "I took this new symbol of the safety pin and connected it with the classic symbol of love, the heart. The copper heart is my pro-kindness statement," she says.



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Get Out! . . . And Enjoy Live Music on the Coast

2nd: The Garcia River Casino hosts Trivia Night along with Music and Memories. Music by the Casuals.

4th: There will be a Mendocino English Country Dance on Saturday, February 4, at the Caspar Community Center in Caspar. Newcomer instruction at 7:30pm. Calling and instruction by dance leader Erik Hoffman. Admission \$10. (High Schoolers free).

4th: Feel like showing off? Saturday February 4th is Karaoke Night at the Garcia River Casino. The fun starts at 8:30pm.

• **9th:** From 6:00-9:00pm at The Fireside Room at Sea Ranch Lodge, it's The Others Brothers Band Personnel: Scott Foster, guitar/vocals and Harrison Goldberg, saxophones with special guest, Tom Shader, upright bass, vocals. In anticipation of Valentine's Day, the trio will present classic love songs from The Great American Songbook along with a popular romantic-themed Scott Foster original. Admission free. Delicious small plates and a wide assortment of beverages are available.

• **11th:** Irie Rockers bring their Rock Steady Reggae to the stage at the Garcia River Casino in Point Arena. Showtime is 8:30pm.

• **11th:** Steve Lucky and The Rhumba Bums featuring Miss Carmen Getit are on stage at Arena Theater starting around 8:00pm.

• **12th:** Robert deMaine brings his formidable talents with the cello to Coleman Hall at Gualala Arts. A Sunday afternoon performance beginning at 4:00pm.

• **22nd:** From 6:00-9:00pm at The Fireside Room at Sea Ranch Lodge, it's Baku featuring Harrison Goldberg-saxophone and percussion, Chris Doering- 7-string guitar and guitar synthesizer, Tim Mueller-guitar and guitar synthesizer, David French- upright bass and percussion, Nancy Feehan- cajon and percussion. "Jambiant Soundscapes," BAKU's self-styled and improvised hybrid, is a fusion of jazz and Afro beat drawing upon Cuban, Latin, Middle Eastern, African, and other world cultural influences and rhythms. Musical surprises abound! Admission free. Delicious small plates and a wide assortment of beverages are available.

• **24th:** The band Rhythm Method offers Danceable Rock, Nlues & Country. At the Garcia River Casino starting at 8:30pm.

• **25th:** From 7:30-10:30pm at 215 Main in Point Arena, Piano Sax Jazz duo featuring Rob Ellis, piano/vocals and Harrison Goldberg, saxophones. In anticipation of the annual televised Academy Awards ceremony and presentation, this pre-Oscars night event features the duo showcasing and performing popular movie themes. \$5.00 Cover charge. Delicious hot panini and other savory and sweet small plates along with a wide assortment of craft beers and regional wines are available.

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