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February 2021



Mendocino Coast's **Lighthouse Peddler**

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



Valentines Day Art to Enjoy, 2 Galleries to Visit

We're blessed here on the coast with a world of art that surrounds us. We can take a look at the art, spend a little time gazing upon it, read something into it or just enjoy the moment. This month two of our local galleries will have new exhibits and both are worth a look. So we've planned a day for you. Start your day in Gualala at the Dolphin Gallery for their new opening "Hearts for the Arts. Then take an easy 15 minute drive north to Point Arena for a stop at the Coast Highway art Collective where members of the collective will present Valentines Art. And don't forget to look at the ocean as you drive between the two galleries. Both galleries will welcome you, and you will be assured a delightful day.

At the Dolphin Gallery the new exhibit, "Hearts for the Arts", brings together three artists: Jane Head's focus on clay, Walt Rush's on jewels, and Leslie Moody Cresswell's glass. . . .

Cont'd on Page 12



Coast Highway Art Collective in February • Valentines Art and Poetry Meet February 6

By Rozann Grunig

The members of the Coast Highway Art Collective are hosting their first opening reception of 2021 on Saturday, February 6 from 11:00am to 5:00pm. This Valentine's Day-themed exhibit posed questions to the members of the Collective; "What does Valentine's day mean to you, your friends and family in the time of COVID 19? Is love complicated, tumultuous or simple? How do you express it in your art?" Our members took this challenge to heart, so to speak, and this exciting and creative exhibit is the result.

The exhibit inside the gallery will feature works by new member, Phil Clark, (woodworker), as well as pieces by Bea Acosta, (pine needle baskets), Andrea Allen, (Chinese Brush painting), Lena Bullamore, (drawing and painting), Colette Coad, (art glass), Ling-Yen Jones, (jewelry), Rozann Grunig, (photography), Kersten & Ants, (jewelry), Tamar Lenzi, (lapidary & wire wrapped Jewelry), Geraldine LiaBraaten, (photography), Jack O'Rourke, (watercolor), Brenda Phillips, (Ceramics), Scott Sewell, (photography), Deborah Threlkel (Abalone Queen jewelry), and Kathryn Weiss, (glass beads and jewelry.)

On the patio February 6, local poets Blake More and Lauren Sinnott will write a poem for visitors for their special Valentine. They are excited to revive "Poems on the Spot," the beloved tradition started by Caroline Cooke and Stephen Kessler back in the day of CityArt. "Lauren and Blake will be on our outdoor patio, socially distanced, while they talk with you and compose your poem, either on a computer or written by hand," says gallery manager, Ling-Yen Jones. "When your poem is finished, they will email it or send it to you. There will be a small fee requested of \$10 to \$50."

Lauren, Blake and Ling-Yen will be interviewed on KGUA on Tuesday, February 2 at 9:00am to discuss the show and their approach to poetry and art.

Sinnott was raised in Wisconsin's dairyland by her "very shy, highly organized,

mechanically adept artist mother" and her "gregarious, disordered, audacious poet father," she says. "I thank the universe all the time for giving me their best and withhold-



ing the rest. My mom supported our family on commercial art jobs that my dad went out into the publishing and business world to bring

home. Before I was 2, I was working at a little table alongside her. My parents were beatniks and I grew up a little hippie." In high school, Sinnott was an exchange student in Belgium, speaking only French and inhaling the culture. She returned to college in Houston, earning her BA and BFA in Art and French, then received a fellowship to earn an MA in Art History.

After 22 years in Houston, she and her young sons came west in a school bus outfitted with beds and a wood stove. They lived in the bus on the ridge for a year before moving to town. "I supported us with art and rent. I took jobs ranging from ornate murals to dog portraits, from tombstone design to painting a grinning pirate on the High School basketball court floor. I sewed a life-size torso complete with all female reproductive parts for a doctor. I created the Velvet Vulva line of purses for the feminist and enlightened market. I painted curbs and hemmed pants. Business signs and design services were a mainstay. We took in a parade of roommates to make ends meet. The house was teeming with the boys and their friends, and is still full of books and paintings," recalls Sinnott.

Her current project is the huge historical mural on the north wall of the Ukiah Valley Conference Center. She says the mural is a public work for everyone and about everyone. It contains over one-hundred portraits so far and tells many stories of people who live here now.

Blake More believes artists must give back to the generations to come, and practices this belief in many ways that benefit the local community. She works with California Poets in the Schools and the California Arts

Council to deliver creative arts instruction in K-12 classrooms around the Northern California region. Among other things, she teaches poetry and video, produce youth poetry anthologies, and coach high school poetry slam teams. She has co-produced Dragon's Breath Theater for the past 20 years, as well as volunteers for several non-profit arts and education organizations, and co-produce several shows and events a year, including the music at the Point Arena Fireworks Festival, live shows at the Arena Theater and a monthly poetry and jazz series.

More's sense of fun and humor is exemplified by her motto - "My name is Blake. My last name is More. That makes me B More! Be More. Always. I have so much

fun with my name: my live radio talk show is called "BE MORE NOW", my creative design business is "B MORE CREATIONS", and my private

healing practice is "B MORE FLOW." A UCLA graduate and resident of California's Mendocino Coast since the late 90s, More calls herself a healing artist with many creative voices and expressions.

"People call me a renaissance woman, because I am truly inspired by the raw ingredients of life," she says. "I write. I paint outdoor murals and daily-use art cars. I make poetry videos. I create mosaics. I emcee and host shows. I perform. I dance. I design costumes for myself and others. I live off grid. I sew. I garden. I forage. I conjure decadent meals from high nutrient, healthy foods. I make my own skin products and cosmetics clean enough to eat. I practice yoga daily. I love gorilla theater. To summarize, I am a muse, a magician, and an activator. I breathe creation. I evoke creation, I heal, nurture and activate creation in others. And I love helping to "Turn On" the light switches of others."

This show will run from February 4 through February 27. The Coast Highway Art Collective is open on Thursday through Sunday from 11:00am to 2:00pm. Face masks, social distancing and limited capacity for guests is in place. The gallery is located at 284 Main Street, Point Arena, next door to the Redwood Credit Union. More information is available at www.coast-highway-artists.com.

Top: Andrea Allen; Upper right: Rozann Grunig; Upper left: Amanda Rose Hopkins; Bottom: Phil Clark.



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On Valentines Day, don't say "uh-oh". Instead say, "For you".

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Our thanks to February contributors mai haiku,
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Hearts image courtesy of Jane Head.

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“And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look
Behind from where we came
And go round and round and round
In the circle game”

From "The Circle Game" by Joni Mitchell (1943--)

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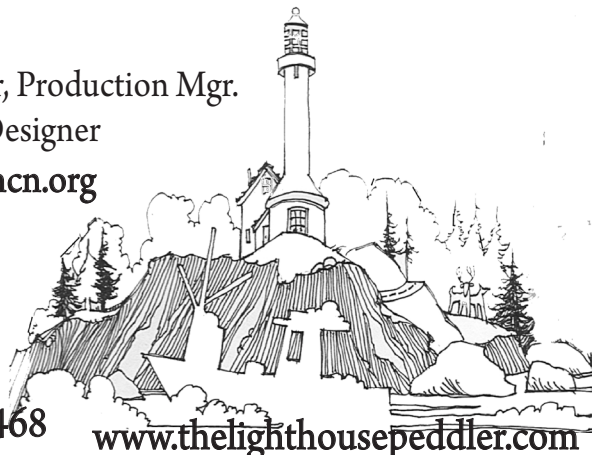
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"The discipline of creation, be it to paint, compose, write, is an effort towards wholeness."

Madeleine L'Engle (1918-2007)

Third Thursday Poetry Presents Michelle Peñaloza Connect Online, February 18

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7pm on Thursday, February 18, 2021. This month features Covelo poet Michelle Peñaloza, with open mic to follow.

Michelle Peñaloza is author of *Former Possessions of the Spanish Empire*, which won the 2018 Hillary Gravendyk National Poetry Prize and will be published in August 2019 by Inlandia Institute. She is also the author of two chapbooks, *landscape/heartbreak* (Two Sylvias, 2015), and *Last Night I Dreamt of Volcanoes* (Organic Weapon Arts, 2015).

Her work can be found in places like *Prairie Schooner*, upstreet, *Pleiades*, *The Normal School* and *Third Coast*. She is the recipient of fellowships from the University of Oregon, Kundiman and Hugo House as well as the 2019 Scotti Merrill Emerging Writer Award for Poetry from The Key West Literary Seminar. Michelle has also received scholarships from Lemon Tree House, Caldera, Vermont Studio Center, VONA/Voices, and the Bread Loaf Writers' Conference, among others.

The proud daughter of Filipino immigrants, Michelle was born in the suburbs of Detroit, MI and raised in Nashville, TN. She now lives, farms, and writes in rural Northern California. More information can be found at: <http://www.michellepenaloza.com/>

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

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



Nostalgia is a Dangerous Thing

If you're an immigrant child, nostalgia is your sibling. I am an only child and still this must be true. Phantom sister, brother specter: my mother gave birth to you a million times. Each time she answered the question, "Where are you from?" Each of my mispronunciations inherited, each forgotten word, each that was a long time ago. My mother used to kill chickens. The oldest girl, she was tasked with slicing open each de-feathered neck, carefully and slowly, collecting all the blood to season the rice they'd eat for dinner. My mother has never asked me to kill a chicken. Not once. My mother, in the scheme of things, asks for little. At most, I am tasked with simply coming home and even then I fail. Nostalgia makes home hard to find. I have grown so far from the stories my mother tells that movies are closer nostalgias, movies like *A League of Their Own* or *Don't Tell Mom The Babysitter's Dead*, movies I watch over and over again, not on purpose but because they're on and even though I've seen them a million times, I cannot bring myself to change the channel. I could sing their scripts in my sleep. If only I could screen my mother's plotlines like they're fiction, created and produced by some studio, recorded with the swelling music and golden lighting of wistful remembrance made to make me feel like I could feel them. To make me feel like they could be mine.

Michelle Peñaloza

Permaculture Design Course Coming in March

From Occidental Arts and Ecology Center
Online Beginning March 3

Still doomscrolling? Harness this "stuck at home" opportunity to create a resiliency plan for your community that is in balance with the ecosystem and rooted in justice.

Online Permaculture Design Certification (PDC) participants will leave this 12-week course with the ability to undertake a complete permaculture design process. Students will receive individualized support in creating a design for a site of their choosing, uniquely tailored to their specific geography, culture and economy.



Skills and concepts include:

1. Justice and Ecology Framework
2. Earth Systems Science
3. Site assessment: map making, pre-site assessment, site assessment
4. Visioning: client interviews, north star vision, functions, elements
5. Design Process: Zones, bubble mapping, access, water, food, shelter, community, final project presentation
6. Community Building: Self-Governance, Decision-Making and Power-Building; Legal, Financial and Organizational Structures for successful land-based projects
7. Earth Skills Electives such as swales, sheet mulching, roof water catchment and much more.

- The 12-week course is set to run from March 3 through May 30.
- Wednesday 3:00pm to 6:00pm—lessons, interactive exercises and live Q&A.
- Sunday 3:00pm to 6:00pm—design 'co-laboratory' for custom support on your specific project
- Sessions will be recorded.
- \$800 due at time of registration
- \$25 off if you register before February 3rd

Graduates receive a Certificate in Permaculture Design accredited by the Permaculture Institute of North America. The curriculum and learning objectives for OAEC's Permaculture Design Certificate are adapted from the PINA's Core Curriculum.

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February 27

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Renegade Botanicals Returns February 12-14 to Coast Hwy Art Collective

Amy McFarland, an entrepreneur whose vision is to help people care for themselves and nature in harmony, brings her line of skin care products for a special weekend pop up at the Coast Highway Art Collective on Friday through Sunday, February 12 through 14. The Pop-up runs from 11:00am to 2:00pm each day.

McFarland's company, Renegade Botanicals is an herbal wellness company based in Gualala. She formulates her line of products using sustainable practices and packaging, and grows many of her own ingredients on her small homestead. She believes using oils, minerals and herbal-based medicines can replace many pharmaceuticals, thus empowering families to treat small ailments and care for their skin without chemicals or preservatives. Her line includes face oils, scrubs and masks, deodorant, sunscreen, essential oils, immune support, salves, aromatherapy and oral health products. More



information about Renegade Botanicals is at www.renegadebotanicals.com.

The Coast Highway Art Collective is open on Thursday through Sunday from 11:00am to 2:00pm. Face masks, social distancing and limited capacity for guests is in place. The gallery is located at 284 Main St., Point Arena, next door to the Redwood Credit Union. More information is available at www.coast-highway-artists.com

Mendonoma Health Alliance Programs in February

Free for the Community: Screenings, Diet, Grocery Delivery and More

Mendonoma Health Alliance (MHA) continues to offer a significant source of community support, and will be particularly important into the new year. MHA has some services that you should know about.

• **Care Transitions Program**—As a part of Mendonoma Health Alliance's ongoing commitment to improve health and quality of life for the local community, the Care Transitions Program continues in February. The program is designed to assist you or a loved one during the critical period following hospital discharge. This service is available **at no cost to you**. Call (707) 412-3176 x102 or visit us at <https://mendonomahealth.org/care-transitions/>

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

• **Mendonoma Health Alliance's YouTube Channel**—If you've missed one of their Cooking Events or one of their Diabetic Educational Series classes, you can find all the recordings by visiting MHA's website at <https://mendonomahealth.org/educational-workshops/> or find us on YouTube.com by searching Mendonoma Health Alliance.

• **Free Grocery Delivery Service**—If you have chronic health conditions that put you in a high-risk category for COVID-19 call Mendonoma Health Alliance for help. Orders can be placed between 9:00am-12:00pm, Monday thru Thursday for same

day delivery within our service area. The cost of the service is free. Payment for groceries can be made by check or cash only. Call (707) 412-3176 x102

or email us at info@mendonomahealth.org.
• **Online Nutritional Education & Cooking Demonstration** - Mendonoma Health Alliance is offering two upcoming classes online that will include nutrition education as well as cooking demonstrations. **The first free class** is being held on March 3 at 5:30pm and will focus on Diabetes. **The free second class**, on April 7 at 5:30pm, will address hypertension. Our featured guest is Jill Nussinow, a local Registered Dietitian. Jill has been teaching people about the joys of eating whole food, plant-based meals for the past 30 years! For more information please contact Mendonoma Health Alliance at (707) 412-3176 x102 or visit our website at <https://mendonomahealth.org/educational-workshops/>
Class 1 Zoom Link (March 3): <https://zoom.us/j/96452344530>.
Class 2 Zoom Link (April 7): <https://zoom.us/j/98258776458>

Mendonoma Health Alliance is a wonderful local resource and they are truly making a difference in our community. Whether it's one of these upcoming programs or some general information, contact MHA. They can help. (707) 412-3176 x102.



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Words on Wellness • "California Bayberry"

by Karin Uphoff

Walking along the coast this time of year, you may notice the dip and flit of excited yellow-rumped warblers (affectionately referred to as 'butter butts') as they feed on the tough indigo berries (and assorted insects) of California bayberry or Pacific Wax Myrtle, *Morella californica* (still commonly known as *Myrica californica*). This tall spreading shrub or small tree has a characteristic light grey bark and shiny green leaves that are slightly aromatic when crushed. Also called California myrtle, it's need to live within site of the ocean and its breezes makes it stand apart from the more common *M. communis*, also native to North America and used in landscaping. The fruit is eaten by many kinds of birds but only in dainty quantities as it requires special enzymes to break down. The berries have a waxy coating that can be quite thick, in some species like *M. cervifera* those berries were boiled to make candles with a pleasant aroma. Leaves of myrtle make a slightly spicy tea that is warming for winter and can be blended with other herbs or added to foods in cooking. They are usually gathered in spring and early summer, then dried.



Wax myrtle has so many medicinal uses that in some parts of the country it's called the miracle bush, a kind of botanical one stop shop that just keeps giving. Settlers followed the indigenous use of the leaves for seasoning and insect repellent and learned the medicinal parts are the root/root bark, which contains a red resin that acts as a vasodilator and astringent to connective tissue. This makes it especially healing for hemorrhoids, sore throats and a mouthwash for red, puffy gums or mouth ulcers. Internally, small doses are used to treat diarrhea or inflammation of the intestines or mucus membranes, heavy menses and uterine prolapse. Also administered for colds, flu, fever and infectious disease, it was made into Thompson's Compound with white pine, ginger, cayenne and cloves, powdered and added to hot water for tea.

Native wax myrtles are a great choice for the home garden, if you have the space and moist growing conditions. Besides its good medicine, myrtles works well as a tough screen, and also good at fixing nitrogen into the soil – plus the birds in your neighborhood will be ecstatic.

Karin C. Uphoff, is a Master Herbalist, Iridologist, Bodyworker and author of

Botanical Body Care: Herbs and Natural Healing for Your Whole Body.

Learn more at: www.karinuphoff.com • Image Royal BC Museum Native Plant Garden, Victoria BC

Band-tailed Pigeon: "Gregarious, and yet, Quiet"

I usually hear the strong, flapping wings of Band-tailed Pigeons as the flock takes off from its perch at the tip of a tree. At fifteen inches, the Band-tailed pigeon is the largest of the pigeon-dove family. They have a distinct, narrow band on their tails above a wide, light-grey band on the tip. They have a purple head. On the nape of the neck, below the white crescent line, they are iridescent green. They have yellow legs and a yellow bill tipped with black.



They are found in mixed forest, woodlands, canyons and rural edges of suburbia, wherever there are oak trees and acorns, their favorite food. They eat other nuts and berries, such as elderberries, cascara and manzanita. During migration, when some travel as far as Nicaragua, they will eat seeds and insects.

All pigeons and doves share their unusual way of drinking; they immerse their

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Fox Sparrow. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoast-audubon.org. Image courtesy Audubon.org.

entire bill in water and suck like a horse.

Band-tailed Pigeons are gregarious and can be seen in flocks of dozens. They are generally quiet. Breeding season is the best time to hear the owl-like call, given from a high perch. In courtship, the male performs a rapidly flapping flight. Landing in a tree, he bows to her.

Band-tailed Pigeons nest in scattered pairs. They build a fragile platform nest of loose sticks, laying one white egg that is incubated by both adults. Parents feed the young "pigeon milk" that's made from secretions in the crop, a storage space at the end of the throat. Both parents produce crop milk and feed it to the hatchling or squab for the first three weeks. It has more protein and fat than human or cow's milk. Band-tailed Pigeons were close to extinction in the west due to hunting and their populations are still considered fragile.

Pet Help From Unexpected Places

By Reggie van Meister

Just one year ago (on Valentines Day), U.S. Rep. Angie Craig (D-MN) announced the launch of the bipartisan Congressional Pet Caucus, with Rep. Roger Marshall, M.D. (R-KS). Their mission statement explained that the caucus "will focus on health and nutritional well-being of companion animals, commonsense legislation supporting pet ownership and science-based and transparent regulations."

It seems that the idea is, at the very least, timely. More Americans have been spending more time at home due to the COVID19 pandemic. It seems to follow that current pet owners are spending more time than ever with their cats, dogs, fish, turtles and birds. (Yes, there are other pets but you get the idea.) In addition, the pandemic may have motivated some petless people to get a pet.

A significant number of households have one or more pets. (Full disclosure: we have a cat.) Recent data shows that "67 percent of U.S. households own at least one pet and of course, highly value the well-being of their companion animals. Americans young and old have embraced pet ownership and recognize the positive impact of the human-animal bond."

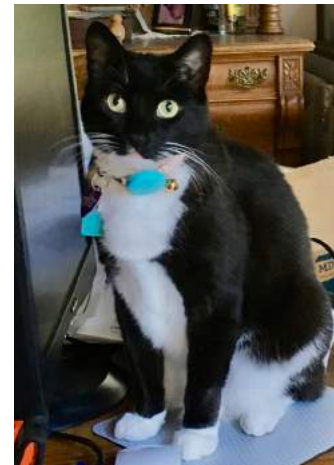
Not simply interested in 'talking about' the issues, Rep. Craig, her position as co-chair is a result of her belief in the healing power of animal companionship, especially for veterans, the differently-abled, and vic-

tims of violence. Earlier in the year, she also helped pass HR 4305, the Puppies Assisting Wounded Servicemembers (PAWS) for Veteran Therapy Act. The legislation,

if passed by the Senate, would direct the Department of Veteran Affairs to begin a five-year program of providing federal funding to nonprofit organizations that match service dogs with veterans who have experienced PTSD. Once again, the bill was the work of a bipartisan coalition.

Anyone with a pet can tell you that these canine, feline, etc. family members

can bring joy into our lives, which in our family includes a 10 year-old tuxedo named Boots (pictured here).



"Owners of dogs will have noticed that, if you provide them with food and water and shelter and affection, they will think you are god. Whereas owners of cats are compelled to realize that, if you provide them with food and water and shelter and affection, they draw the conclusion that they are gods."

Christopher Hitchens,
(1949-2011)

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Dolphin Gallery's New Exhibit • "Hearts for the Arts" in February Jane Head, Walt Rush, Leslie Moody Cresswell

With Valentines Day coming up next month, the Dolphin Gallery opens its new exhibit, "Hearts for the Arts", opening Saturday, February 6 at 11:00am. Three artists will bring their work to the Dolphin: Jane Head's focus is on clay, Walt Rush's is on jewels, and Leslie Moody Cresswell's is glass. All three are either longtime residents or visitors (or both) of the coast and their art reflects much of the light, color and texture of the coastal environment.

Jane Head has lived and worked on the coast for what she calls, "20 of the best years of my life!" She discovered that inspiration was all around her. Her signature has become the "Hold In Your Hand Hearts," which have been made not only in the clay studio but in the local schools. Head added, "A group of us made 120 hearts for Standing Rock in 2014 to show our support." Her dream was to circulate as many of these hearts in the world as possible and have them passed on and adds "I still believe a worthy endeavor! So, for this Valentines show, getting to the H'Art of it is my theme."

Walt Rush was born in San Francisco into a creative family. His father was an Ar-

chitect, and his mother was a painter. He's a self-taught gold and silversmith with over 48 years' experience in creating jewelry. He works with all types of stones be it natural specimen, faceted or a variety of cabochons. Rush believes jewelry should be an attribute to the human body as a painting is to a room, or a sculpture is to that special place in a home, building or yard. His works-of-art in jewelry or treasured precious metal sculptures are for the discerning in taste.



Leslie Moody Cresswell has been working with hot glass since 1982. Her work has been described as personal, lyrical, sensual and intimate; words not commonly associated with blown glass art. Her forms are one-of-a-kind vessels with surface designs reminiscent of some kind of watercolor / calligraphy. Her work has been exhibited in numerous juried

and invitational shows through-out the United States and Japan.



The "Hearts for the Arts" exhibit will continue through April 4.

The Dolphin Gallery is at 39114 Ocean Drive in Cypress Village, Gualala's Uptown Gallery District. Information is at 707.884.3896. Gallery hours are Thursday through Monday, 11:00am to 4:00pm.

Kelley Kieve • New Exhibit In February At Artists Collective in Elk

This month the Artists Collective in Elk brings a new exhibit featuring Kelley Kieve. The gallery is open every day from 11:00am to 4:00pm, on Highway One.

The new exhibit will give visitors a real taste of Kieve's art. Like many others, art has been a part of her and yet, it is in recent years that the art has emerged. And the American southwest can be seen in her art. As she tells us, "Art surrounded my childhood growing up in the southwestern desert of Santa Fe, New Mexico. I was immersed in the art world from a viewer's perspective from a very early age. Santa Fe has an incredible and very eclectic art community. I had the good fortune to meet and get to know many amazing artists. I learned so much about color, placement and how creating a piece of art can change both the artist and the viewer. This artistic reciprocity never fails to amaze me. Gratefully, I am at a stage in my life, where I can devote my time to explore

the emerging artist within me."

Kieve continues to find her journey is rich and deep, enriching her me on so many levels. Kieve adds, "In my practice as a hypnotherapist, visual imagery is key to gently guiding my clients inward to find the answers to



help them make positive lifestyle changes. These changes often include pushing their creative edge, in whatever way brings them joy. So, I am listening to my own inner voice and taking a chance by presenting my art to the public eye."

February is the perfect time to venture out to the Artists Collective in Elk to see Kieve's mixed media, layered acrylics, and collage, on display throughout the month of February. The Artists Collective is at 6031 South Highway 1, next to Queenies in Greater Downtown Elk. The Collective is open everyday, 11:00am to 4:00pm. More information is at 707-877-1128.



Haiku for February

"crashing waves

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power

sea songs"

by mai haiku

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More Virtual First-run Screenings From Arena Theater In February
"Identifying Features", "Heartworn Highways", "Two of Us" and "Some Kind of Heaven"

Arena Theater continues its Virtual Cinema schedule in February. These films can be screened online at home (or wherever you happen to be logged on). And beyond entertainment, when you screen these films your ticket purchase sends some of that money back. Purchase the films through the theater's website—ArenaTheater.org—and some of the proceeds will come back to benefit Arena Theater. The films will stream to your home computer or tablet or phone, via Chromecast, through the Kino Now app on Roku, or on AppleTV.

First up this month is **"Identifying Features"** and it's available now. In short, it's the story of a mother who travels across Mexico



in search for her son whom authorities say died while trying to cross the borders into the United States. This award-winning film was directed by Fernanda Valadez.

Middle-aged Magdalena (Mercedes Hernandez) has lost contact with her son after he took off with a friend from their town of Guanajuato to cross the border into the U.S., hopeful to find work. Desperate to find out what happened to him—and to know whether or not he's even alive—she embarks on an ever-expanding and increasingly dangerous journey to discover the truth. At the same time, a young man named Miguel (David Illescas) has returned to Mexico after being deported from the U.S., and eventually his path converges with Magdalena's.

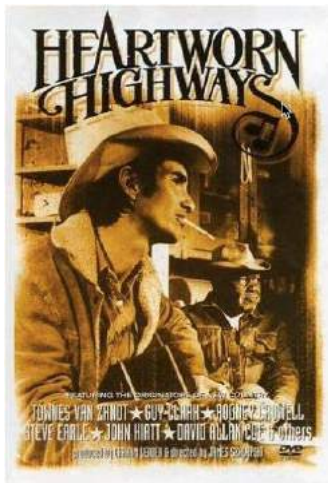
From this simple but urgent premise, director Fernanda Valadez has crafted a

lyrical, suspenseful slow burn, equally constructed of moments of beauty and horror, and which leads to a startling, shattering conclusion. Winner of the Gotham Award for Best International Film and the Audience Award and Best Screenplay prize at the Sundance Film Festival.

This film is available now and continues through February 4. Featured performers include Hernández, Illescas, Juan Jesús Varela (Jesús), and Ana Laura Rodríguez (Olivia). The running time is 95 minutes.

The next film is about American music, but that description comes up short. **"Heartworn Highways"** is a documentary; it's not new, and yet, it is new. The cover art features an image of Townes Van Zandt, who is the perfect "poster-child" for this film. **"Heartworn Highways"** will be available to screen in February, from the 5th to the 19th. See this film and get a glimpse of one of music's seminal moments in time.

In the mid-'70s, filmmaker James Szalapski documented the then-nascent country music movement that would become known as "outlaw country." Inspired, in part, by newly-long-haired **Willie Nelson's** embrace of hippie attitudes and audiences, a younger generation of artists including **Townes Van Zandt, David Alan Coe, Steve Earle and Guy Clark** popularized and developed the outlaw sound. It borrowed from rock, folk and bluegrass, with an edge that was missing from mainstream Nashville country. This newly-restored documentary includes rarely-captured performances of the aforementioned musicians as they perfected this then-new style and helped change the course of country music history. The running time is 92 minutes.



Also available beginning February 5 is **"Two of Us"**. The 2019 feature marked the directorial debut of France-based Italian filmmaker Filippo Meneghetti. The film stars Barbara Sukowa, Martine Chevallier and Léa Drucker.

The storyline centers on Nina and Madeleine, two retired women, are secretly deeply in love for decades. From everybody's point of view, including Madeleine's family, they are simply neighbors living on the top floor of their building. They come and go between their two apartments, shar-

ing the tender delights of everyday life together. Until the day their relationship is turned upside down by an unexpected event leading Madeleine's daughter to slowly unveil the truth about them. Variety added "This often-moving film . . . is an affirmation of our universal desire for emotional intimacy and how the right connection can overcome all social and physi-

cal limitations." **"Two of Us"** is unrated and has a running time of 95 minutes.

One film from January continues through February 4: **"Some Kind of Heaven"**. First-time feature director Lance Oppenheim cracks the manicured facade of The Villages, America's largest retirement community – a massive, self-contained utopia located in Central Florida.

Here's how you can rent and stream titles featured on Arena Theater's website. Once you've decided on a film, click on the ticket price. This will take you to the film distributor's website where you can purchase your "ticket". Note: Some distributors will require that you create an account to rent films or connect to your streaming device. Simply follow their prompts. Complete details are available at ArenaTheater.org.



TWO OF US

When you screen one of these films, roughly 50% of your purchase goes back to the distributor for the rights to play the movie. The other half goes directly to Arena Theater. Streaming any or all of these virtual films helps support Arena Theater, as well as the independent filmmakers who made these films. And that's a good thing.

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The Sixties & The Chicago Seven

by David Steffen

The 1960s were clearly a decade of change. The fact that the Boomers like to remember it—almost always fondly—doesn't change history. I'm certain that subsequent generations of friends and family would prefer to never hear about the '60s again. The truth is that there was so much going on, and in a relatively short period of time, the impact of that decade will long be felt—or at least remembered—musically, politically and culturally.

Musically, the 1960s saw the transformation of rock 'n' roll into something new. Think about it: the British Invasion, the integration of Motown and Rhythm & Blues into pop culture, folk music's adoption of the electric guitar, a growing consumer shift to albums from singles, and so much more, all amplified by a growing presence on television. Touring would be transformed with the help of more and larger venues available for music. And then came the "Summer of Love".

In January 1967, as many as 100,000 young people would make San Francisco a destination during the year. The "Summer of Love" and Haight-Ashbury, like siren songs, compelled them to go west, not to the rocks but to a sense of common purpose. It was the year of Monterey Pop, a successful and important

concert event featuring more than thirty artists including Big Brother and The Holding Company (including band-member Janis Joplin), Booker T. & The M.G.'s, Eric Burden and the Animals, Jefferson Airplane, The Mamas and the Papas, Jimi Hendrix, Laura Nyro, Otis Redding, Ravi Shankar and The Who. Monterey Pop was a singular event in the trajectory of music in the decade, but seemingly always in the shadow of a later festival event in upstate New York. Happily, music writer Rusty Desoto has placed Monterey Pop where it should be:

"Monterey Pop was a seminal event ...featuring debut performances of bands that would shape the history of rock and affect popular culture from that day forward. The County Fairgrounds in Monterey, California ...had been home to folk, jazz and blues festivals for many years. But the weekend of June 16-18, 1967 was the first time it was used to showcase rock music."

All of this was two years before Woodstock. By the time summer ended, Scott McKenzie's hit record (a song written by John Phillips of the Mamas and Papas), had been an anthem encouraging youth to be a part of the "Summer of Love". By design or by accident, the lyrics were a reminder to be peaceful: "If you're going to San Francisco, be sure to wear some flowers in your hair."

Culturally, there were outward symbols of a societal change. Hair was growing longer on both men and women, fashion was promoting color, flair (literally and figuratively), and style that no one could ignore. 1967 began with the Human Be-in in January in San Francisco, with Timothy Leary's message amplified to another 30,000 people in Golden Gate Park. Words like "psychedelic", phrases like "counter culture", and ideas like "Turn on, tune in, drop out" took hold. After being fired from Harvard University Leary stayed on-message, advocating for the use of psychedelic drugs. At one point he was clearly well known nationally, became an

icon of the counterculture of the 1960s, recommending that his followers—and youth in general—"question authority".

And politically, the conflict in southeast Asia was demanding more and more troops to "win" the Vietnam War. Between 1965 and the end of 1967 an additional 400,000

American soldiers were sent to fight in Vietnam. A revised Draft (the Military Selective Service Act) expanded the ages of

the draft pool to eligible males between the ages of 18 to 55. Blacks were 50% more likely than whites to be drafted. Not surprisingly, the politics of the draft began to shape much of America's young men. Although women were not drafted, women were not necessarily happy at the prospect of watching their boyfriends and husbands go to war. Single women, wives and girlfriends also began to embrace a new era of women's rights. By 1967 Women's Liberation had formally organized across the country: Berkeley, Boston, Chicago, New York City. They were flanked by similar groups in Canada and Mexico.

Sexual mores changed as oral contraceptives provided women with more control of their bodies and their lives. The government even created an acronym for men and women living together: POSSLQ, People of the Opposite Sex Sharing Living Quarters. It's unlikely any two people deciding to share an apartment considered themselves POSSLQs. Nevertheless, times were changing. And then came 1968. A presidential election year, with changes all around: music, war, sex, drugs. What could possibly go wrong?

On one lazy January evening the news came: the North Vietnamese had launched an offensive against five separate cities in South Vietnam. Although the North failed militarily, the attacks changed the view of many Americans. President Johnson found that more than 60% of America opposed continuing the war. Two months later, on March 31, I was pulling a Sunday evening shift at radio station WZMF in Milwaukee. That evening President Lyndon Johnson surprised everyone by declaring he would "not seek, nor accept the nomination for president" in 1968. Students were marching in the streets against the war, the military knew the war was a stalemate, the draft had driven a wedge between generations, and after years of significant achievements, Johnson could

see the campaign was a coming disaster.


Consider Johnson's successes: he won passage of a major tax cut, the Clean Air Act, and the Civil Rights Act of 1964. That followed with The Social Security Amendments of 1965 creating two government-run health-care programs, Medicare and Medicaid, The Voting Rights Act of 1965, his "War on Poverty" and major increases in federal funding to education. All of that success was being ignored, overwhelmed, obscured by the protests in the streets. Then came the assassinations of Martin Luther King in April, and Bobby Kennedy in June.

In August, Democrats headed to Chicago for the party's national convention. Although hopes were high for Humphrey to officially receive the nomination, and security was high at the convention center—this was Mayor Richard J. Daley's Chicago, after all—just five miles away in Grant Park things were on the edge. By a mile. Individuals, groups and then hundreds began to raise the noise level. From Grant Park and other sites in the area, the gatherings turned into loud protests by thousands of antiwar demonstrators. They wanted Kennedy, Eugene McCarthy, George McGovern, or almost any other antiwar candidate. Provoked or not, the Chicago police attacked and beat these protesters, most of them young college students, which amplified the growing unrest among the public.

In Chicago to protest were seven individuals who would—like it or not—gain fame as the Chicago Seven. They were Abbie Hoffman, Jerry Rubin, David Dellinger, Tom Hayden, Rennie Davis, John Froines, and Lee Weiner. (Black Panther Bobby Seale was also a defendant, but was later excused due to a mistrial). The seven were charged by the United States federal government with conspiracy, crossing state lines with intent to incite a riot, and other charges related to anti-Vietnam War and countercultural protests during the 1968 Convention. At the center of the trial was Judge Julius Hoffman. To say he was not up to the task is an understatement.

There is a new film available on Netflix worth seeing. "The Trial of the Chicago 7". It does credible job of weaving the elements together. The cast includes Eddie Redmayne as Tom Hayden, Sacha Baron Cohen as Abbie Hoffman, Jeremy Strong as Jerry Rubin, John Carroll Lynch as David Dellinger, Yahya Abdul-Mateen II as Bobby Seale, Mark Rylance as William Kunstler, Joseph Gordon-Levitt as Richard Schultz and Frank Langella as Judge Hoffman. The running time is 129 minutes. It's a well-cast film, directed and written by Aaron Sorkin. If you love Sorkin, you'll love the movie. If you don't love Sorkin, you'll still like the movie. It's well worth your two hours and nine minutes.





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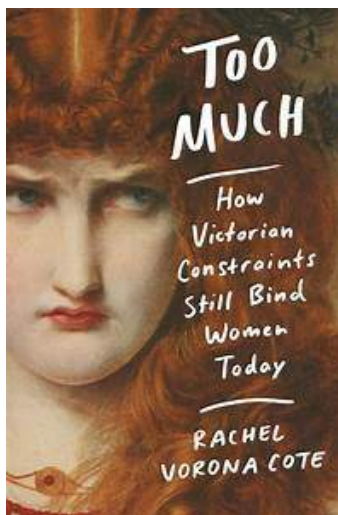
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"Too Much: How Victorian Constraints Still Bind Women Today"

A Book by Rachel Vorona Cote • Reviewed by Jennifer Bort Yacovissi

It was simple coincidence that I happened to read Rachel Vorona Cote's first book, *Too Much: How Victorian Constraints Still Bind Women Today*, immediately after finishing Rebecca Solnit's memoir, *Recollections of My Nonexistence*. The happenstance resulted in a one-two punch: I was doubly reminded of the many ways women are both silenced into invisibility and simultaneously accused of being "too much."

Too Much defies easy categorization. It is as much a memoir as a work of impressive scholarship; it is as comfortable parsing the cultural meaning surrounding Britney Spears' public disintegration as it is analyzing the feminine mores conveyed in obscure 18th-century texts aimed at improving girls and women.



Cote develops her unifying theory of "too muchness" through both broad and detailed exploration of European and American culture over more than two centuries. Each chapter's one-word title — crazy, horny, loud, old — encapsulates a charge leveled against women throughout the ages, followed by an illuminating discussion on the topic that supports the author's thesis.

Embedded in each chapter are Cote's often harrowing memories of her own life of "too muchness": of her struggles to contain herself within the cultural boundaries of acceptable female behavior and the fallout from that struggle, and of her eventual (perhaps ongoing) acceptance of herself and her outsized personality, boundaries be damned.

A scholar of Victorian literature, Cote uses this solid foundation to build her insightful observations on the Victorian age, as well as on modern culture. Regarding the former, she examines this:

"historical period when women's too muchness underwent vigorous medical scrutiny, routinely receiving a specific,

vexed verdict — one that had already dogged women for centuries and that would continue to haunt those of us who live with mental illness or who so much as manifest acute emotional intensity: hysteria. The *Too Much* diagnosis par excellence..."

The long-held cultural notion within medicine (and politics) that being a woman is, in itself, a virtual diagnosis of illness continues to plague women today. The idea is neatly summarized in the headline of an article by Christina Cauterucci in *Slate* from May 4, 2017: "To Trump and the GOP, Being a Woman is a Pre-Existing Condition."

Cauterucci may as well be quoting from one of the 1850s medical journals that Cote references when she notes, "Trump and the men of the GOP have convinced themselves that manhood is the norm and womanhood is an aberration."

For men, Cote points out, being "too much" is associated with power and virility," or is at least lumped into that tired, catchall exonerated of "boys will be boys." For the makers of the rules, it was ever thus.

To combat this, Cote draws from a broad and eclectic mix of literary and cinematic sources to give us girls' and women's perspectives: from Charlotte Brontë's Jane Eyre, L.M. Montgomery's Anne Shirley, and J.K. Rowling's Hermione Granger, to Beverly Cleary's Ramona Quimby and Pixar's Moana.

In particular, the author's study of Edward Rochester's first wife and attic prisoner, Bertha Mason, in *Jane Eyre*, and that character's reimagining as the gaslighted heroine in Jean Rhys' *Wide Sargasso Sea*, reminds us of the racist, xenophobic

description Rochester offers Jane to excuse his behavior toward his wife, along with his palpable fear of Bertha's mental state and disgust at her sexual appetite.

Those of us whose first literary crush was Rochester have had ample opportunity to learn the error of our ways, but Cote's analysis helps to drive home the shame of our having once sided with Rochester against Bertha in the first place.

As insightful as her scholarship is, it is the element of memoir that forms the compelling through-line of *Too Much*. Cote illuminates the complex connections that form a path from the societal demands to tamp down elements of ourselves — our bodies, our emotions, our desires — to the self-criticism and even self-loathing when we fail, and the impulse to self-harm that sometimes results.

As do so many of us, the author looks forward to the day when the example set for girls by characters such as Moana — self-possessed, confident, happily accepted as a leader of people — is no longer the exception in our cultural canon or in our own experiences; when it's no longer greeted with "Thank goodness," but with, "Of course."

Jennifer Bort Yacovissi grew up in Bethesda, MD, just a bit farther up the hill from Washington, DC, where her debut novel, Up the Hill to Home, takes place.

The novel is a fictionalized account of her mother's family in DC from the Civil War to the Great Depression. In addition to writing and reading historical and contemporary literary fiction, Jenny reviews for both the Independent and the Historical Novel Society. She owns a small project-management and engineering consulting firm, and enjoys gardening and being on the water. Jenny lives with her husband, Jim, in Crownsville, MD.

Discovery Gallery Artist Collective

Some Changes Worth Noting

What better valentines treat than a piece of art, be it sparkling jewelry, a valued painting, a beautiful original card, a photograph of a favorite place or thing, a creative weaving, a unique piece of pottery, gorgeous blown glass, intricately carved wood or an affordable print.

All such gifts are available at the Discovery Gallery. With the talented local artists serving as docents, you can talk with someone who knows the other artists and can answer, or get the answer to, your questions about the art or the artist.

At the Seaciff Center in Gualala, just down the walkway from Trinks, the gallery is convenient to residents and tourists alike. It's a great place to browse when you are waiting for a table at Trinks, or after a sat-

isfying meal there. Barbara Johannes is the new manager. She works with Bruce Jones and Sharon Nickodem, and it is their goal to keep the gallery as beautiful and vibrant as it was under the management of Judy Pfeifer. Judy is leaving the area, but we will certainly be consulting with her as we move forward.

Discovery Gallery carefully follows and exceeds the Covid protocols for keeping the gallery safe for visitors, and they look forward to increasing numbers of visitors as the vaccine becomes more available and life slowly returns to a less socially distanced time. In other words, they look forward to welcoming you! The Gallery is at 39140 South Highway 1, Gualala, California, 95445.

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Solution to Sudoku:

Scuttlebutt

by Mitch McFarland

Is this what they mean by a light at the end of the tunnel? The vaccine. The vast majority of us hope and think so. Of course, there are those who fear the idea of vaccination; some for good reason, most just because conspiracy theories are more fun than real life.

Some estimate as many as 100,000,000 Americans have already had the virus-counting both symptomatic and non-symptomatic cases, diagnosed and otherwise. Add in the tens of millions to be vaccinated soon and you have a total that will quite quickly approach the 80-85% figure that we are told would amount to herd immunity.

Obviously, I'm not an immunologist, so this is just something that I have put together from what I get from media (hopefully, factual media). In any case there does seem to be some sunshine about to break over our Covid sequestered lives.

What interests me is how the whole "build it back better" thing is going to affect our area. As a nation we certainly will need to "build back" and some things are not going to be the same. Hopefully, things will be better.

Speaking of building, the South Coast is seeing a real estate uptick. I don't know whether or not to call it a boom, but it is obvious that urban and even suburban residents are moving out and we are one of the destinations. New arrivals will benefit the local economy. The days of showing up here with no money and trying to make it are long gone. Anyone moving here now needs a bank account and an income. Our new neighbors will surely be good for local businesses, including creating possibilities for new enterprises that our demographics just couldn't previously support.

I site as one example the sale of The Record building in Point Arena. This wonderful building has been sitting empty for a number of years and was recently purchased by a gentleman from Mendocino who has leased the building to four individuals, Peter and Julian Lopez, the father and son owners of Cafe Beaujolais in Mendocino and two brewers Peter McDowell and partner, Rose Walterbach.

Peter and Julian had been looking at The Record building when Covid struck and their plans were sidelined. Along came the Mendocino buyer who gave the foursome a 10-year lease.

Peter and Rose worked as brewers in Portland before coming to Anderson Valley to work at the brewery there. After visiting

brewers in Europe and especially Belgium they knew they wanted to have their own small, family style brewery. They had an eye on Point Arena when a mutual friend introduced them to Peter and Julian and the rest will someday be history.

Another bright spot on the local scene is the emergence of a Japanese style restaurant. It is currently operating on a limited basis in the old Disotelles building (some know it as the Pangaea building), but around Memorial Day owners David and Elyse Hopps will be moving to the newly created restaurant next to the Wildflower Motel. They arrived



here by way of Elk where they currently reside after being brought there from Hawaii when asked by Matt, the chef at Harbor House, to assist in opening that restaurant. David was sous chef and Elyse was the pastry chef at the Michelin rated eatery, but David's real interest is Japanese style food, with which he became acquainted while staying in Japan.

Of course, Point Arena's favorite hangout is Arena Cove. In addition to the limited, but still functioning Point Arena Pizza, Cove Coffee will someday re-open, but the anchor business is the Chowder House upstairs. Major renovations have taken place during the epidemic, most notably, the crumbling deck has been completely replaced and has a new seating arrangement. A short bar all along the outside railing with low stools backed by taller tables and stools behind will once again provide the ideal spot to catch a sunset. Numerous other upgrades include revamped bathrooms, handicap parking, a proper drainage system and a new paint job. Tracy and John Dupont are hoping to re-open by May 1, when the Point Arena Lighthouse is also expected to welcome visitors.

The merchants I have spoken to all agree that this summer should be a banner year for business, assuming all goes well with the Covid recovery. Economists estimate that there is over one trillion dollars of pent-up

recreational dollars waiting to be spent by a public frustrated by a year of stay-at-home orders.

I don't believe that foreign travel is going to pick up very quickly, but leisure time spent in California should skyrocket. On a recent nice day I happened to drive to Jenner and I saw more cars than I have ever seen along the coast in over 40 years. The big new parking lot north of Jenner was full and I counted 29 cars parked along the road near the entrance. Through the entire drive through Salt Point Park, cars were pulled off the road at every spot it was safe to do so. The last parking place in the whole town of Jenner was in front of the porta-potties.

There is a long history of waves of people moving to the coast following societal disruptions. Beginning with the post WWII period through to 70's "hippie" infusion, Rodney King riots, the Loma Prieta earthquake, and now with Covid, waves of new residents are arriving. Not everyone will be happy with that. Land prices will rise, further diminishing the hopes of any local who doesn't already have property. Some locals will, of course, grumble about the newcomers as people generally resist change unless they created it.

And so it has been with every influx of new people. If they truly belong here, they eventually adapt to the less frantic lifestyle we all aspire to. Others pack up and leave. I figure it takes a year or two for new arrivals to psychically settle down and realize what this place is all about. Let's give them a break and embrace those who appreciate our lifestyle.

VALENTINES from front cover.

All three are either longtime residents or visitors (or both) of the coast and their art reflects much of the light, color and texture of the coastal environment.

Jane Head has lived and worked on the coast for what she calls, "20 of the best years of my life!" She discovered that inspiration was all around her. Her signature has become the "Hold In Your Hand Hearts".

Walt Rush was born in San Francisco into a creative family. He's a self-taught gold and silversmith with over 48 years' experience in creating jewelry. He works with all types of stones and believes jewelry should be an attribute to the human body as a painting is to a room.

Leslie Moody Cresswell has been working with hot glass since 1982. Her work has been described as personal, lyrical, sensual and intimate. Her forms are one-of-a-kind



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"For most of history, man has had to fight nature to survive; in this century he is beginning to realize that, in order to survive, he must protect it."

Jacques-Yves Cousteau
(1910-1997)

vessels with surface designs reminiscent of some kind of watercolor / calligraphy.

At the Artists Collective in Pt. Arena, the exhibit will feature works by new and long time members bringing a great variety of works to the exhibit, including woodwork, pine needle baskets, Chinese brush painting, drawings, art glass, jewelry lapidary, photography, glass beads and so much more.

As a bonus, on the patio on February 6, local poets Blake More and Lauren Sinnott will write a custom poem for visitors for their special Valentine.

The two galleries will welcome you, and you will be assured a delightful day. Start north in Point Arena or south in Gualala. Either way, bring a friend and make it a special day.

More on these two galleries can be found on pages 2 and 8.

A Forgotten Crisis by Caitie Steffen

In 2009, when I decided to change my major from Kinesiology to Theology and Religious Studies, there were a few influential figures that helped guide my decision: His Holiness the 14th Dalai Lama, Thich Nhat Hanh, and Aung Sun Suu Kyii. What I had read about Buddhism at the time was strongly guided by Western Buddhist thought. It was a very romanticized vision of Buddhist principles and ideals, and in reality, I was naive and uninformed. Throughout my 3 years of studies the rose colored glasses were lifted. However, it wasn't until I heard about the attacks on the Rohingya and refugee crisis that my perspective was 20/20.

It is easier to empathize with a stranger when we can find commonality with the subject and the subject appears non threatening. The Lady, as Aung Sun Suu Kyi is referred to by her supporters, was not only an inspiring icon as an Asian, female, but also a victim while she was held under house arrest. And yet this icon of freedom, Nobel Laureate, Buddhist, and mother looked the other way and even denied when women and girls were raped and thousands of people were murdered including hundreds under the age of 5 years old. Myanmar defends and denies what the United Nations has called an ethnic cleansing by stating that they are fighting insurgents. And Myanmar citizens believe that their army is fighting terrorists. This label of terrorist over the past 20 years has led to plenty of misassumptions, particularly in Western nations. And unfortunately, in this circumstance, it seems like more than a coincidence that it is being used to describe a Muslim minority group.

I did not choose to study Theology and Religious Studies out of personal belief. In fact I am Agnostic. I was baptized Lutheran and then during my middle school years, I attended Catholic school where I converted and was Confirmed Catholic. Throughout high school though I became more disenchanted with the Catholic Church and religion in general. You could say I lost my

faith. However, during my studies in college I developed an interest in others who still had their faith. I took an anthropological perspective on religion and immersed myself in religious experiences, which taught me how to respect those who believed. Interestingly enough my emphasis was on East Asian religions and Islam. Studying polytheistic and monotheistic religions may seem like they would be at odds, but religion is rarely ever just religion. History tells the story of how religion is often intertwined with politics, culture, war, and women.

I mentioned earlier that it is easier for humans to have empathy when they can find a similarity or common ground. However, sometimes simply just broadening one's perspective, immersing one's self in a new experience, and learning from the people who think differently is enough to generate respect, and ultimately empathy. One of my first classes after switching my major was Islamic Feminism and it completely changed the way I thought. I am still shocked at how ignorant I was prior to that class. I was in 8th grade when the twin towers were attacked, and I still remember that day so clearly. Those attacks were a tragedy yet the aftermath instilled misassumptions and generalizations in my mind that were not

dissolved until I was in college. Throughout the semester I read about women who chose to reinterpret religious beliefs that were imposed by patriarchal objectives. These women did not simply accept one way of thinking. They used a scholarly approach and maintained ties to their faith while doing so despite it being dangerous, lonely, and controversial.

The Rohingya people are at the cross hairs of political agendas and a world where terrorist activity is quickly associated with extreme interpretations of the Qur'an and Islamic teachings. Their future remains unknown and bleak at the refugee camp and in Myanmar. However, their plight is not forgotten by all, and Sesame Street introduced two new characters named Aziz and Noor. Aziz and Noor are 6 year old Rohingya twins living in the refugee camp in Bangladesh. A couple of Sesame Street characters may not seem like much, but half of the 1 million Rohingya refugees are children. These children are casualties of an unsolicited war. They are forced to forgo a childhood and grow up too quickly. Maybe seeing Sesame Street characters who can empathize with what they experience everyday will provide comfort and quell the loneliness and confusion.



Dalai Lama

The Photographic Abstract Expressions of Geraldine Liabraaten at Think Visual Gallery in Point Arena in February


Think Visual Gallery in Point arena will be featuring the the Photographic Abstract Expressions of Geraldine Liabraaten in February. The exhibit will be available Wednesday through Saturday, now until February 16. The gallery is open from 12:00pm to 5:00pm.

Over the years, Liabraaten has worked with media assignments of newsworthy events, stock photography, outdoor art fairs, gallery exhibits and nonprofit fundraisers. She has an instantly recognizable style by the use of color, diagonals, pattern



and "oddness." Her work has evolved from large panoramas to small semi-abstracts, and she invites the viewer to have as much fun with the images as she has. "I don't do darkroom work or image manipulation, not out of any purist mindset but because I have no patience with technology, nor interest in changing my images. What I saw through the viewfinder is what you get in the image," says Liabraaten.

Think Visual Gallery is at 240 Main Street, Point Arena. Information is at 707.882.4042.



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Demetri Martin (1973-)

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Crossword

by Margie E. Burke

ACROSS

- 1 Happy as a ____
- 5 Coffee concoction
- 10 Question starter
- 14 Direction at sea
- 15 Cupid's projectile
- 16 Eagle's roost (var.)
- 17 Sit for a photo
- 18 Factory feature
- 20 Well-kept, to a sailor
- 22 To the point
- 23 Studio stand
- 24 Wise teacher
- 26 Baseball deal
- 28 Potential life-saver
- 32 Mudbath locale
- 34 Out of shape?
- 36 Hard to come by
- 37 Sight starter
- 39 Parade proudly
- 41 Sign of sadness
- 42 Egg on
- 44 One more time
- 46 Monet's forte
- 47 Vegetable skinner
- 48 Disneyland shuttles
- 50 Eventually
- 53 Out, in a way
- 56 Metamorphosed insect
- 59 Put on a front
- 61 Worsen
- 63 Castle surround
- 64 Black cat, to some
- 65 Race official
- 66 Cough (up)

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67					68						69			

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- 67 Totally confused
- 68 Comment to the audience
- 69 Sinister look
- DOWN**
- 1 Memory mishap
- 2 Halawa hello
- 3 It's measured in ohms
- 4 Legal-sized fish
- 5 Strike with a whip
- 6 Military strength
- 7 Figure of speech
- 8 Subway fare
- 9 Woolly mama
- 10 Marsh rodent
- 11 Preside over
- 12 Parentheses, e.g.
- 13 Daycare denizen
- 19 Hard to rattle
- 21 Generous serving
- 25 Sampling specialist
- 27 Abandon
- 29 Sternum
- 30 Enterprise Rent-____
- 31 Drew's "E.T." role
- 32 Model in a bottle
- 33 Lodgepole, for one
- 35 "La la" lead-in
- 38 Steadfast
- 40 Not tried out
- 43 Mortise's partner
- 45 Stroll in the shallows
- 49 Warm-blooded sort
- 51 Elba of "The Dark Tower"
- 52 Dolphins' home
- 54 Put on cloud nine
- 55 Prevent
- 56 One to worship
- 57 Staff note
- 58 Years and years
- 60 Dried out
- 62 Posting at JFK

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James Jean-Pierre

"The American Constitution was not written to protect criminals; it was written to protect the government from becoming criminals."

Lenny Bruce

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"Fast Asleep In The Deep"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

It was a long, Southeast Alaska summer's day, with 16 hours of sunlight. From our 50 foot live-aboard research vessel, R/V *Evolution* anchored off Chichagof Island, we'd been using our smaller skiff to run out into Chatham Strait and sneak up to social-foraging humpback whales. They had followed schools of herring into the area, and we were documenting their unusual "bubble net" feeding behavior. Various small groups repeatedly herded fish into sumptuous underwater bait balls, then lunged upward, bursting through the surface in an explosion of gaping whale maws and herring. Finally, darkness fell, and returning to *Evolution*, we fell into our bunks (I shared mine—the "junk bunk"—with a biopsy crossbow).

Around midnight, a concussion shuddered the boat and rattled the anchor chain. We scrambled onto the deck to discover



the cause: a sleeping whale had swum or drifted into our hull and anchor chain. "No problem; it happens," the lead scientist reassured us as we peered at the patches of

light cast by our flashlights onto the whale's back; it slowly swam away into the darkness. "They sleep with only half their brain at a time, while the other half is awake so they can breathe; and hopefully, not drift into things. Apparently, this guy, wasn't paying attention." We marveled at this, and at the sounds of other, unseen whales breathing all around us. We marveled even more at the eerie, undulating green glow of the Aurora Borealis, above. The "witching hour" had become a bewitching hour.

SLEEPWALK: Like humans and other terrestrial mammals, marine mammals—seals, sea lions, walrus, dolphins, porpoises, whales, dugongs and manatees—breathe air. Unlike us, they lack the autonomic nervous system that allows us hours of uninterrupted full-brain sleep and automatic, involuntary breathing. The left and right hemispheres of cetacean (dolphins, porpoises, whales) brains function alternately, with one hemisphere awake, but its opposite eye open. That hemisphere remains alert to dangers, such as obstacles, predators, or the sound of oncoming ships. It also signals when to resurface and breathe,



and in resting social groups, when to tighten formation. Meanwhile, the other hemisphere's brain waves slow down, and it enjoys deep, restorative sleep. Then, like shift workers, they switch roles.

RIP VAN WHALE: How long do they sleep between breaths? We know that Cuvier's beaked whales can breath-hold for over three hours during deep foraging dives, but cetacean sleep-

ing and resting breaths are far shorter. Sperm whales enjoy 10-15 minute naps; humpbacks are known to sleep in 30 minute bouts. Hawaiian spinner dolphins may have two-hour sessions. Some dolphins feed at night, too, on deepwater prey such as squids that only rise from the depths after sundown; this midnight snacking may form a good part of these dolphins' diet.

ROCKED TO SLEEP . . . on the bosom of the deep: No one is sure where the humpbacks and blue whales that feed in our North-central California sanctuaries bunk down. Is there a favored "sleeping grounds" somewhere offshore, away from noisy, dangerous shipping lanes and busy ports? Our local baleen (filter-feeding) whales don't form close knit social groups, so it could be a matter of individual preference. But toothed whales, such as sperm whales, beaked whales, dolphins and porpoises are highly social and may form sleeping and resting groups. Sometimes they drop down to the sea floor, or rest at or near the surface; sperm whale may hang vertically in the wa-

ter column. Some cetaceans swim in slow, repetitive patterns. Sperm whales are also seen "logging" motionless at the surface, lined up several abreast, or individually.

SLOWING FOR SAFETY: With our abundance of whales, NOAA's Greater Farallones and Cordell Bank national marine sanctuaries have implemented a Vessel Speed Reduction program designed to slow ship traffic, which helps to prevent deadly whale collisions. Some strikes are inevitable, especially if a whale is asleep and does not sense an oncoming ship or mis-gauges its direction. But the slower speed renders collisions less likely to be lethal, and



may provide precious seconds for a whale to take evasive action. You can learn more about this at <https://farallones.noaa.gov/eco/vesselstrikes>.

Mary Jane Schramm
NOAA Greater Farallones • National Marine Sanctuary
Maryjane.schramm@noaa.gov
IMAGES: Top: Dolphins keep in touch while resting and traveling. Photo: NOAA. Left: Staying close conserves body heat and ensures calves don't drown while learning to breathe voluntarily. Photo: NOAA Above: SpermWhale-CCPair-NOAA.jpg

The CC Rider MTA has resumed Route # 65 and Route # 95 bus service to Sonoma County



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

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

- Monday 01: On Demand: "Porgy & Bess". MET Opera through Arena Theater. ²
- Tuesday 02: 11:00am, Kelley Kieve exhibit at Artists Collective in Elk.
- Thursday 04: "Some Kind of Heaven". Last day for this film at home with Arena Theater. ¹
- Thursday 04: "Identifying Features". Last day for this film at home with Arena Theater. ¹
- Friday 05: "Heartworn Highways". First day for this film at home with Arena Theater. ¹
- Friday 05: "Two of Us". First day for this film at home with Arena Theater. ¹
- Saturday 06: 11:00am, Dolphin Gallery "Hearts for the Arts" Exhibit opens..
- Saturday 06: 12:00pm, Valentines Art & Poetry Opens at Coast Hwy Art Collective, Pt. Arena
- Thursday 11: New Moon on the coast.
- Friday 12: 11:00am, Renegade Botanicals Pop-up at Coast Hwy. Art Collective in Pt. Arena.
- Saturday 13: On Demand: "Les Troyens". MET Opera through Arena Theater. ²
- Saturday 13: 11:00am, Renegade Botanicals Pop-up at Coast Hwy. Art Collective in Pt. Arena.
- Sunday 14: On Demand: "Die Walküre". MET Opera through Arena Theater. ²
- Sunday 14: 11:00am, Renegade Botanicals Pop-up at Coast Hwy. Art Collective in Pt. Arena.
- Tuesday 16: 12:00pm, last day for Geraldine Liabraaten at Think Visual
- Wednesday 17: 3:00pm, Annual Membership Meet. Gualala Arts. (Virtual only. Members only.)
- Thursday 18: 7:00pm, Third Thursday Poetry, with Michelle Peñaloza, virtual.³
- Sunday 21: 11:00am, "Shelter from the Storm". Last day of exhibit at Gualala Arts.
- Saturday 27: 12:00pm, Last day, Valentines Exhibit at Coast Highway Art Collective, Pt. Arena
- Saturday 27: Full Moon on the coast.

Looking Ahead to March:

- Wednesday 03: 3:00pm, First day of Permaculture class for Occidental Arts and Ecology Center.
- Wednesday 03: 5:30pm, MHA's Cooking/Food Education class.

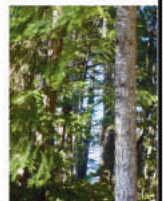
1. On Demand cinema and events through Arena Theater (ArenaTheater.Org). Independent films are available on demand for two weeks. Check the Arena Theater website.

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

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

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- **The Price:** \$485,000



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