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March 2018



# Lighthouse Peddler



The Monthly Guide To Art, Films,  
Music, Theater, Poetry, Events  
and Life on the Mendocino Coast

## The T Sisters Band At Arena Theater An Evening of Americana Music



The T Sisters make their way to the Arena Theater stage this month with a show that will surprise many and please everyone. Erika, Rachel and Chloe, The T Sisters, were born and raised in California and are now based in the creative hub of Oakland. In a word, they are about Harmony. It's in their blood, bones, and history. They've been singing and writing music together since childhood, and the lifetime of

practice shows. They'll take the stage March 17 at 7:30pm (doors open at 7:00pm). Tickets are \$20, and are available at Four-Eyed Frog, Sea Trader, Arena Market, Twist in Mendocino, and online at [www.arenatheater.org](http://www.arenatheater.org).

This is a family band, "a construct as old as music itself, and a complex and dynamic organism. Bonds of blood can produce unparalleled musical..." *cont'd on page 16*

### "Ridgetop Equestrian Estate"

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**Be Our Guest:  
RCMS' 40th Birthday Bash  
Join In The Celebration March 3**

Gualala Arts Center will be the site for this year's Be Our Guest, celebrating Redwood Coast Medical Services' 40 years of service to the health needs of the communities ranging from Manchester to Timber Cove. The event will be held March 3, starting at 5:00pm.

This year's Be Our Guest gala, the first in nearly 3 years, has gained its first Underwriter with a generous gift from Timber Cove Resort.

Co-chairs Colette Coad and Ginny Rubin have planned a festive evening Saturday, March 3, for the RCMS community, including live and silent auctions, and several special announcements and birthday surprises.

Proceeds will support the work of the RCMS healthcare and dental clinics in Gualala and Point Arena. "RCMS turns no one away and provides more than 25,000 visits a year. A full 35% of our patients are below the federal poverty level, so we want to encourage generous tax-deductible donations of auction items and cash contributions to

make this 40th a cause for celebration," said Diane Agee, CEO.

Be Our Guest got its current name when early supporters first decided to host ethnically-themed dinners in their homes for parties of 8. As it grew in popularity over the years it was moved from the Community Center to the Gualala Arts Center.

This year's event will have many firsts among its auction items. Included are SFJazz membership and concert tickets, equine acupuncture sessions (well behaved horses only), premium scotch, bourbon and gin, salmon-fishing excursion, and other auction items and services to suit every taste.

Lynne and Phil Atkins will take the podium as Emcees and Live Auctioneers. While they have often attended over the years as "guests," this is the first time they are acting in an "official" capacity. Phil will do double duty, providing musical entertainment, along with the wonderful vocals of Bryn Harris and the keyboard mastery of Don Krieger.

Don't forget: Tickets are on sale now. Your glass is your ticket; please remember to bring it to the event. Tickets at \$60 and Tables for 4 at \$400 subject to availability. On sale now at [www.rcms-healthcare.org/be-our-guest.html](http://www.rcms-healthcare.org/be-our-guest.html), and Four-Eyed Frog Bookstore, Gualala.



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**"From Captivity To Open Ocean"  
Sara Bogard at the Pt. Arena Lighthouse Lecture • March 17**

On Saturday, March 17, at 4:00pm Sara Bogard will present "From Captivity to Open Ocean." The lecture will be presented in the Fog Signal Building at the Point Arena Lighthouse, 45500 Lighthouse Rd. in Point Arena. Admission is \$5 and reservations are recommended.

Throughout time humans have had significant relationships with whales, dolphins and seals. Relationships within indigenous cultures, Greek mythology, personal stories, commercial and entertainment industries, science and conservation have all contributed to our awareness, under-



standing, appreciation and connection to these species. From her background as a trainer at the New York Aquarium to being an advocate for sustainable and healthy oceans, Bo-



gard currently volunteers for organizations which further knowledge of whales, dolphins, seals and other species of our open oceans and beaches. This presentation will offer insight from her experience as a whale, dolphin and sea lion trainer in the 1970's to the present.

To make reservations or for more information, contact the Lighthouse at (707) 882-2809, ext. 1.

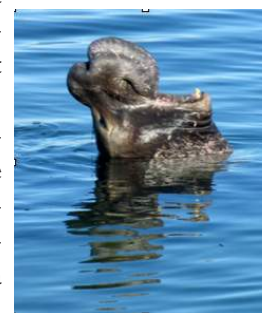
**Sunday@Library Presents • March 11  
Northern Elephant Seals and  
The Point Reyes Lighthouse**

The Coast Community Library's "Sunday At The Library" series presents Nik Epanchin, talking about Northern Elephant Seals and the Point Reyes Lighthouse, Sunday March 11 at 2:00pm.

Epanchin, Point Arena Lighthouse Board of Director's Vice President, has been a winter docent at the Point Reyes Lighthouse since 2002. He will give a brief history of this historic light-

house and speak about the Northern elephant seal population that thrives along the Point Reyes National Seashore where Nik has been able to observe for many years their behavior and life cycle. This event is free. For more information, please call the library at 882-3114.

The library is at 225 Main Street, Point Arena (across the street from Arena Theater.)



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## Lighthouse Peddler

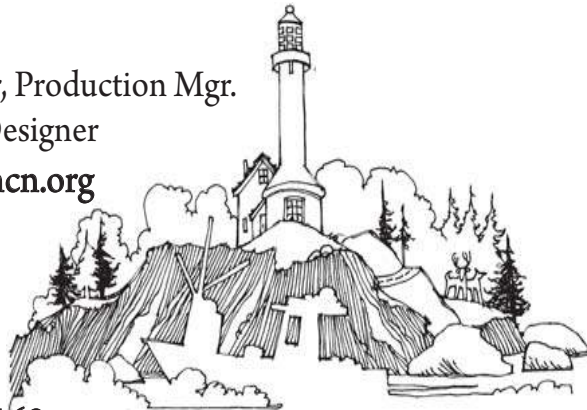
Dolly Steffen: Publisher, Production Mgr.  
David Steffen: Editor, Designer  
[lighthousepeddler@mcn.org](mailto:lighthousepeddler@mcn.org)

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

[www.thelighthousepeddler.net](http://www.thelighthousepeddler.net)



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Upcoming Events EVENTS 2018



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**A Day In The Park — Saturday, April 21st at Bower Park, 11:30 to 4pm.**  
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For more information call 707-884-5413, visit [www.ActionNetwork.info](http://www.ActionNetwork.info) or on Facebook.



## Gualala Arts Center Theater Presents "Guys and Dolls" March 23-31.

Gualala Arts Center Theater presents the Tony and Pulitzer Prize winning musical of Damon Runyon short stories. Directed by Bryn Harris, it is a PG13 production.

Evening performances are 7:00pm, Friday March 23, Saturday March 24 and Friday, March 30 and Saturday, March 31. Matinee performances include Sunday, March 25 and Saturday, March 31, at 2:00pm. Tickets are \$20 in advance, plus \$5 day of event; PG13 performance, Youth 7-17 must attend with an adult. Opening and closing nights only, Friday, March 23 and Saturday, March 31, Cuban Tapas small plates buffet with specialty drink, \$30 in advance. Purchase food tickets separately one week in advance. Plus \$10 afterward.

Tickets can be purchased online at [BrownPaperTickets.com](http://BrownPaperTickets.com) or by calling 1-800-838-3006 or in person at Gualala Arts Center and the Dolphin Gallery.

This classic American show is set in the 1950s and follows the adventures of a group of gamblers and hot box dancers with Sergeant Sarah Brown and the "Save-A-Soul Mission" working to save the souls of these shifty characters.

Music and Lyrics are by Frank Loesser and the book is written by Jo Swerling and Abe Burrows. Don Krieger will provide music and accompaniment. With memorable songs such as "Fugue for Tinhorns", "Luck Be a Lady", "Miss Adelaide's Lament", "Bushel and a Peck", "Sit Down, You're Rocking the Boat" and the Title song "Guys and Dolls", this show is sure to be a colorful romp through the New York underworld and back.

After much success in New York City and at the Pacific Conservatory Theatre in Santa Maria, Calif., Harris returned to Gualala in 2010 and has been part of several local productions as choreographer, performer and/or director. Recent productions include "Of the I Sing", "Jekyll and Hyde the Musical", "Honk!" and her one-woman Valentine's show in 2014.



Bryn says she is thrilled to have the opportunity to give Musical Theater back to the community. This will be her directing debut at Gualala Arts Center. She received her Bachelor of Fine Arts in Directing from the UNC School of The Arts where she worked with Gerald Freedman on the 50th anniversary of "West Side Story" and "Sunday in the Park with George".

## A Full Blue Moon Night Tour March 31 \*\*Point Arena Lighthouse Suggests Booking Early\*\*

The first full moon of March will be a Full Worm moon on Thursday, March 1. If you don't have a chance to see the moon on March 1, this is one of those rare months when you'll have a second chance: March 31. On the 31st you will see the second of two Blue Moons that will occur in the year (the other having happened on January 31.) Double Blue Moons in a single year only occur 4% of the time, so this is a very rare occurrence. The Full Worm Moon Night Tour is Thursday, March 1. Gates open 6:00pm, Tour starts around 6:30pm. The evening will feature a special presentation about the Light Station, its history and



technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course! March is also when the spring equinox occurs, and this year it will be on March 20. The first full moon is traditionally called a Full Worm Moon after the earthworms that emerge at this time of year.

At the end of the month, there will be the Full Blue Moon Night Tour, Saturday, March 31. Gates open 7:30pm; Tour starts around 8:00pm. This will be the second Blue Moon of 2018. (NOTE: The Full Blue Moon Night Tour on January 31 sold out well in advance and it was a perfect night,

with the moon rising over the hills east of Manchester just as the tour arrived at the top of the Lighthouse Tower.) There were eight previous Night Tour guests that night, and they brought another six of their friends to enjoy this unique experience. We do limit the number of guests to 20 so make your reservations early!

Once again the evening of the 31st will feature a special presentation about the Light Station by Lighthouse Board Vice President Nik Epanchin on its history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour

of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course! 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 located at 45500 Lighthouse Road in Point Arena.

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## The MET Opera Live In HD: Two Operas In March At Arena Theater Rossini's "Semiramide" (10th) and Mozart's "Così fan tutte" (24th)

**Semiramide**, this masterpiece of dazzling vocal fireworks, makes a rare Met appearance—its first in nearly 25 years—with Maurizio Benini on the podium. The all-star bel canto cast features Angela Meade in the title role of the murderous Queen of Babylon, who squares off in breathtaking duets with Arsace, a trouser role sung by Elizabeth De-Shong. Javier Camarena, Ildar Abdrazakov, and Ryan Speedo Green complete the stellar cast. Rossini's masterpiece screens—first time in HD—Saturday, March 10, at 9:55am. The Runtime is 240 minutes with 1 intermission. Production credit goes to John Copley; set designer is John Conklin. Costume Designer is Michael Stennett, and lighting designer is Gil Wechsler.



**Semiramide** is the culmination of the Italian phase of Rossini's monumental yet unusual career. He had already produced such immortal comedies as *Il Barbiere di Siviglia* and *L'Italiana in Algeri*, but in the early 19th century he was celebrated above all else for his tragedies—none more so than *Semiramide*. For decades after its premiere, the opera swept through the music capitals of Europe and beyond, enthralled audiences with its urgent, transcendently beautiful use of melody; undeniably exhilarating drama; and, most importantly, astonishing vocal displays. Rossini's epic is set in ancient Babylon, now modern-day Iraq, a kingdom which flour-

ished between the 18th and sixth centuries BCE. While the opera does include a handful of local details for color, including the legendary Hanging Gardens, Rossini and Rossi were more concerned with establishing a feeling of legend and wonder than presenting any true historical accuracy.

The music of **Semiramide** combines the cherished assets of Rossini's style—magnificent vocalism, irresistible melody, buoyant energy—with achievements unique to this score. The extremely difficult vocal style necessary for the solos is evident from the title character's ravishing aria, "Bel raggio lusinghiero." Rossini's famous mastery of rhythm forms the core of this opera. In the justly famous duets, subtle rhythmic changes and pulsing melodic figures illustrate the characters' emerging realizations. And the towering ensembles, such as the extended Act I finale, are proof of

the vast musical conception Rossini realized in this opera, far beyond opportunities limited to superficial vocal display.

Rounding out the opera pair this month is **Così fan tutte**, screening on March 24 at 9:00am. A winning cast comes together for Phelim McDermott's clever vision of Mozart's comedy about the sexes, set in a carnival-esque, funhouse environment inspired by 1950s Coney Island—complete with bearded ladies, fire eaters, and a Ferris wheel. Manipulating the action are the Don Alfonso of Christopher Maltman and the Despina of Tony Award-winner Kelli O'Hara, with Amanda Majeski, Serena Malfi, Ben Bliss, and Adam Plachetka as the pairs of young lovers who test each other's faithfulness. David Robertson conducts.

The third and final collaboration between Mozart and librettist Lorenzo Da Ponte is a fascinating paradox: a frothy comedy of manners with an intensely dark take on human nature; an old story (it has antecedents in Boccaccio, Shakespeare, and Cervantes, among others) with a startlingly modern tone; and a beautiful score depicting questionable behavior. **Così fan tutte** was only moderately successful at its premiere and remained just outside the standard repertoire for more than a century. *Così* still poses unique challenges, and correspondingly unique rewards, for the public today. Every possible impression of love—from the loftiest to the basest—is explored in this extraordinary opera.



The opera is set in Naples. With its natural beauty and abundant sunshine, the city became the equivalent of a tourist destination in the 18th century. It has been suggested that the preponderance of woodwinds in

the score is meant to evoke the breezy atmosphere of the seashore. This new production includes the talents of Conductor: David Robertson, Production overseen by Phelim McDermott. The set designer is Tom Pye, costume designer is Laura Hopkins, with lighting by Paule Constable. The runtime is 211 minutes, 1 intermission.

For all operas: \$24 general, \$22 senior, \$18 youth (18 and under) available in advance online and at the box office the day of the opera.

### GAC Festival Vendor Deadline

The April deadline for Festival Vendor registrations at Gualala Arts is fast approaching for artists interested in participating at this year's Fine Arts Festival, Art in the Redwoods, and Festival of Trees.

Registration forms can be found online by "clicking" on any of the tabs for these festivals under the "Events" heading at [GualalaArts.org](http://GualalaArts.org). One form will register applicants for all three festivals. The deadline for registration is April 15, 2018.

Please read the application carefully. Any questions can be directed to Gualala Arts Operations Manager Scott Chieffo at [scott@gualalaarts.org](mailto:scott@gualalaarts.org) or call the Arts Center at 707-884-1138.

All art festivals are held on Gualala Arts Center grounds. The Fine Arts Fair is Memorial Day weekend, Saturday, May 26 and Sunday, May 27. The 57th Annual Art in the Redwoods Festival is Friday, Aug. 17 through Sunday, Aug. 19, and the Festival of Trees is Friday, Nov. 23 and Saturday, Nov. 24.

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**Rene Dayan-Whitehead**, rock sculptures  
Dolphin Winter Hours: Wed-Mon 10 am-4 pm

**Fri 3/9 Art in the Schools 5-7 pm**  
Gualala Arts Center  
*free* **"I've Been Framed"**  
K-8 Students from all Coast Schools  
**"The Truth Project"**  
Point Arena High School  
Pacific Coast Community Charter High School  
Mentored & Curated by Larain Matheson

**Sun 3/11 The Boston Trio 4 pm**  
Chamber Music Series Concert  
\$25 in advance, plus \$5 day of, Youth 7-17 free  
Coleman Hall

**GUYS AND DOLLS**  
Directed by Bryn Elizan Harris  
**\$20 in advance, +\$5 day of**  
Evenings: 7 pm, Friday Mar 23, Saturday, Mar 24  
and Friday, Mar 30 and Saturday, Mar 31.  
Matinees: Sunday, Mar 25 and Saturday, Mar 31, at 2 pm

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**Solution to Crossword:**

*"Aristophanes once wrote, roughly translated; 'Youth ages, immaturity is outgrown, ignorance can be educated, and drunkenness sobered, but STUPID lasts forever.'"*

William Hundert

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Full Moon



March 2 & 31

New Moon



March 17

## Tango, Karaoke and More at 215 Main This Month

It's Tango at 215 Main, across from the historic Arena Theater in Point Arena. The next milonga will be on Friday, March 2 from 8:00pm to 11:00pm. Walter Stillman provides the mostly traditional music. A \$5 entry fee is requested.



Sunday March 4 they'll be showing the Academy Awards on the big screen for all to enjoy.

Three "Open Mic" nights are set this month: March 7, 14, 21, and 28.

Karaoke returns on Friday March 9 is Karaoke night. Get your voice ready to join Karaoke Night locals and visitors alike as they step into the spotlight and perform their favorite songs flawlessly—or at least highly entertaining. 7:00pm.

The Groovinators will provide the music on Saturday, March 10, beginning at 8:00pm.

Burnside is scheduled to perform on Saturday, March 17. The music starts at 8:00pm. The HetHat Club will be in town on Friday, March 23.

And on the 30th it's Ben Miller and Anita MacDonald. They join together, blending the rich traditional of the Breton fiddle, with the fiery edge of the Scottish Border pipes. Combining their creative vision with influences from Old and New World Gaelic traditions, they create a powerful sound.



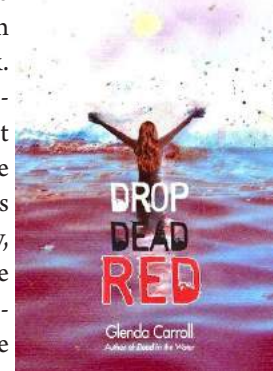

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## The Four-Eyed Frog Presents Author Glenda Carroll Saturday, March 31 at Four-Eyed Frog Books

On Saturday, March 31 at 4:00pm author Glenda Carroll will be at the bookstore in Cypress Village to share her newly released book **Drop Dead Red**. "Trisha Carson is back again as the amateur sleuth in Carroll's new book. The gripping whodunit is set against the backdrop of the tree-lined streets of Marin County, AT&T Park, home of the San Francisco Giants and the swimmable lakes in the East Bay parks. **Drop Dead Red** is the second book in the Trisha Carson series, following the widely praised **Dead in the Water**."



What happened to Shari Grantner? One day the tall red-haired lawyer is running a successful open water swim clinic. Less than 24 hours later, her body washes up on a beach near San Francisco. Shari's sister reaches out to Trisha Carson, an amateur sleuth, asking for her help. No need to ask

twice. Trisha jumps into the investigation and soon discovers that the seemingly strait-laced barrister had a sizzling secret life.

Trisha begins to untangle an ever-growing list of suspects. There is Shari's hot-headed younger brother who badgered her for money. Her good-looking boyfriend who the dead girl was about to dump. The mysterious man who shows up in compromising photographs. And the quiet unassuming sister who is now in charge of the family's well-endowed trust.

As Trisha inches closer to the culprit and the motive, the trail circles back to a familiar location... where the killer is waiting.

Four-Eyed Frog brings another author to the coast for a get-together at the bookstore, and perhaps you can ask your deepest questions about Trisha Carson, or other elements in Carroll's books.



## Seed Library at Coast Community Library

Do you garden? Are you a seed saver? If not, would you like to be?

This project of Coast Community Library relies on you, the community's gardeners, to keep successful varieties going in our gardens. The way it works is simple; you grow a plant in your garden, harvest the seeds, keep some for yourself, and return some of those seeds to the exchange with the necessary informa-



tion on growing conditions so that others may grow them. Membership and borrowing seeds is free and volunteers are welcome to participate in packaging donated seeds and other related tasks. There are seed libraries at each of the branches in the Mendocino County Library system.

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**Spanish Language Film Series  
at Arena Theater**

**First Film Screening on March 25**

Arena Theater announces a new program, a Spanish Language Film Series scheduled to launch in March. The program aims "to provide an opportunity for our Spanish speaking community members to enjoy Spanish language films at their hometown theater," said Arena Theater board member Barbara Pratt who has reached out to members of the Hispanic community to get input on film choices available through the Holà Mexico Film Festival, a Spanish language film distributor. "We have committed to three films from Holà Mexico to kick off the series, with screenings scheduled for March, April and May," Pratt said. Arena Theater has received a grant for \$1,000 from the Community Foundation of Mendocino County in support of the series.

All films are family friendly and will screen on the last Sunday of each month at 7:00pm with the first film, *El Que Busca Encuentra* screening on March 25, followed by *La Delgada Línea Amarilla* on April 29, and *Treintona, Soltera y Fantástica*, May 27. All films are in Spanish with English subtitles.

"We believe this program will enhance the well-being of our community by increasing cultural opportunities for our local Hispanic population and by strengthening the connection between Arena Theater and the Hispanic community," Pratt said. Admission will be \$8 for adults, \$7 for theater members, \$6 for teens, and \$5 for children. The Arena Theater snack stand will be open.

*El Que Busca Encuentra* ("He who searches will find"), Mexico, 2017. As children, Marcos and Esperanza met by chance when they both got lost at the Azteca soccer stadium, and they fell in love. Now they've gone twenty years without seeing each other again, but both of them are suddenly stirred by memories of their long-lost love and decide to seek each other out. In this romantic comedy, the hard part isn't finding each other: it's finding out whether chance and destiny will keep them together this time, or pull them apart.

**Serie de películas en español en el Teatro de Arena. La primera película se presentará el 25 de marzo**

El Teatro de Arena anuncia un nuevo programa. Una serie de películas en español que se presentarán en marzo. El programa tiene como objetivo "proporcionar una oportunidad para que nuestros miembros de la comunidad hispanohablante disfruten de películas en español en el teatro de su ciudad." dijo el miembro de la Junta, Barbara Pratt que ha estado en contacto con los miembros de la comunidad hispana para obtener sus puntos de vista acerca de las opciones disponibles en el Festival de cine de México Hola, un distribuidor de películas en español. "Nos hemos comprometido a presentar tres películas de Hola México para inaugurar la serie, con las proyecciones previstas para marzo, abril y mayo," dijo Pratt. Arena Theater ha recibido un donativo de \$1,000 de la Fundación Comunitaria del Condado de Mendocino en apoyo de la serie.



Estas películas son películas para toda la familia y las presentaremos el último domingo de cada mes a las 7 p.m. La primera película, *El Que Busca Encuentra*, se presentará el 25 de marzo, seguida por la película *La Delgada Línea Amarilla* que se presentará el 29 de abril y de la película *Treintona, Soltera y Fantástica* que se presentará el 27 de mayo. Todas las películas son películas en español con subtítulos en inglés.

"Creemos que este programa contribuirá al bienestar de nuestra comunidad mediante el aumento de oportunidades culturales disponibles para la población hispanohablante local y fortalecerá la conexión entre el Teatro de Arena y la comunidad hispana", dijo Pratt. El costo de los boletos será de \$8 para adultos, \$7 para los miembros del teatro, \$6 para los adolescentes y \$5 para niños. La tienda de "snacks" estará abierta.



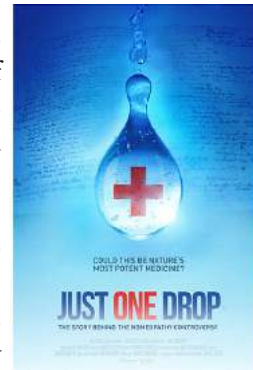
En su niñez, Marcos y Esperanza se conocieron por azar, cuando ambos se perdieron en el Estadio Azteca, y en ese momento se enamoraron. Ahora han pasado veinte años sin volver a verse. Inspirados por sus recuerdos de aquel viejo amor perdido, cada cual decide buscar a la otra persona. En esta comedia romántica, lo difícil no es encontrarse: es saber si esta vez el azar y el destino los unirán, o si les separarán.

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**"Just One Drop"**

**A Film On Homeopathy  
At Arena Theater March 13**

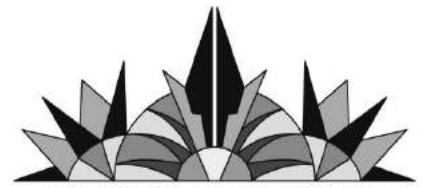
*Just One Drop* is the title of a film screening at Arena Theater, Tuesday, March 13, at 7:00pm. Admission is a \$10 donation at the door. The screening is organized and sponsored by local homeopath Nan Wishner, C. Hom, and is supported by Roots, Anchor Bay Store, Gualala Supermarket and Arena Pharmacy. Directed by Laurel Chiten, the documentary tells the little known story of homeopathy: the most controversial system of medicine ever invented. Could this be nature's most potent medicine? Following the screening, Nan Wishner will lead a Q&A session.



Homeopathy is a specific form of medicine that uses minute doses of a highly diluted substance that stimulates the body to cure itself. To many, homeopathy seems implausible. They fear it is purely a placebo effect or worse, a form of deception or quackery. Yet, homeopathy has been around for over 200 years and is used by millions worldwide. The film explores the controversy, dispels myths and misconceptions, and asks whether or not homeopathy has been given a fair shake. The film's ultimately message is about freedom of choice in health-care.

Rather than a passive experience, *Just One Drop* (2017) was made to be shown in a group and get people talking! Answer questions, clarify misconceptions, and get a buzz going about homeopathy! (The film is only available for community screenings and is not yet available for home viewing. No home DVDs or streaming yet.) More information is available from local homeopath Nan Wishner, C. Hom., of Homeopathic Care for People and Animals, 707-882-1944. Her website is [www.wellbeingthroughhomeopathy.com](http://www.wellbeingthroughhomeopathy.com) and her email address is [nan@wellbeingthroughhomeopathy.com](mailto:nan@wellbeingthroughhomeopathy.com).

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 March 2018

**Coming: Talent on the Fringe**  
 Reviving a theater tradition  
 Part of the Almost Fringe Festival  
 Saturday April 28 7:30 pm

**Bolshoi Ballet in Cinema**  
 Sunday March 4 2 PM  
**The Flames of Paris**

**Community Films**  
 Tuesday March 13 7 PM  
**Just One Drop**  
 Doc. about Homeopathy  
 Tuesday March 27 7 PM  
**First We Take Brooklyn**

**Met Opera Live in HD**  
 Saturday March 10 9:55 AM  
**Semiramide**  
 Saturday March 31 9:55 AM  
**Così Fan Tutte**

**Arena Theater Live**  
 Saturday March 17 7:30 PM  
**T Sisters**

Sassy Sister Folk from Oakland  
 Monday March 19 8 PM  
**3rd Monday Music**

**Spanish Language Film Series**  
 Sunday March 25 7 PM  
**El Que Busca, Encuentra**

**Arena Theater Film Club**  
 Mondays 7 PM  
 March 5 Zabriskie Point  
 March 12 Running On Empty  
 March 26 Loving Vincent  
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## Alameda Poet Andrena Zawinski March 15 Third Thursday Poetry at 215 Main in Pt. Arena

by Blake More

On Thursday, March 15, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature Alameda poet Andrena Zawinski. The reading will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Andrena Zawinski is an award winning poet and educator. *Landings* is her latest poetry collection (Kelsay Books, Hemet, CA, (2017)). Her previous book, *Something About* (Blue Light Press, San Francisco), is a 2010 PEN Oakland Josephine Miles Award recipient for excellence in literature. Her first collection, *Traveling in Reflected Light* (Pig Iron Press, Youngstown, OH, 1995), was a Kenneth Patchen competition winner. She has additionally authored four chapbooks.

Zawinski compiled and edited *Turning a Train of Thought Upside Down: An Anthology of Women's Poetry* (Scarlet Tanager Books, Oakland, CA, 2012).

Her poems have won awards for free verse, lyricism, form, poetry of social concern and have appeared in numerous literary journals and magazines including *Quarterly West*, *Gulf Coast*, *Nimrod*, *Blue Collar Review*, *Paterson Literary Review*, *Progressive Magazine*, *Pacific Review*, and others. Her poetry has been widely anthologized in *American Society: What Poets See*, *Borderlands and Crossroads: Writing the Motherland*, *So Luminous the Wildflowers Anthology of California Poets*, *Veils Halos and Shackles*, *Women Write Resistance: Poets Resist Gender Violence*, *Raising Lily Ledbetter: Women Poets Occupy the Workplace*, and in many more.

Zawinski has contributed as Features Editor to *PoetryMagazine.com* since 2000, showcasing emerging and celebrated poets with

equal attention. She is on the Poetry Board for The Literary Nest. She also founded and runs the San Francisco Bay Area Women's Poetry Salon since 2007, a social group that brings together a diversity of talented and accomplished poets.

Zawinski has a long legacy of feminist organizing consciousness raising and direction action groups in the Women Against Violence Against Women Movement. She co-founded Women Against Sexist Violence in Pornography and Media along with the Radical Feminist Organizing Committee. She was a founding collective member of the Gertrude Stein Memorial Bookshop and worked as manager of the cultural feminist collective, Wildsisters, Inc. Zawinski remains committed to poetry and the condition of women and the working class worldwide.

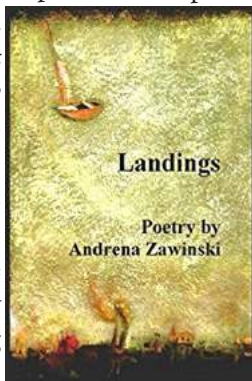
Before becoming a widely published poet, Zawinski taught at Allegheny Community College, in the Pittsburgh Public Schools, for the Western Pennsylvania Writing Project and International Poetry Forum, for the Pennsylvania Council on the Arts, and at the University of Pittsburgh from which she holds degrees. She recently retired as a popular English composition and creative writing instructor at Laney College in Oakland, CA.

Of her work, Len Roberts described her poetry as "strongly imagistic and tightly rhythmic" while Lynn Emanuel characterizes her writing as "an articulate, urbane, sophisticated voice ...[that] seethes with savvy... packed with a bristling ironic intelligence." Grace Cavalieri calls Zawinski "the poet we find when we're in luck." Of her latest collection, *Landings*, Marin, CA Poet Laureate Rebecca Foust has deemed the collection as "...Part paean and elegy to what was, part lyric and dirge to what is, *Landings* asks the question of what remains—where we land—after great loss, then answers the question in poem

after glowing poem...a book that offers wisdom and solace and one you will take comfort in reading again and again." Author and Editor Carolyn Wright has said that "Zawinski knows that the missing are never wholly gone, and despite the frequent harshness of human interaction, in these *Landings*, she embraces the richness of human experience, and praises the courage of those who go on living as if they could do anything. Jan Beatty, Creative Writing Program Director at Carlow University, has said: "...Zawinski's is the necessary voice of the truth teller, speaking trouble among the beauty. These poems breathe compassion with no borders... In these brave poems, the blood moon blazes red-orange/sunbeams at its edges—as we feel the fire of brutality, the heat of desire and great loss, and the colors spreading out onto our fragile, beautiful lives."



*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.*



## Arena Theater Association Seeks Candidates For The Board

The Arena Theater Association is seeking candidates for three seats on the board that are up for election in April. Each seat is a three-year term obligation, and the deadline to apply is Monday, March 19.

Anyone interested in becoming a board member for the Arena Theater is encouraged to submit a letter of interest briefly describing background and area of interest (e.g. live shows, cinema, special talents such as fundraising, or simply general). Candidates must be a member in good standing; non-members may join prior to the March 19 submission deadline. Candidate statements will appear on the ballot, brevity is encouraged at 50-100 words.

Candidate statements can be submitted by email to [info@arenatheater.org](mailto:info@arenatheater.org), by mail to Arena Theater, PO Box 611, Point Arena, CA 95468, or dropped off at the Arena Theater business office.

The Arena Theater Association will hold its annual Membership Meeting on Monday, April 16, at the theater. For more information, people can contact the Arena Theater office at (707) 882-3272. Arena Theater is a recognized 501C3 non-profit organization.

## Connie King Returns For Another Writers Workshop At Four-Eyed Frog • March 20

Have you been writing? Have completed your first book? Curious about getting it published? Four Eyed Frog Books and graphic designer & marketer Connie King, join together for another free monthly publishing consultation, including the basics of self-publishing your book. Open to all, it's at the Frog on Tuesday, March 20 from 3:00pm to 5:00pm. Drop in to discuss your specific work with Connie, and questions are welcomed!

Topics include keys to understanding print-on-demand publishing, file prep for production, the importance of good editing and design, acquiring ISBNs/copyrights/

LCCNs, choosing a printer, e-books or print, distribution, seller commissions, and marketing the basic 101 of self-publishing.

Connie King's book design and publishing services for local authors include *Rim of the World* by Robert Scarola, *Mapping the Sea Ranch* by Phil Graf, *Wild Solitude* by Lorraine Lipani, and *The Happy Book* by the 2nd and 3rd grade class at Horicon Elementary school. Come to Four-Eyed Frog Books, a Community Owned Bookstore, 39138 Ocean Drive (Cypress Village), PO Box 1122, Gualala, CA 95445. (707) 884-1333, [www.foureyedfrog.com](http://www.foureyedfrog.com).



## An Open Call To Performers

Arena Theater's Talent on the Fringe Seeks Acts!

This talent show is part of the countywide Almost Fringe Festival, coming to the coast in April. Reviving the theater's community talent show tradition, "Talent on the Fringe" celebrates and showcases the creative spirit that marks our coastal community. Fun for the whole family!

Performers of all ages are invited to show off their talents: dance, skits, pet tricks, live

music, etc. You bring the talent...we supply the stage! Acts must be five minutes or less. Sign-ups must be in advance. To sign up or for more information please call 707 882-3272 or email [shauna@arenatheater.org](mailto:shauna@arenatheater.org). The big night is Saturday, April 28, 7:30pm. Get signed up and get ready to have some fun.



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## Words on Wellness

by Karin Uphoff

"March comes in like a lion and out like a lamb", a proverb that endures as a brain whisper for many of us as we enter this month. Some other March sayings include:

A dry March and a wet May fills barns and bays with corn and hay or March winds and April showers bring forth May flowers (which seems to hold true on the coast). Clearly March proves itself a changeable month with warm days switching to cold

hail, rains and back again. It's likely the 'lion and lamb' story appeals to a desire for balance and endurance. In this county, March begins with baby lambs - bright white puffs of delight on green pasture, despite the weather and sometimes we end the month with roaring winds, one never knows. What we can count on is an abundance of two herbs that help balance the lion and lamb in our own bodies: chickweed and nettle.

Chickweed (*Stellaria media*) is low curly sprout with tiny white star-flowers that likes path edges and open yet sheltered wet areas. This herb, hugely popular in the 1800's, was tucked into Victorian gardens and eaten by the leisure class in fancy salads and sandwiches (lambs like it too). It's



easy to add to tacos (like a sprout) or salads, or used for fresh tea. Chickweed tames the lion of inflammation in our body by cooling things down and mobilizing fluids and

lymph, while providing alkalizing minerals. As an external poultice to skin, it treats eczema, acne, rosacea and burns, so used in healing salves. It also soothes the sting of nettle.

Nettle (*Urtica dioica*.) looks like punk-rocker mint with its spikey hairs along every stem and leaf that sting when you brush against them. The leaf, root and seed of this plant all nourish the lamb in us - especially the one that follows long days of work and is worried about the rest of the flock. Nettle tops are cut before the plant flowers and can be dried for tea or cooked like spinach into quiche, empanadas, soups or stews. It is a powerhouse of minerals and trace protein for building the adrenal glands, strengthening kidneys or helping reduce seasonal allergies that April may bring!

*Karin Uphoff is a Master Herbalist and Iridologist, Massage Therapist, energy healer, Reiki practitioner and Yoga Instructor, and co-founder of Mind Body Medicine for Health, Education & Wellness in Mendocino, California. Karin's website is <http://rainbowconnection.net>.*

## America's Smallest Falcon American Kestrel

At nine inches the American Kestrel is our smallest falcon. It has been also called sparrow hawk. This common year-round resident can be seen hovering over fields or perched on telephone poles along roadways, peering down intently for food. The American Kestrel's diet consists mainly of insects such as grasshoppers, dragonflies and beetles. They also eat mice, small birds, lizards and frogs.

The American Kestrel is a beautiful bird with two distinct black facial stripes. The male has a rufous or rusty back, blue-gray wings and crown, and a rufous cap. Its long red tail has a broad black band across it. The female has a rusty back and wings and the rusty tail is barred.

The kestrel is a solitary bird even in breed-



ing season. Division of labor is so extensive that each of a mated pair spends most of its time alone. Once a pair has picked a nesting site, a hole in a tree or an old woodpecker cavity, the female stays close to the nest and

the male brings food to her. This can last for as long as twelve weeks. The male defends a hunting territory, as large as 250 acres. Smaller territories are sometimes defended all year.

The female incubates 4-6 darkly-spotted, cream-colored eggs for up a month.

The male provides breaks for her daily. They spend another month and a half caring for the young until the fledglings leave the nest. Needless to say, they usually raise only one brood per season.

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

*Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at [www.mendocinocoastaudubon.org](http://www.mendocinocoastaudubon.org). Photo credit: Barbara Fleming*

## Animal Care & Welfare

By Cathy Riehm

Do you know your pets' 'normals'? The letters TPR stand for Temperature, Pulse and Respiration. These are the basic vital signs you should be familiar with when it comes to your adult pets. I'm going to throw a B in there to represent behavior- is the behavior you are seeing normal for your pet?

I get regular calls from animal owners claiming their pet is in the process of dying, and I am asked to address their emergency situation. Trust me, I understand how emotional and scary these times can be. Having basic information to refer to can help- Is your pet's temperature higher than normal? Is your cat drinking more water lately? Is your horse colicky or taking his regular nap at noon (like my horse did every day)....?

A digital rectal thermometer can give you a temperature within a minute. You can lubricate the thermometer with Vaseline or olive oil to make insertion much easier. I recommend taking the time to get your pet comfortable with this procedure as some animals consider it to be very rude. The temperature of dogs and cats can range from 100.0 to 102.2. Horses have a range of 99.0 to 101.0 and goats run a little higher at 102.0 to 103.0. Consider all the factors

when establishing whether your pet has a normal (for them) temperature- Is it a hot day? Did your pet just exercise?

Getting a heart rate can be done with a stethoscope or you can palpate with your fingers. Press the stethoscope (or your

palm) over the rib cage just behind the left elbow. Obtaining a resting heart rate as well as an exercising heart rate can give you an idea of your pet's range. In dogs, the heart rate can be from 60-160 per minute and cats' heart rates can be between 140-220 per minute. Horses are between 38-45 and goats are between 70-90 beats per minute.

Respirations are also counted per minute- simply watch and count for 15 seconds, then multiply by 4. Dogs range from 16-32 breaths per minute and cats can range from 20-42 breaths per minute. Horses take about 10-24 and goats tend to take 10-30 breaths per minute. Observe your pet's breathing regularly, so you will notice any changes- Does your pet suddenly have labored breathing?

Observe, stay informed and know the basics about your pets. Next month- Concerning Behaviors Indicating Pain.



"I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals."  
Sir Winston Churchill (1874 - 1965)

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TIM MUELLER, GUITAR, DUO'XPLORE  
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CHRIS DOERING, GUITAR, ST. PATRICK'S DAY  
SATURDAY, MARCH 17, 7:00PM-9:30PM  
HARRISON GOLDBERG, SAXOPHONE SOLO  
FRIDAY, MARCH 23, 7:00PM-9:30PM  
SUNDAY BRUNCH  
SUNDAY, MARCH 25, 10:00AM - 2:00PM  
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## Annual Student Art Exhibit Opens with A Reception March 9 Gualala Arts Center Exhibits Student Art Coastal Schools From Fort Ross to Manchester

This year's student art exhibit will open with a reception at Gualala Arts Center on March 9, 5 to 7:00pm. Students from all schools on the coast, Fort Ross to Manchester, have entered art for this year's theme "I've Been Framed!"

Art from youth in grades kindergarten through eighth will have their art displayed in Coleman Hall and the Burnett Gallery, while high school students' art will be hung in the



Elaine Jacob Foyer in a separate exhibit titled "The Truth Project." "This exhibit is always a favorite for us, as we realize our coast youth are lucky to be able to participate in art programs in their schools on a fairly regular basis," said Gualala Arts Executive Director David "Sus" Susalla. While not all of the schools enjoy having a full-time art teacher, all students have been able to participate in art with the help of volunteer programs on the coast. "The collection, as always, will be thought provoking, inspirational, and will certainly bring a smile to your face," Susalla said.

Artist Larain Matheson mentored and cu-

rated "The Truth Project," working with high school youth and teachers Rebecca Hale at Point Arena High School and Drew Higgins at Pacific Community Charter High School. Matheson says "The Truth Project" came about after she viewed a documentary film, "Dishonesty, The Truth about Lies."

"In a time such as this, where the eroding of truth seems almost acceptable in the political arena," she says, "I wanted to work with local high school students to help them find a way to express what their own Personal Truth looked like."

"We told them 'It may be realistic, abstract, political, or a cartoon drawing in form. Whatever it is, it will be authentic and, hopefully, original to you.'" Matheson obtained a documentary from Teen Truth.com that deals with teen issues: body image, bullying, alcohol and substance abuse, loneliness, parents and more, which students also viewed. "This film, written and filmed by teens, asks the questions: Are you making a difference? What code do you live by? Do you stand up for the truth? Is your truth something you've



hidden? These were the questions worth exploring through art and writing."

For the K-8 work, students from Fort Ross Elementary, Horicon Elementary, Point Arena Elementary, Manchester Elementary and homeschool studies participated. "This is a great opportunity for everyone to come out and support our youth in a very positive, tangible way," Susalla said.



*Left: High school students from coast schools worked with mentor and curator, artist Larain Matheson, on "The Truth Project," exploring ways to express their individual truths.*

*Above: Horicon Elementary School students worked with volunteer docents to create colorful chairs for the Art in the Schools exhibit opening at the Gualala Arts Center Friday, March 9. Students from all coast schools, Fort Ross to Manchester, will take part in the exhibit.*

## Zabriskie, Vietnam, And Van Gogh Arena Theater Film Club in March

Writer-director Michelangelo Antonioni's vision of late-1960s America is on full display in **Zabriskie Point**, a tale that mixes romance and revolution as it explores the love affair between a pot-smoking secretary (Daria Halprin) and a rebel seeking a cause (Mark Frechette).

While the film was panned by most critics upon release, its critical standing has since increased and it is noted for its cinematography, (some of the film's scenes were shot on location at Zabriskie Point in Death Valley), use of music, and direction.

The soundtrack to **Zabriskie Point** (1969) included music from Pink Floyd, The Youngbloods, Kaleidoscope, Jerry Garcia,



Patti Page, Grateful Dead, the Rolling Stones, and John Fahey. Roy Orbison wrote and sang the theme song, over the credits, called "So Young (Love Theme From "Zabriskie Point")." This is a film that critics loved and

hated, most of them at the same time.

- "Zabriskie Point is a both a thriller and a doped-out dream-capsule of the revolutionary hippy movement in California."
- "A maligned masterpiece."
- "Antonioni's head trip of a film is very pleasurable."
- "As a fan of Antonioni's other works, I'd have to say that, of the ones I've seen, **Zabriskie Point** ranks near the bottom."

The cinematography in Death Valley and the music is worth the trip, i.e. going to the theater (not the other kind.) The film screens Monday, March 5, 7:00pm. It's rated R and Runs 111 minutes.

**Running On Empty** (1988) is a different take the 1960s, spilling into the next decade. In this family drama from director Sidney Lumet, Judd Hirsch and Christine Lahti play Arthur and Annie Pope, a pair of '60s radicals



who have eluded the FBI for 16 years after bombing a napalm laboratory as a Vietnam War protest. The couple moves around the country with their two sons -- young Harry

(Jonas Abry) and his older teenage brother, Danny (River Phoenix). On the verge of adulthood, Danny longs to set out on his own and live a more stable life, but he knows this could mean permanent separation from his family. This Lumet film is worth exploring whether you were a 1960s pacifist, a radical, or somewhere in between. **Running On Empty** screens Monday, March 12 at 7:00pm. The film is rated PG-13 and has a runtime of 116 minutes.

As the ohrase goes, "and now for something completely different. **Loving Vincent** (2017) is an animated feature that brings the paintings of Vincent Van Gogh to life to tell his remarkable story. Every one of the 65,000 frames of the film is an oil painting, hand-painted by 125 professional oil painters who travelled across the world to the **Loving Vincent** studios in Poland and Greece to be a part of the production. As remarkable as Vincent's brilliant paintings is his passionate and ill-fated life, and mysterious death. **Loving Vincent** was first shot as a live action film with actors, and then hand-painted over frame-by-frame in oils. The final effect is the interaction of the performance of the actors playing Vincent's famous portraits, and



the performance of the painting animators, bringing these characters into the medium of paint. I've seen van Gogh's paintings up close, and I'll be going to see this film if only for the work the painters created to transform the experience. **Loving Vincent** screens Monday, March 26, at 7:00pm. Directed by Dorota Kobiela and Hugh Welchman. It's rated PG-13 and runs 94 minutes.

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

Solution to Sudoku:



## Jack O'Rourke and René Dayan-Whitehead Featured Artists At Dolphin Gallery, March 3

The March 2018 exhibit at The Dolphin Gallery features Jack O'Rourke's stunning paintings and René Dayan-Whitehead's luminous stone sculptures.

Opening reception Saturday, March 3, 5:00pm to 7:00pm. The exhibit remains thru Sunday, April 1. The reception is free to the public and offers a chance to meet the artists while enjoying a glass of wine and appetizers.

This will be the first Dolphin exhibit for Dayan-Whitehead, a native San Franciscan



who grew up in Portland where she studied ballet, jazz, and tap and experimented with motion and form. Her interest in dance led eventually to work in costume design and construction, and after receiving an MBA, she moved into product development and advertising.

Today, Dayan-Whitehead sees strong connections between dance and sculpture: the creative process that yields her sculptures is itself a dance, but it was a circuitous route from dancer to designer to sculptor. However, she notes that even as she was performing and pursuing an education, her interest and passion in rocks was a constant, even as a youth.

She participated in a number of artists' workshops—on ceramics, on mask making, and on carving—and she studied with two sculptors, traveling to Italy for further study that led to her particular vision for her sculptures.

Now, as a sculptor, her hope is that with each work, "the dance of light and shadow" will resonate with each individual viewer. And she issues a compelling invitation to viewers: "Come with me," she says; "let us make the stones dance."

Visitors to her exhibit will find sculptures that appear soft, flowing, translucent, as if they are floating—"quite the opposite of the density, hardness, and inflexibility ordi-

narily ascribed to stone," she says. Dayan-Whitehead has exhibited her work throughout Sonoma County and the Bay Area. Her website offers further information about her work at [renedayanwhiteheadstudio.com](http://renedayanwhiteheadstudio.com).

Joining Dayan-Whitehead is Jack O'Rourke, known to many Mendocino art lovers of art. O'Rourke's work has been exhibited in many Gualala Arts shows, including Art in the Redwoods, where he took First place in watercolors in 2011 and Third place in 2013. While he works primarily in watercolor, O'Rourke also uses other media, including charcoal, soft pastels, and oil pastels. In addition, he says printmaking is "another of my favorite art forms," for which he uses a planetary gear art press and carved relief block or intaglio processes.

O'Rourke holds a degree in civil engineering from The City University of New York and an MFA from Vermont College, and says he has consistently mixed business with pleasure. As he pursued engineering projects abroad and across the country, O'Rourke also painted, developing an extensive portfolio of work. Now settled on the rugged northern California coast near Manchester Beach, he takes inspiration from the land and seascapes around him. And sometimes, he says, he paints scenes



that are "etched in memory from my work and travels abroad."

Influenced by renowned artists Alex Powers, Don Andrews, and Charles Reid, O'Rourke describes his style as "chiefly figurative and plein-air" and points to the nude figure as a favorite subject, which he treats in a number of ways, including pop art or manga, which perhaps reflects his extensive early experiences with cartooning. More of his work can be seen at [saatchiart.com/orourke](http://saatchiart.com/orourke).

Top: Orange Alabaster Sculptures, René Dayan-Whitehead  
Above: Shepherd in Andes, Jack O'Rourke

## Two Local Favorites In New Show Coast Highway Artists Collective • Reception March 2

By Rozann Grunig

Husband and wife artists Mike Henderson, multi-media, and Jennie Lee Henderson, fiber and weaving, are the featured artists at the Coast Highway Artists Collective in Point Arena. The opening reception is Friday, March 2, from 5 to 7 p.m. Drinks and refreshments will be served and the public will have the opportunity to meet the artists, learn about their creative process and enjoy a wide-range of their works.

Jennie Lee Henderson is a familiar face at local craft fairs selling her hand-woven chenille scarves. She began her fiber art career while in high school designing, sewing, and selling hand-dyed clothing. In the early 70s she studied weaving in Denmark where she bought her first loom. After moving to the Mendocino coast in 1977 she took up spinning and sold her handspun knitted sweaters. For the next 20 years, she expanded her knowledge of fiber, studying about wool and spinning, learning to felt, studying and collecting local plants for dyeing and basket making, exploring braiding and tassel making techniques, and continuing her weaving education.

Today, Jennie's studio is full of projects in progress. It has several large looms, spinning wheels, baskets of weaving tools, bags of raw wool, and shelves of brightly colored yarns. An award-winning weaver, Jennie has received national and international recognition for her handspun tapestry rugs.

Michael Henderson, a Mendocino coast resident since 1977, finds artistic expression through a wide range of art media. He began sketching in his early teens and is mostly self-taught. Along with a few high school and college art courses, he has developed a working familiarity with such media as sculpture, ceramics, block printing, and photography. He has painted in acrylics and watercolor and drawn in graphite, charcoal, carbon, Conté crayon, India ink, and colored pencil. He worked in a frame shop for a year while in high school. Vocations on the coast have included a campground manager (26 years), construction worker (10 years) hardware store salesman (7 years) and, currently,

a part-time maintenance worker for Sonoma County Region Parks. Art always on the sidelines, he has produced numerous pieces



each year in his spare time. He has conducted a drawing workshop at Gualala Arts for the past several years, a sketchbook journaling workshop last year, and is now offering personal drawing lessons at Henderson Studios Point Arena. Now in semi-retirement, he is focusing more time on his art and the development of the Henderson Studios' growing public exposure.

The Coast Highway Artist Collective is located at 284 Main St., Point Arena, next door to the Redwood Credit Union. Regular hours are Friday to Sunday from 11 a.m. to 4 p.m. For more information or local artists interested in joining the collective should contact Ling-Yen Jones at [contact@coast-highway-artists.com](mailto:contact@coast-highway-artists.com) or visit the website at [www.coast-highway-artists.com](http://www.coast-highway-artists.com).

Left: Jennie Lee Henderson • "Tango"  
Above: Mike Henderson

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## Desert Island Files by David Steffen

Many of us have taken a vacation camping in a redwood forest or along one of California's great coastal parks; perhaps you've been to a riverfront, lakefront, or oceanfront hotel or inn. Maybe there was an island vacation you never forgot or dreamed of exploring. Sitting in a remote location under the influence of amazing scenery can lead us to think about the ultimate getaway, or at least my idea of the ultimate getaway: a desert island. A vacation for a week or two is one thing. The idea of a permanent island getaway isn't for everyone but the imagery is alluring to many. I recall sitting at a bar overlooking the Caribbean in 1975 thinking I could live here. I had the same feeling a few years later in Hawaii. Great idea. Then reality smacked me along side the head and I got back to thinking about earning a living.

Over the years the idea was refreshed when I started reading about people who had compiled their list of desert island discs. In the glory days of vinyl singles and LP records the idea of hauling a collection of 500, 2000 or more vinyl records of any size became obviously impractical. At one or two LP records per pound, we were charged with thinking about just the records we couldn't live without. This was no abstract stream of consciousness. Even the idea of 100 albums or singles or both was a bit daunting when you had to think about the turntable, speakers, amplifier, needle and cartridge, cables, electricity, and the shipping weight. As I said, daunting. Nevertheless I thought about a list, my list, which brings me to a somewhat (I hope) interactive idea. From time to time I'll be writing about tracks or complete albums or both that will be on my Desert Island Disc list (or perhaps Desert Island "digital file" list). I'll keep adding to my list and, I encourage you to email a track, or an album, or both and I'll publish them, as appropriate. Yes, you must tell me why, but be brief. And when I publish yours, I'll only use your initials and town, as in "DS/Gualala". So here goes.

• 1950s: Marty Robbins was born in Arizona but staked his claim in Nashville. One of his biggest hits was "A White Sport Coat and a Pink Carnation", which spent 26 weeks on the charts, peaking at #2. Many of his songs were often stories, like "Big Iron" and "Ballad of the Alamo". A third story/song was a 1959 single titled "El Paso", about a cowboy—presumably white—who falls in love with a Mexican girl, Felina. He gets in a gunfight over Felina and, to get to the point, the

gunfight ends badly. If it sounds corny, it is. And wonderfully so. El Paso spent 22 weeks on the charts and peaked at #1.

• 1960s: Ral Donner's career was probably doomed from the start. He sounded way too much like Elvis and recorded for a small label (Gone Records). Donner did achieve a measure of success getting five singles to chart on Billboard's Hot-100 chart. His biggest hit was "You Don't Know What You've Got (Until You Lose It)" which peaked at #4. However, my favorite was 1961's "She's Everything". The session was easily described as modest.

Best guess is guitar, organ, bass, drums, and a couple of male background singers. The lyrics have the singer telling his first love that his current love is "everything I wanted you to be", hence the title.

• 1970s: B.W. Stevenson had a total of four singles make the Hot-100. Two of them got my attention. "Shambala" and "My Maria" in 1973. The first single was covered by Three Dog Night and essentially killed the Stevenson version which peaked at #66. However, "My Maria", release about two months later, rose all the way to #9, spending nine weeks on the charts. "My Maria" was catchy from the opening riff, and then nails it with a falsetto as he sings "Maria" during the bridge.

• 1980s: My 1980s pick is an unusual recording. It combines a hit act—The Pet Shop Boys—with a pop music legend, Dusty Springfield. Pet Shop Boys had launched their chart success with "West End Girls" in 1986. But it was the decision, two years later, to bring Springfield in to sing the bridge that I absolutely loved. The "boy's" lament is sung by the band:

You always wanted a lover  
I only wanted a job  
I've always worked for a living  
How am I gonna get through?  
How am I gonna get through?

To which Springfield responds,

Since you went away  
I've been hanging around  
I've been wondering why I'm feeling down  
You went away, it should make me feel better  
but I don't know  
How I'm gonna get through?  
(What have I, what have I,  
what have I done to deserve this?)  
How I'm gonna get through?

It's absolutely great 80s pop music, but these

two artists working together create a fabulous (and memorable) track. "What Have I Done To Deserve This" peaked at #2 in 1987.

1990s: I can easily select "Good Riddance" (Time Of Your Life), a 1997 release by Green Day. Their success on the charts, on tour, and even on Broadway is well documented. But this one song—which was heard on the final episode of Seinfeld (and I believe it also found its way onto a final-season episode of Murphy Brown) is great pop-music songwriting, and a brilliant sad and yet hopeful boy-to-girl song. The lyrics are simple, poignant, emotional, and complete:

Another turning point,  
a fork stuck in the road  
Time grabs you by the wrist,  
directs you where to go  
So make the best of this test,  
and don't ask why  
It's not a question,  
but a lesson learned in time

It's something unpredictable,  
but in the end is right,  
I hope you had the time of your life.

So take the photographs,  
and still frames in your mind  
Hang it on a shelf  
in good health and good time  
Tattoos of memories  
and dead skin on trial  
For what it's worth  
it was worth all the while

It's something unpredictable,  
but in the end is right,  
I hope you had the time of your life.

The song and recording is about moving on and has become a staple of proms across the country. Rolling Stone declared "Good Riddance" one of the "20 Best Graduation Songs of the Last 20 Years".

So there you go. Five tracks that are on my Desert Island list. Give them a listen. One or more may end up on your list as well. After all, whether dreamily looking out over the Mendocino Coast, or on your own desert island, music is a part of our lives, and I highly recommend that any of these tracks be placed in your luggage.





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**Bolshoi Ballet In Cinema at Arena Theater  
"The Flames Of Paris", March 4**

Whenever one hears the name "Bolshoi" you know that whatever they create will display powerful virtuosity and stunning pas de deux. Set during the French Revolution there is much to work with, yet it takes one of the greatest (if not the greatest) company in the world to pull it off.

**The Flames of Paris**, a ballet in four acts choreographed by Alexei Ratmansky, after Vasily Vainonen, will screen at Arena Theater on Sunday, March 4, at 2:00pm. Doors open at 1:30pm. The ballet is part of the Bolshoi Ballet in Cinema series.

Set during the French Revolution, Jeanne and her brother Jérôme leave Marseille for Paris in support of the revolutionary effort that is taking over the capital. While fighting for freedom, they both encounter love along the way. "Very few ballets can properly depict the Bolshoi's overflowing energy



and fiery passion as can Alexei Ratmansky's captivating revival of Vasily Vainonen's "The Flames of Paris," critics say. "... the Bolshoi Ballet displays an exuberance almost too enormous for the Moscow stage." At a runtime of 135 minutes the production will feature behind-the-scenes programming, including interviews with the cast and creative teams.

Sponsored by John and Christine Wall and underwritten by Steve and Cheryl Chell and Gary Klein, the 2017-18 season of Bolshoi Ballet in Cinema at Arena Theater will close on June 10 screening **Coppélia**. Tickets are \$18, \$5 for youths 18 and under, and are available online at [www.arenatheater.org](http://www.arenatheater.org) or at the box office.

Arena Theater is a 501C3 non-profit organization, bringing films, live entertainment, live theater, and the amazing talent of the Bolshoi.

**MendoViné in Gualala:  
Music and More During March**

MendoViné builds on its reputation with another month of food, drink, and music options to fill your calendar.

First, the food. This month MendoViné will be offering one of its signature dinners, wrapped around an international theme. That's set for Friday, March 30 beginning at 6:30pm. And something new is a Sunday Brunch will be offered on March 25, from 10:00am to 2:00pm.



Then there is the music. A full slate of performers are lined up to provide a melodic backdrop to the food, drink, and the ocean views.

Friday, March 2 guitarist Chris Doering returns, with bassist Don Watanabe, beginning at 7:00pm.

On Friday, March 16, Duo'Xplore, featuring Harrison Goldberg on Sax and Tim Mueller on guitar, offer a musical backdrop beginning at 7:00pm.

Chris Doering will be front and center on Saturday, March 17 (St. Patrick's Day).

On Friday, March 23, 7:00pm, Harrison Goldberg returns with his unique one-person performance. He'll set the atmosphere with a variety of instruments and audio equipment.

The final scheduled musical performers

on tap are Jim and Sharon Lieberman, bringing some folk songs, starting at 7:00pm. The sunsets are still great, the food and drinks get better and better, but now there's something more: Music. MendoViné is giving guests music to make the evenings even more memorable.

MendoViné: more than just a wine bar in downtown Gualala. (707) 896-2650. Look for the sign, and walk on in.

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**"First We Take Brooklyn" At Arena Theater March 27  
A Crime Thriller Directed by Danny A. Abeckaser  
Written by Jon Carlo and Danny A. Abeckaser**

**First We Take Brooklyn**, a 2018 crime thriller, co-written by former coastal resident Jon Carlos, will screen at Arena Theater on Tuesday March 27, at 7:00pm, doors open at 6:30, admission is \$10. Carlos will attend the screening and hopes to bring a few of his costars with him for a Q&A following the movie.

**First We Take Brooklyn** tells the story of Mikky Levy who is serving a life sentence in one of Israel's toughest prisons and never thought he'd ever see the light of day. But when he's released early on a technicality, Mikki moves to New York hoping for a fresh start. Living with his uncle in a Brooklyn, the harsh reality of life as an ex-con sets in and he gets dragged into a brutal turf war with the Russian mob forcing him to revisit his dark past and the survival skills he learned in prison. Mikki aggressively ascends the ranks of the underworld, but his tenacious drive may be the



cause of his demise. Jon Carlos is known to locals by directing and acting in several theater productions, "Our Town" at the Gualala Arts Center in 2010, and "Fiction" at Arena Theater in 2012.

"I came up to Gualala from LA back in May 2010 to do a play at the Art Center," Carlos said. "I've been up the coast before, thanks to my friendship with the whole Trinks Family, however never for a prolonged period." But after the play wrapped, "I just kinda stayed for the next four years," he said.

Born in Oakland, California, Carlos graduated from San Francisco's prestigious American Conservatory Theater (ACT) and had his first role in the film "Unflinching Triumph: The Philip Rockhammer Story" (2007). He is also known for his role as Richard in the popular NBC show "Parks and Recreation" (2009) and the feature film "Empty" (2011).

**South Coast Stamp Club  
Another Activity From  
Our Coast Community Library**

The South Coast Stamp Club will meet on Saturday, March 10, from 12:30pm to 3:00pm at the Coast Community Library, 225 Main Street in Point Arena. It's a chance to meet, discuss, evaluate and find out about different countries, historical stamps of other countries, more. There will be a Kid's stamp table, and free beginner kits, door prizes. Brought to you by our own Coast Library. Information at (707) 882-3114.



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The Local Top-15 Books  
Late Winter 2018

"I cannot sleep unless  
I am surrounded by books."  
Jorge Luis Borges (1899 - 1986)."

1. *Tidelog 2018: Northern California Tidelog*
2. *Qh awala.li: "Water running down place"*  
by Annette White-Parks
3. *Invention Of Wings*  
by Sue Monk Kidd
4. *Mendonoma Sightings Throughout/Year*  
by Jeanne Jackson & Craig Tooley
5. *Lost City OF The Monkey God*  
by Douglas Preston
6. *Pachinko*  
by Min Jin Lee
7. *Copenhagen*  
by Michael Frayn
8. *Shaping the Sonoma-Mendocino Coast*  
by Thomas Cochrane
9. *All The Light We Cannot See*  
by Anthony Doerr
10. *Woman In Cabin 10*  
by Ruth Ware
11. *Couple Next Door*  
by Shai Lapena
12. *To Kill A Mockingbird*  
by Harper Lee
13. *San Miguel*  
by T. C. Boyle
14. *No Middle Name: The Complete Collected Jack Reacher Stories*  
by Lee Child
15. *Fire and Fury: Inside The Trump White House*  
by Michael Wolff

Bubbling Just Under the Top-15

- *Guide Dog For The Coastally Curious*  
by Steve Oliff

The Lighthouse Peddler is pleased to bring our readers a list of the most popular books being picked up and read by locals and visitors alike. Our thanks to Four-Eyed Frog Books.



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**Island of the Blue Foxes: Disaster and Triumph on the World's Greatest Scientific Expedition**

A book by Stephen R. Bown, Reviewed by Jennifer Bort Yacovissi

The curious tale of an ambitious sea voyage spent mostly on dry land.

At age 26, after three years as Russia's sole ruler, Peter the Great took himself on a "Grand Embassy" through Europe. With a wink and a nod, he traveled incognito as one of the ambassadorial entourage, giving himself a chance to see other cultures from something like ground-level, which included actually working in the shipyards of Holland and England. He saw clearly that European nations had a strong marine force, whether for trade or conquest or both.

Peter was determined to drag his backward, insular country into the modern age. To help catapult the nation forward, Peter enticed skilled and learned foreigners to move to Russia. One of these was Danish naval commander Vitus Bering, whom Peter chose — almost on his deathbed — to lead the First Kamchatka Expedition.

The Island of author Stephen R. Bown's title figures only in the final stages of the second expedition, also known as the Great Northern Expedition. His expansive book covers far more territory, though, ensuring readers understand the related history necessary to put both of these massive voyages in context.

Peter's ambitions for Russia on the world stage were stymied by a lack of access to open water. Much of his Great Northern War was fought to secure one Baltic seaport, St. Petersburg, but the Chinese denied convenient access to the oceans to the east.

The First Kamchatka Expedition was conceived as a means to demonstrate Russia's equality with Europe in scientific and geographical marine exploration, expand trade opportunities with China and Japan, and

consolidate the czar's hold on his vast, still-uncharted lands, possibly extending them into America. The only problem was getting there.

To reach the open ocean on the far side of the Kamchatka Peninsula required a trek across the thousands of trackless miles of rivers, mountains, and open tundra of Siberia, carrying virtually everything necessary for a multi-year journey. (And, with the intention of building ships at land's end, baggage included such inconvenient objects as anchors.)

Of the five years invested in executing the First Kamchatka Expedition (1725-1730), a total of 50 days was spent at sea. Unbeknownst to Bering and his crew, they sailed up and back through the strait that would later bear his name, but bad weather prevented them from ever seeing the coast of America.

Still, the mission proved successful enough to compel Bering to submit a proposal for a second; unfortunately, Empress Anna accepted the proposal and then expanded it beyond all possibility of execution.

It took from April 1733, when contingents of the thousands of people who made up the Great Northern Expedition first left St. Petersburg, until June 1741 before the St. Peter, under Bering's command, and St. Paul, helmed by Aleksei Chirikov, finally departed Kamchatka for North America.

Of the host of problems and delays to that point, the most devastating was the loss of the supply ship; without it, the expedition's ships could not overwinter on their voyage as had been planned, but would need to sail out into uncharted waters, explore, and sail back in a single short season.

Already starting late, a full month into prime sailing season, their luck soon turned worse. Within weeks, bad weather permanently separated the two ships. Bering began staying in his cabin, possibly clinically depressed; second-in-command Sven Waxell stepped in as de facto commander.

Our understanding of the sea-based portion of the Great Northern Expedition is due in large measure to the last-minute addition of a young German naturalist, Georg Steller — he of the Steller's jay and Steller's sea lion, as well as his now-extinct eagle and sea cow,

all observed and described while on this voyage — a man of great natural curiosity and intellect who also thoroughly irritated his shipmates. Both his insights and his complaints are captured in his journal.

Steller was one of the few members of the crew who remained mostly free of scurvy as the voyage began to collapse under the weight of fractured command, poor decision-making, bad drinking water, contrary winds, horrific storms, and fast-approaching winter.

All of that was capped by the scurvy epidemic, during which the bodies of the badly afflicted start to come apart; old wounds re-open, mended fractures separate. Ships hit hard by scurvy often founder or sink because no one remains capable of handling the vessels.

Just this circumstance conspired in early November to trap the St. Peter inside the reef of what is now called Bering Island, where their brutal winter of survival lay before them. Bering died on the island, but a significant number of his crew survived, able to sail back out the next August, thanks primarily to Waxell and Steller.

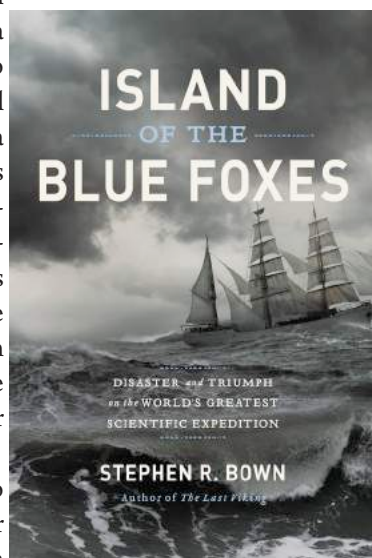
Though fascinating, *Island* is oddly undramatic, despite the author's attempts to gin up tension. Maybe it's the natural consequence of a story that involves so much waiting for something to happen.

In describing the separate camps that sprang up over the long winter, Bown seems to foreshadow some Lord of the Flies-like conflagration over the crew's version of high-stakes poker, but it turns out they were just playing cards.

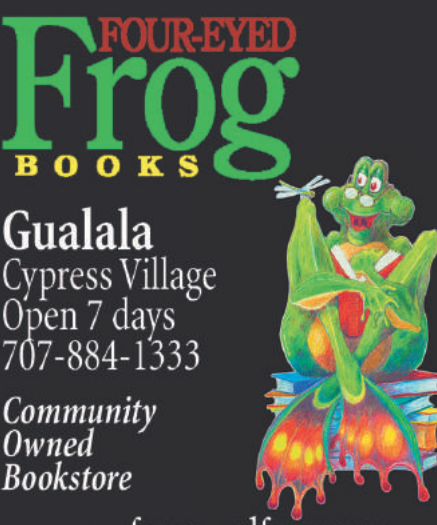
The Great Northern Expedition may have been beset by calamity through most of its ocean-based journey, but it undeniably succeeded in laying the Russian path through the Siberian wilderness and into Alaska.

Perhaps the greatest irony was that it was Steller who finally figured out how to hunt and kill the massive sea cows that fed the crew back to health. The lone naturalist ever to sketch and describe these whale-sized manatees that bear his name, Steller's ingenuity saved the crew but presaged the sea cow's extinction, since the slow-moving creatures served to feed the Russian crews that followed in the expedition's wake.

Jennifer Bort Yacovissi's debut novel, *Up the Hill to Home*, tells the story of four generations of a family in Washington, DC, between the Civil War and the Great Depression. • Jennifer's website is: <http://www.jbyacovissi.com>  
This review originally appeared in the *Washington Independent Review of Books*.



"Already starting late, a full month into prime sailing season, their luck soon turned worse.."



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# Scuttlebutt

by Mitch McFarland

The gun debate rages on and everyone seems to have an opinion. Many of us are conflicted. I'm a gun owner. They aren't registered and I don't even know if they are required to be registered.. Of course, I would never shoot anyone who is not attacking me in my home with a weapon. What I shoot is gophers. Quite a few of them. I have found that for me, it is the most effective way to protect our garden (don't worry gardeners, I use steel shot). Our cat is a decent supplement to my efforts, but she has never got 5 in one day.

Though I am definitely what some would call a lily-livered liberal (whatever that is) and I support an assault weapons ban, I'm not big on trusting the government. Sorry, but there are obviously too many non-democratic forces with power in our government for me to feel comfortable that it is always going to act in the best interest of myself or the public.

I'm not worried about big brother coming to my home and confiscating my guns. If they are removing all weapons from the citizenry, then that is fine with me. They can have my guns. I don't hold some wild fantasy that I can "hold off" big brother with my fellow militiamen. The feds operate the most lethal killing machine ever known to humankind. I don't ever imagine myself in armed conflict with them. I would lose.

What bugs me is the whole idea of registration with the government. Of anything. The more they know about you, the more power they have over you. In most cases this is very benign. Local, state, and federal governments usually do have the best interests of the public in mind and civil servants typically try to be helpful and respectful. It is those cases when you as an individual are targeted for some reason by an agency that the relationship with government can change.

Conditions in public life change. Thou-

sands of new laws are passed every year. What was legal before becomes illegal. Also, different agencies and different levels of government have different policies. Look at the folks who tried to go legal on pot a few years ago. Our sheriff, in an attempt to get a handle on medical pot growing created the so-called zip tie system in which growers could register with the county, pay a fee and get a tag to place on their legal plants. A little while later along comes the feds who don't recognize legal pot in any form and demanded the list of people who registered. As far as I know, the demand was refused and bully for our local officials if so.

The point is that anytime you declare yourself part of some activity, you are placing yourself within the aim of unknown regulation. That scares people.

On a more practical level, my support for an assault weapons ban is not going to make it happen. Not anytime soon anyway. But I have an alternative plan. It doesn't infringe on the right to own an AR-15, yet it keeps them out of the hands of everyone. The way it would work is that you may own an assault weapon, but it must be kept at a certified facility such as a gun range. That way sport shooters could still blast away with their favorite killing machine, but they could not take them into Denny's anymore.

The weapons would be kept securely locked at authorized facilities for the sole use of whomever the owners designate. The names of owners would not be readily available to any government agencies (courts can order anything), only to the operator of the facility. Shooting ranges, hunting preserves, and any other location could qualify to store

the weapons as long as they abided by reasonable guidelines on security.

This should satisfy that vast majority of assault weapons owners who are not going to be mass murders, but just like to shoot lots of bullets really fast, yet prevent just any loser from buying a military weapon and slaughtering a bunch of people.

I went into a couple gun shops recently just to check out the vibe and see what was going on. Largely what I saw was a lot of consignment guns for sale. There was a very large variety of older and what I will call exotic guns. It seems real "gun nuts", if you will, are into the esoterica of gun collecting and ownership. I think these are the people for

whom the NRA was created, before it was taken over by the gun manufacturers. It is now the major lobbying arm of the gun industry. It is the perfect lobbying machine. Not only can it give out tens

of millions in campaign cash it can mobilize tens of thousands of angry emails. No need for Russian bots. Many NRA members have been convinced by their own leadership that any move against gun ownership will lead to the ultimate and total confiscation of all guns. 62% of gun owners believe this. NRA CEO Wayne La Pierre recently said of the national media, "They hate individual freedom." If you take into consideration my thinking earlier in this column, you will see that the slippery slope argument is very appealing.

\*\*\*\*\*

Turning to a completely different subject, the Arena Theater is holding a board election at its annual membership meeting in April. Three board seats are up and two incumbents are not running again. As a board member myself (whose terms is not up) I urge anyone who might be interested in serving on this board to apply. The average age of current board members is well over 60 (closer to 70) with no one under 50 years old. If the theater is to continue to thrive, it needs a new generation to take the reins. Most of the current members were around for the remodel over 20 years ago. Perhaps the fact that the theater has managed to stay vital these last 2 decades has lulled the community into thinking that it is somehow automatic that the theater will be there doing well. That is not true. The only thing that keeps the Arena Theater going is the active participation of our staff and volunteers. Without member support, including board membership, the Theater will slowly atrophy. What will you do to prevent that? Or does it really matter to you?



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**SUDOKU** Edited by Margie E. Burke  
Difficulty: Easy

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

(Answer appears elsewhere in this issue)

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T SISTERS from cover page.

... chemistry and connection, but also carry the baggage of a lifetime of mutual experience. The T Sisters music is mostly acoustic, an definitely rooted in Americana. The sextet is built around the sisters' harmonies. With one foot steeped in old-time bluegrass tradition and the other stepping forward, blazing their own stylistic path" (*San Francisco Chronicle*) the sisters headline at Arena Theater.

The three sisters' inventive songwriting is supported by their own acoustic instrumentation as well as upright bass (Steve Height), mandolin/guitar (Andrew Allen Fahlander), and drums (Marlon Aldana). Their sound represents a continuum of music, from traditional to pop influences, moments of breathtaking a cappella to swells of energetic indie Americana. In the last two years, they've toured with Amos Lee, The Wood Brothers, Todd Rundgren, The Waybacks, Laurie Lewis, ALO, Elephant Revival, The California Honeydrops, and more. Notable performances include Merlefest, Kate Wolf Music Festival, High Sierra Music Festival, Hardly Strictly Bluegrass, Sisters Folk Festival, Strawberry Music Festival, and more. Come along and be prepared to tap your feet, clap your hands, and be a part of these remarkable California sisters.

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## Gualala Arts Creative Writing 15th Annual Contest The Theme: Poetry

Poetry is the theme for this year's 15th Annual Gualala Arts Creative Writing Contest. This year there will be a total of \$1,000 in prize money provided by The Sea Ranch Foundation and Gualala Rotary Club. The submission deadline is Monday, April 30, 2018 at 4:00pm.

Contest organizers Laura Franklin and Nancy Padgett emphasize that this is a wonderful opportunity to discover local talents. Awards are given in each of two categories: First Prize of \$250, Second Prize of \$150, and Third Prize of \$100 and in both Adult and Youth (10- 17 years) Divisions.

The contest is open to all full or part-time residents from Elk to Timber Cove who have not previously had their poetry published in a book or national periodical. Local and school publications are exempt.

In 2003, Rotarian RC Vasavada came up with the idea of encouraging local writers by sponsoring a short story competition. He elicited support from both The Sea Ranch Foundation and Gualala Arts which continue to sponsor the contest every year. Since 2004, the contest has included poetry and non-fiction entries on a rotating annual basis and added a Youth Division.

Each submission may include up to three poems totaling no more than a total of 100 lines. Entry forms are available online at [GualalaArts.org](http://GualalaArts.org), at the Gualala Arts Center or at the Coast Community Library in Point Arena. An Awards Ceremony will be held on Tuesday, May 15 at 7 p.m. in Coleman Hall at the Gualala Art Center. Family, friends and the public are all invited.

For more information visit [GualalaArts.org](http://GualalaArts.org) or call 707-884-1138.

## Gualala Arts Wants You To Remember: 2019 Exhibit Proposals Due April 1 (no foolin')

Gualala Arts is looking for new and exciting idea from existing and up-and-coming artists for its 2019 exhibition galleries. Proposals are due by Sunday, Apr. 1 and artists will be notified by April 30 of whether their proposal has been accepted.

You do not have to be an artist to propose an exhibit or idea and you do not necessarily have to curate the exhibit, says Executive Director David Sus Susalla. "Maybe you know an as-yet undiscovered young artist living locally or even nationally who doesn't know about opportunities to show their work at Gualala Arts - tell us about them!"

Gualala Arts accepts and encourages non-

## The Boston Trio At Gualala Arts GAC's Chamber Music Series Set For March 11

Gualala Arts Center's Chamber Music Series welcomes The Boston Trio to Coleman Hall on Sunday, March 11, at 4:00pm. Tickets to the local concert can be purchased online at [BrownPaperTickets](http://BrownPaperTickets) or by calling 1-800-838-3006 or stopping by Gualala Arts Center or Dolphin Gallery. A no-host bar will be served.

"Whenever this trio plays, drop everything and go hear them!" hailed the Boston Globe on the occasion of The Boston Trio's Tanglewood debut at Ozawa Hall. Since their formation in 1997, the trio has quickly become one of today's most exciting chamber ensembles. Acclaimed for their superb sense of ensemble and wondrous balance, these virtuosic and profound musicians are committed to creating exceptional and daring performances of standard and contemporary repertoire.

Violinist Irina Muresanu, cellist Jonah Ellsworth, and pianist Heng-Jin Park each have distinguished careers as soloist, recitalist, chamber musician, and have appeared with major orchestras and premier chamber music festivals throughout the United States and Europe.

Cellist Ellsworth has performed as soloist with the Boston Symphony, Akron Symphony, Boston Philharmonic, Jacksonville Symphony, Johnstown Symphony, Symphony by the Sea and New Bedford Sym-

phony. Additionally, Ellsworth attended the Marlboro Music Festival from 2014-2016.

Muresanu, who has appeared as soloist with the Boston Philharmonic, the Orchestre de la Suisse Romande, and other top international orchestras, is the recipient of top prizes at the Montreal International Competition and the Queen Elizabeth Violin Competition.

And Park, who made her solo debut with the Boston Pops at the age of 15, is the founding member of the Boston Trio and founder and artistic director of Halcyon Music Festival.

This season, the trio will be featured with the Boston Philharmonic in performances of Beethoven's Triple Concerto.

Recent highlights for the Boston Trio include performances at UCLA, Detroit Pro Musica, University of Arkansas, Maui Classical Music Festival, Rockport Chamber Music Festival, Cape Cod Chamber Music Festival, Virtuosi Concerts in Winnipeg, and a debut of Thomas Oboe Lee's Piano Trio No. 4.

The individual members serve on the faculties of the New England Conservatory, the Boston Conservatory, Harvard University, and the Massachusetts Institute of Technology, and are in demand as master class teachers throughout the United States, Asia, and Europe.



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## Graduating Area Seniors Can Apply For The Gualala Arts Young Artists Scholarship.

Graduating seniors who live between Fort Ross to the south and Elk to the north are eligible for the Gualala Arts Young Artists Scholarship.

Students active in and committed to continue their studies and pursue a career in art are encouraged to apply. Art is broadly defined to include painting, drawing, sculpture, music, ceramics, jewelry, drama, dance, writing, film, photography, computer art and other appropriate fields.

In previous years, scholarships up to \$2,000 have been awarded to students engaged in theater arts, dance, clay arts, drawing, painting, film, fashion design, photography, and other fields.

Gualala Arts Young Artists Scholarships are for two out of three consecutive academic terms, commencing with the term following graduation, payable in two equal payments upon submission to Gualala Arts by the scholarship recipient of evidence of registration and enrollment in classes, courses, or programs in the recipient's field, or fields of art.

Sometimes, if more than one applicant qualifies, the scholarship is split between the two. Complete and submit your written application to: Gualala Arts Young Artists Annual Scholarship Committee, c/o David "Sus" Susalla, Executive Director, Gualala Arts, P. O. Box 244, Gualala, CA 95445

Your application must be typed, concise, focused, and complete to be considered. Please be aware that the Scholarship Committee will want to see clear evidence of your commitment to a career in the arts, as indicated by your choice of institution(s) for further study and in the courses or program in which you will enroll.

If you are a finalist, the Gualala Arts Scholarship Committee will interview you at a time and place to be arranged later in April. If you are selected as a finalist, you should be prepared to bring to your interview examples of your work, your portfolio, or other suitable representations of your work. Awards will be announced in late April or early May at a date to be determined.

Please visit [GualalaArts.org](http://GualalaArts.org) to download an application or stop by the Arts Center. The deadline for complete applications is April 9, 2018.

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## The Garcia Guild's First Sunday Breakfast Community Potluck on March 4th

The Garcia Guild's first Sunday of the month breakfast is a Community Potluck on March 4th. Since it is a potluck the doors will open at 9:00am for everyone to set up their dishes.

This breakfast will honor Coastal Seniors and their outgoing Executive Director, Micheline Kirby. "We have been so pleased that Coastal Seniors has brought classes like fall prevention and Qi Gong to the Manchester Community Center, which is at the northern part of the Coastal Seniors' service area," says Gary Levenson-Palmer, President of the Garcia Guild. "We want to thank them and welcome our own Garcia Guild Treasurer, Arlene Peterson, as the new Executive Director of Coastal Seniors."



As a community potluck everyone is encouraged to attend and bring a breakfast-type food to share. To make it easier for those with dietary restrictions and food sensitivities, everyone is asked to provide a list of ingredients for their dish.

For those who would like to participate, there will be the Garcia Guild's first ever Breakfast Egg Entrée Contest. A distinguished panel of judges (including Carolyn Andre, Franny Burkey Robbins, and Pat Chaban) has been assembled. Those participating in the Contest are asked to provide some kind of egg-based dish (casserole, frittata, quiche, soufflé..) and to bring enough

for the judges to sample and the rest of the attendees to enjoy. Upon arrival, the contestants will be asked to place a sample of their dish on a numbered paper plate for each of the judges. These egg-based dishes will be judged based on flavor and presentation.

The winner of the contest will be awarded "A Night on the Town," which includes a \$50 gift certificate for the Pier Chowder House and Tap Room and two tickets for a movie at the Arena Theater. Since this breakfast is a potluck, there is no charge. For those that remember, there will be a box at the door for donations to the Food Bank. The usual companionship, drinks and 50/50 raffle will all be available.

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# The Crossword

by Margie E. Burke

## ACROSS

- 1 Little terror
- 5 Wet bar?
- 9 Knife wound
- 13 \_\_\_\_ of thumb
- 14 Church V.I.P.
- 16 Bounce back
- 17 Soon, to a bard
- 18 Throw for a loop
- 19 Garbage hauler
- 20 Complex unit
- 22 Deadly mushroom
- 24 Schongauer work
- 26 Toni Morrison's "\_\_\_\_ Baby"
- 27 Tabloid twosome
- 28 Noble position
- 32 Retro phone feature
- 35 Established
- 37 Indigenous
- 38 Not quite right
- 39 Full of bounce
- 41 Fishing equipment
- 42 Like cows and sows
- 44 Campaign pro
- 45 Shrek, for one
- 46 Bomb
- 48 Certain tide
- 50 Computer capacity
- 51 Emphatic
- 56 New Year's Eve staple
- 59 X, in math
- 60 Tim Conway film, "The Billion Dollar \_\_\_\_"
- 61 Factory

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|------------------------|--|-------------------------|
| 63 Quitter's word      | 8 Animal fur                             | 33 Brainchild           |
| 64 Word sung on 12/31  | 9 Type of psychology                     | 34 Deserving of respect |
| 65 Concise             | 10 Word in a 1978 John Irving book title | 36 Word of advice       |
| 66 Flu symptom         | 11 "Get lost!"                           | 39 Dry spell            |
| 67 Arborist's concern  | 12 Kennel cry                            | 40 Mumbo-jumbo          |
| 68 Numerical suffix    | 15 Primary color                         | 43 Pie preference       |
| 69 Give the eye        | 21 Cereal grass                          | 45 Type of illusion     |
|                        | 23 Dogcatcher's catch                    | 47 Young raptor         |
| <b>DOWN</b>            | 25 Evening bell                          | 49 It may be framed     |
| 1 Hold steady          | 29 "Brokeback Mountain" director         | 52 Capture              |
| 2 Talk at length       | 30 CBer's term                           | 53 Likeness             |
| 3 Follow follower      | 31 Dole (out)                            | 54 Locale               |
| 4 Plant stem extension | 32 Tip, as a hat                         | 55 Aromatic compound    |
| 5 Mermaid's milieu     |  | 56 Chew the fat         |
| 6 Veteran              |  | 57 Rush follower        |
| 7 Annex                |  | 58 Envelope abbr.       |
|                        |  | 62 Half a score         |



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## Seal “Spotting” in the Sanctuary

by Mary Jane Schramm

As the tide receded, the harbor seal's sleek form nearly blended into the dappled gray mudflats. She was restless, shifting her hindquarters, turning to inspect them. With just one more twitch, she gave a push and a small head emerged from between her hind



flippers. The pup's advent was heralded by the clamor of gulls squabbling over the after-birth. Calling softly, sniffing and nuzzling her pup, the mother established a pair bond that would last just a few weeks, but which would equip her pup for survival on land and at sea. Welcome to springtime on the coast, to Greater Farallones National Marine Sanctuary.

The Pacific harbor seal, *Phoca vitulina richardii*, ranges from Alaska to Mexico; nearly 31,000 live and thrive in California. The sanctuary is home to around one-fifth of them, protecting them and their habitats along the coast: sandy beaches, estuaries, and offshore rocks, from Point Arena to Point Año Nuevo. Large concentrations are found at Point Reyes, Tomales Bay and Bolinas Lagoon, and at the Russian River mouth.

From afar they appear almost feline: rounded head, flat muzzle, long whiskers, large eyes. They're small – only about 250 pounds, and six feet long. Like all true seals they lack external ear flaps, and cannot rotate their hind flippers around to walk on land;



instead, using their fore flippers, they hitch across the sand. Under water, they move smoothly, with a full-body scull. Their pelts can range from nearly all white with a few dark spots, to almost black with white markings. Harbor seals haul out in groups ranging

from a few to several hundred. Though they do not migrate long distances, they travel offshore and even upriver and into inlets in search of prey such as fish and squid.

Natural threats include white sharks and killer whales. Though harbor seals are federally protected by the Marine Mammal Protection Act of 1972, they suffer from fishing gear entanglement, illegal feeding and harassment, habitat loss, boat strikes, oil spills, and chemical contaminants. Human disturbance impacts them, too. Curious seals may approach divers in the water, but on shore

they become wary, and may stampede, or “flush,” into the water. They must haul out to normalize their body temperature and blood gases after foraging dives. To avoid disturbing them, keep at least 300 feet away. If they notice you, or show agitation, slowly back away.



Pupping season is March through June. Females generally give birth between tides, always to a single pup. Pups can swim at birth, and may “piggyback” on their mothers during foraging trips. They nurse for three or four weeks, and sometimes a mother may leave her pup unattended while feeding at sea, but will return to care for it. This is a time for special caution: maintaining the mother-pup bond means life or death for the pup. In the Bay Area, for many years pup survival declined alarmingly at Tomales Bay and Bolinas Lagoon, due to hikers, birders, clam diggers, dogs, aircraft, and boaters. But a sanctuary outreach and monitoring program reversed this trend. Similarly, the Point Reyes National Seashore, Sea Ranch Stewardship Task Force, and the Stewards of the Coast and Redwoods

introduce visitors to the seals, and to wildlife watching awareness and “etiquette.” If you think a seal needs rescue, do not touch it, but call The Marine Mammal Center Rescue Line at once: (415) 289-7350. If anyone attempts to harm or move a seal, call

the NOAA Fisheries Enforcement Hotline (1-800-853-1964) to report it.

This spring, watch for these shy animals that grace our shores. Keep those binoculars handy, and you'll enjoy their natural behaviors—even if it's just seal-napping on the beach.

To discover how NOAA conducts harbor seal monitoring, see <https://vimeo.com/54552360> To learn about visiting the sanctuary: <https://farallones.noaa.gov/visit/locations.html>

NOTE: Here's a link to a harbor seal birth, by a state government agency (Washington Dept. of Fish & Wildlife) and posted on YouTube, length 4:24 minutes. It's wonderful to see the birth, and their first swim. Here's the URL: <https://www.youtube.com/watch?v=K1fseZuQ7Ww>

Mary Jane Schramm  
NOAA Greater Farallones  
National Marine Sanctuary  
[Maryjane.schramm@noaa.gov](mailto:Maryjane.schramm@noaa.gov)

Photo Credits:

Top left: Harbor Seal & Pup, Brandon Southall/NOAA OPR

Left: Harbor Seal Pup, Jamie Hall, Greater Farallones Assoc.

Lower left: Harbor seal in water/National Park Service

Greater Farallones sanctuary protects seabirds and their habitats through oil drilling prohibition, NOAA's Marine Debris program, at-sea research, and the Seabird Protection Network: <http://seabirdprotectionnetwork.org>. For information on studies in our sanctuaries, and teaching materials, visit <http://oikonos.org/exploring-albatross-movements/>

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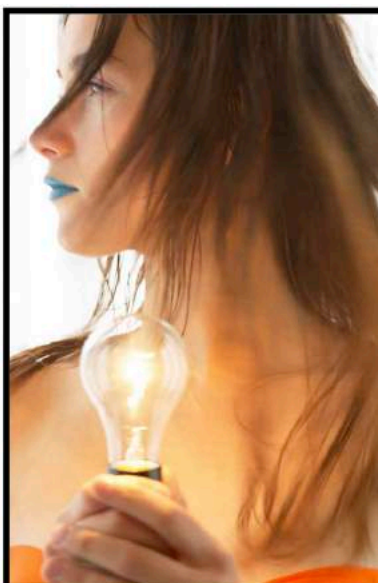
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**Get Out! March's Music, Poetry, Theater, Films, Art & Events**

- Friday 02: 5:00pm, Henderson & Henderson at Coast Highway Art Collective, Pt. Arena
- Friday 02: 7:00pm, Chris Doering, Guitar and Karl Young, Shakuhachi at MendoViné
- Saturday 03: 8:30am, Voter Registration. Pay N' Take, Gualala Community Center (and 17th)
- Saturday 03: 5:00pm, "Be Our Guest" Celebration for RCMS at Gualala Arts
- Saturday 03: 5:00pm, O'Rourke and Dayan-Whitehead Opening at Dolphin Gallery
- Sunday 04: 5:00pm, Academy Awards on screen at 215 Main
- Monday 05: 7:00pm, Arena Theater Film Club: "Zabriskie Point"
- Wednesday 07: 6:00pm, "Locals Night", featuring BAKU at Timber Cove Inn
- Wednesday 07: 7:00pm, Open Mic Night at 215 Main in Pt. Arena (and 14th & 21st)
- Thursday 08: 6:00pm, Sunset & Jazz w/ H. Goldberg, C. Doering, T. Shader, at Sea Ranch
- Friday 09: 8:30pm, Two World Fusion, with Reggae, Ska, Funk at Garcia River Casino
- Saturday 10: 9:00am, MET Opera Live, L 'Elisir d' Amore" at Arena Theater
- Saturday 10: 8:00pm, Groovinators perform at 215 Main in Pt. Arena
- Sunday 11: 2:00pm, Nik Epanchin's History of the Lighthouse, Pt. Arena Library
- Monday 12: 7:00pm, Arena Theater Film Club: "Running On Empty"
- Thursday 15: 7:30pm, Third Thursday Poetry at 215 Main in Pt. Arena: Andrena Zawinski
- Friday 16: 7:00pm, Duo'xplore w/ H. Goldberg, Sax, T. Mueller, guitar, at MendoViné
- Saturday 17: 11:00am, New Moon Tea & Meditation, Birdsong Clinic & Tea Room, Sea Ranch
- Saturday 17: 4:00pm, Sara Bogard, "From Captivity To Open Ocean" at Pt. Arena Lighthouse
- Saturday 17: 7:00pm, The T Sisters at Arena Theater (Music starts 7:30pm)
- Saturday 17: 7:00pm, Chris Doering, guitar, St. Patrick's Day at MendoViné
- Saturday 17: 8:00pm, Burnside at 215 Main in Pt. Arena
- Monday 19: 8:00pm, 3rd Mon. Music. Open mic night w/ featured band TBA. Arena Theater
- Friday 23: 7:00pm, H. Goldberg, Sax, S. Foster, Jazz Guitar & Vocals at MendoViné
- Friday 23: 7:00pm, "Guys and Dolls" at Gualala Arts Center
- Saturday 24: 9:00am, MET Opera Live, Cosi fan tutti (Mozart) at Arena Theater
- Saturday 24: 2:00pm (matinee) and 7:00pm, "Guys and Dolls" at Gualala Arts Center
- Sunday 25: 10:00am, Sunday Brunch at MendoViné
- Sunday 25: 7:00pm, Spanish Language Film Series: "El Que Busca Encuentra"
- Sunday 25: 7:00pm, "Guys and Dolls" at Gualala Arts Center
- Monday 26: 7:00pm, Arena Theater Film Club: "Loving Vincent"
- Tuesday 27: 7:00pm, "First We Take Brooklyn", at Arena Theater
- Friday 30: 6:30pm, International Theme Dinner at MendoViné
- Friday 30: 7:00pm, "Guys and Dolls" at Gualala Arts Center
- Saturday 31: 2:00pm (matinee) and 7:00pm, "Guys and Dolls" at Gualala Arts Center
- Saturday 31: 4:00pm, Author Glenda Carroll at Four-Eyed Frog Books
- Saturday 31: 7:00pm, Jim & Sharon Lieberman, folk songs, at MendoViné

**Gualala Arts Theater presents...**

**Mar 23-25, and Mar 30 & 31 at 7 pm**

**Matinees: Mar. 24 and 31 at 2 pm**

**TWO WEEKENDS!**

**GUYS AND DOLLS**



**Tickets \$20 in advance, plus \$5 day of Tapas Opening & Closing Nights, \$30 in advance**

**Tickets at [BrownPaperTickets.com](http://BrownPaperTickets.com)**

**or 1.800.838.3006 & in person at Gualala Arts Center**