

**ALWAYS  
FREE**

**March 2021**



# Mendocino Coast's Lighthouse Peddler

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



**Wyatt Underhill, Robert Howard,**  
Violin Cello

## This Month Gualala Arts has Chamber Music, A Dinner-to-go, and an Audio Treat.

Gualala Arts has been very creative during these pandemic days. After some days in 2020 without access to the arts, this jewel on the coast has been able to creatively (and safely) open its doors and welcome us again. This month we'll be able to enjoy the arts from both within and without. And if you weren't certain, cooking is an art!) During the second weekend in March, Gualala Arts will present music, food and an audio theater production.

On Saturday, March 13, the commercial kitchen at Gualala Arts will steam up the windows and send delicious aromas throughout the building as the volunteers prepare a "dinner-to-go". Since St. Patrick's Day arrives a few days later, the kitchen will offer a delicious (and culturally appropriate) meal for you to pick up and take home. That evening, like listening to theater on the radio, you'll enjoy an online theatrical production created by the Sea Ranch Thespians. (Details on page 13).

The next day, Sunday the 14th, chamber music comes alive via an online performance by the talented musicians featured on the cover: Wyatt Underhill, violin and Robert Howard, cello, who'll be offering music from Ravel and Stravinsky. (Details on page 2.)

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insight to know when you have gone  
too far."

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## New Exhibit • "Views Through The Lens And Through Glass"

### Opening Reception at Coast Highway Art Collective, March 5

The Coast Highway Art Collective will host an opening reception on Friday, March 5, 12:00pm to 5:00pm, to welcome artists Cynthia Myers, etched glass and Peter Dobbins, photographer. The show will run during regular gallery hours from March 3-28. The Collective is following Covid-19 protocols including face masks, social distancing and limited capacity for guests.

Myers and Dobbins will be guests on KGUA to discuss their work, their processes and their backgrounds. The interview will air on March 3 at 9:00am.

Peter Dobbins spent several years as the ship's photographer on the U.S.S. Rochester, often the Flag Ship of the Seventh Fleet in the Far East and briefly attending the University of Alabama, Dobbins transferred to Art Center School in L.A., a leading fine and commercial art school, entering their photography department (now Art Center College of Design.)

After Art Center and a few years of working as a photo-assistant for advertising freelancers, Dobbins felt prepared to start his own business working for the agencies in L.A. and the Bay Area. Along with fellow Art Center student, Michael Cohen, Dobbins



formed Cohen Dobbins Photography. "Dealing with art directors and agencies was certainly stressful but boy was it a hell of a teacher," recalls Dobbins. "A client would call with the need for any kind of photograph, from still life, aerial, landscape, portrait, underwater, industrial, to fashion and beyond. After a couple of years of increased stress and overhead we were ready for a change. I left the business to Mike, then spent the next year shooting for The LA Times Magazine. I was seriously burnt out and my wife and I decided that moving to the country was the thing!"

Dobbins considers himself "some kind of a Zen Buddhist." He says he loves the Japanese poetry forms of haiku and senryū, austere poetry that is meant to give an instant

visual hit of truth from mere words. "In my images, I seek something similar to the aural experience one feels in the immediate aching silence at the end of the last note of an organ in a cathedral or a gong in a temple as those last notes still ring in your head," explains Dobbins.



One of the works included in this exhibit is a large piece consisting of multiple images of the "Halloween Keepers," citizens of Point Arena in the 1980's. The piece was setup and shot pro bono by Cohen Dobbins Photography. Dobbins and Cohen consider it a "Point Arena self-portrait."

More information about Dobbins can be found at <http://peterdobbins.com/>

Artist Cynthia Myers and her work are well-known on the Mendocino coast. Intricately etched glass vases and art pieces in a variety of hues catch the light and the viewers imagination. The designs feature floral and animal themes, with an eye for subtlety and detail. Myers employs a shadowing technique that gives her artistry depth and dimension. "I use sand under pressure to carve and etch my artwork onto hand blown glass," says Myers. "I am a self-taught glass etcher, learning my art in the barnyard of my family farm in Northern California. I've now honed my etching and my artwork over 30 years and have been continuously inspired by the wild nature that surrounds me in my garden here on the edge of the Northern Pacific Ocean. I draw my artwork from my inspiration and work on hand blown glass made specifically for me by an artist in the Bay Area."

For more information about Myers and her works, visit her website at [www.cynthia-myersglass.com](http://www.cynthia-myersglass.com).

The Coast Highway Art Collective is regularly open Thursday through Sunday from 11:00am. to 2:00pm. The gallery is located at 284 Main Street, Point Arena, next door to the Redwood Credit Union. More information is available at [www.coast-highway-artists.com](http://www.coast-highway-artists.com).

## Chamber Music • March 14

### Gualala Arts Presents an Online! Concert

The Gualala Arts Chamber Music Program continues in March with guest artists Wyatt Underhill, violin, and Robert Howard, cello. This online! only concert is set for Sunday, March 14, 2021, beginning at 4:00pm. Information about connecting online to the concert is at [GualalaArts.org](http://GualalaArts.org).

The planned program will include the "Suite Italienne" by Igor Stravinsky, and "Sonata for Violin and Cello" by Maurice Ravel. Both pieces were (initially) written in Paris in 1920—pretty unusual! Stravinsky's music first appeared as the ballet score to "Pulcinella". He later arranged the same music multiple times, including this rarely performed version made for Jascha Heifetz and Gregor Piatigorsky. Both highlights from the Parisian 20s, this is the musical backdrop to the film "Midnight In Paris". Stravinsky, Diaghilev, Ravel, Picasso, Chanel, Satie, Matisse, and Cocteau all lived there, knew each other, and fed off each other's work—a concentration of talent and innovation unlike any before or since.

Wyatt Underhill, a graduate of the Oberlin Conservatory and the Juilliard School, joined the San Francisco Symphony as Assistant Concertmaster in 2018 after having served as assistant concertmaster of the Baltimore Symphony, and substitute concertmaster with the New Haven Symphony. He's won top prizes in the Irving M. Klein International Competition for Strings and the Minnesota Orchestra Young Artist Competition.

Guest performances as soloist include the Milwaukee Symphony, Concord Chamber Orchestra, and in recital at the Kennedy Center in Washington.

A graduate of Rice University and San Francisco Conservatory of Music, Robert Howard also attended the Accademia Chigiana in Siena, Italy and the Sandor Vegh Academy in Prague. He won first prize in the Rome Festival Competition and has performed in the Festival Internacional de Musica in Costa Rica, the Festival de Guadarama in Spain, and on the Mostly Mozart series in Lincoln Center. Locally, he has performed with American Bach Soloists, New Century Chamber Orchestra, Philharmonia Baroque, and the San Francisco Symphony.

Make plans to "attend" this concert via Zoom on Sunday, March 14.





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Cover image: Shamrock Image by InspiredImages from Pixabay

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“And I am not alone while my love is near me  
I know it will be so until it's time to go  
So come the storms of winter and then the birds in spring again  
I do not fear the time

For who knows how my love grows?  
And who knows where the time goes?”

From "Who Knows Where The Time Goes" by Sandy Denny (1947-1978)

Issue #233 March 2021

## Lighthouse Peddler

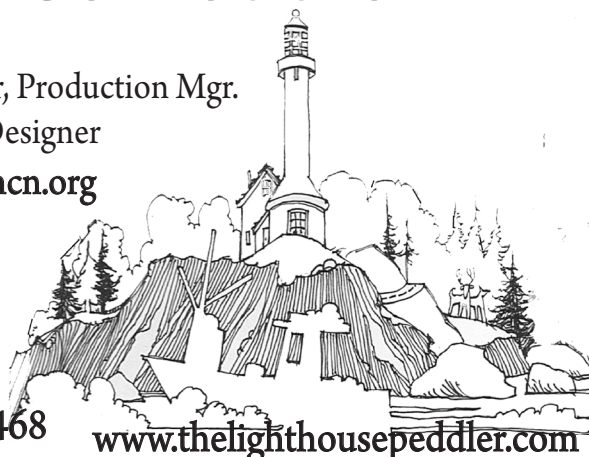
Dolly Steffen: Publisher, Production Mgr.  
David Steffen: Editor, Designer  
[lighthousepeddler@mcn.org](mailto:lighthousepeddler@mcn.org)

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### Third Thursday Poetry Presents Paul Corman-Roberts Connect Online, March 18

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, March 18. This month features East Bay poet Paul Corman-Roberts, with open mic to follow.

Corman-Roberts received a double Masters degree (MA/MFA) in Poetics from the New College of California in 2003. In 2012, he founded Oakland's Beast Crawl Literary Festival which he is currently in the process of reviving after a two-year hiatus. Corman-Roberts was also the producer and host of the literary series "Passages on the Lake" and co-host/co-founder of "Babar in Exile", also based out of Oakland. He has also performed in festivals all throughout the United States.

Paul Corman-Roberts 2nd full length collection of "Bone Moon Palace" was released by Nomadic Press in the Fall of 2020. Previous collections include his full length debut "The Abomunauts Are Coming To Piss On Your Lawn" (Howling Dog Press, 2006) and the chapbook collections "NeoCommuter" (Tainted Coffee Press, 2009) "19th Street Station" (Full of Crow Chap Series, 2011) "Notes From An Orgy" (Paper Press, 2014) and "We Shoot Typewriters" (Nomadic Press, 2015.)

His poem "Sausalito" won the Out of



Our Magazine poetry contest in 2010 and his short story "The Deathbed Confession of Christopher Walken" placed 2nd in sub-Terrain Magazine's national fiction contest in Canada. Individual work has appeared The Rumpus, Sparkle & Blink, Brave New Word, The Dead Mule School of Southern Literature, The Otis Literary Review, Buddy, Up The Staircase, and many others. He has also served as an editor for online magazines Cherry Bleeds, Full of Crow and Red Fez where he still serves as an advisory member.

He currently teaches workshops for the Older Writer's Lab in conjunction with the San Francisco Public Library as well as the San Francisco Creative Writing Institute. He also works as a substitute of the Oakland Unified School District while living in exile on the forlorn island of Alameda while remaining actively and proudly involved in raising his daughter Hannah, a sixteen-year old future theater major.

To watch or participate as an open mic reader, please email [blake@snakelyone.com](mailto:blake@snakelyone.com).

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

### A Murder In The Strip Mall by Paul Corman-Roberts

The king and queen  
of Best Western  
room 215  
everything strewn:  
surveying.  
Psychic.  
Varied shades of desperation  
agendas ducking into  
back room charades  
counting out  
loud collateral obligation

The shoppers have abandoned  
the parking lot in their wake  
a scattered murder gorging  
at the afterthought buffet  
a smorgasbord of discard  
framed by ramshackle  
methamphetadreams  
the duct tape convoy of  
hollow drive-train eyes

The murder returns tomorrow  
for their annual disillusionment  
with  
an aborted consumer holocaust  
a new feast of bitter sweet taunts &  
mockery, the kingdom of 1000 years  
once more delayed some  
999 years  
11 months  
and 30 days.

### Reimagining Redwood Coast Recreation Center

By BevFlynn

As many of you know RCRC has had to change direction and is now working on becoming a Community Park with an open-air pavilion as a central hub for many activities. The disc golf course is being used every day by people far and wide who seem to love playing around and among redwood trees and over the pond. The Petanque Court is now finished. Come and try it out! The entry way has been cleared of dead wood and underbrush has been chipped up. I saw kids making a fort the other day, dog walkers and families are on the trails. Please come and use the park.

In order to finish our Use Permit with the Planning Department we need to create new plans to work around the endangered plants on the property. Matthias Oppliger, our architect for many years, is no longer able to work with us since he has gotten lots of work on new houses. We have found Debra Lennox, an architect from Mendocino, who knows the people at the Planning Department well and will work with us to create our new dreams.

The new dream includes an open-air pa-

vilion will be a gathering place for many different types of community activities and a best use for the limited space that we can build on. We foresee exercise classes, neighborhood picnics, day camp activities for kids and seniors, organized events of all kinds. We want to involve all of you in the planning so will be hosting some site



visits and possibly doing a survey to come up with the design of the pavilion and what you want to have built into it.

New signs are up at the entries to the park and another kiosk was built at the Bower Park entrance. We have renamed the place as RCRC Ocean Ridge Park and are changing the website to that name as well.

We have received a gift of \$10,000 from Patricia Hyer which will make the hiring of an architect possible. We are also working on an appeal letter and a fundraising plan in order to get our financial house in better order. Pat has also pledged \$5,000 as a matching grant for our March appeal letter. Your help and support is important! Become a member and get involved in your community park.

Monthly Sustaining Memberships:  
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March Brings More Free Nightly Opera Streams From The MET  
A Nightly Treat with the help of Arena Theater.

The MET (also known as the Metropolitan Opera) continues to present a list of reasons to stay home and enjoy the opera. The MET! There are plenty of choices as we step into March, and all of them are classic productions from the MET and all are free to stream.

These are classic performances, starring some of the most amazing performers to appear at the MET: The operas in March include names like Marcelo Álvarez, Piotr Beczala, Plácido Domingo, Renée Fleming, Mirella Freni, Marilyn Horne, Anna Netrebko, Jessye Norman, Luciano Pavarotti, Leontyne Price and Beverly Sills.

Here's what's scheduled for the first two weeks in March:

**Monday March 1:**

**Donizetti's "Don Pasquale"**

Starring Beverly Sills, Alfredo Kraus, Håkan Hagegård, and Gabriel Bacquier, conducted by Nicola Rescigno. Production by John Dexter. (From January 11, 1979.)



**Tuesday, March 2:**  
**Verdi's "Falstaff"**

Starring Mirella Freni, Barbara Bonney, Marilyn Horne, Susan Graham, Paul Plishka, Frank Lopardo, and Bruno Pola, conducted by James Levine. Production by Franco Zeffirelli. (From October 10, 1992.)

**Wednesday, March 3:**  
**Wagner's "Die Walküre"**

Starring Hildegard Behrens, Jessye Norman, Christa Ludwig, Gary Lakes, James Morris, and Kurt Moll, conducted by James Levine. Production by Otto Schenk. (From April 8, 1989.)

**Thursday, March 4:**  
**Mozart's "Die Zauberflöte"**

Starring Golda Schultz, Kathryn Lewek, Charles Castronovo, Markus Werba, and René Pape, conducted by James Levine. Production by Julie Taymor. (From October 14, 2017.)

**Friday, March 5:**

**Britten's "Peter Grimes"**

Starring Patricia Racette, Anthony Dean Griffey, and Anthony Michaels-Moore, conducted by Sir Donald Runnicles. Production



by John Doyle. (From March 15, 2008.)

**Saturday, March 6:**  
**Dvořák's "Rusalka"**

Starring Renée Fleming, Emily Magee, Dolara Zajick, Piotr Beczala, and John Relyea, conducted by Yannick Nézet-Séguin. Production by Otto Schenk. (From February 8, 2014.)

**Sunday, March 7:**

**Verdi's "La Forza del Destino"**

Starring Leontyne Price, Giuseppe Giacomini, Leo Nucci, and Bonaldo Giaiotti, conducted by James Levine. Production by John Dexter. (From March 24, 1984.)

**Monday, March 8:**

**Puccini's "Manon Lescaut"**

Starring Renata Scottò, Plácido Domingo, Pablo Elvira, and Renato Capecchi, conducted by James Levine. Production by Gian Carlo Menotti. (From March 29, 1980.)

**Tuesday, March 9:**

**Mascagni's "Cavalleria Rusticana" and  
Leoncavallo's "Pagliacci"**

Starring Eva-Maria Westbroek, Marcelo Álvarez, and George Gagnidze; Patricia Racette, Marcelo Álvarez, George Gagnidze, and Lucas Meachem, conducted by Fabio Luisi. Production by Sir David McVicar. (From April 25, 2015.)



**Wednesday, March 10:**

**Cilea's "Adriana Lecouvreur"**

Starring Anna Netrebko, Anita Rachvelishvili, Piotr Beczala, and Ambrogio Maestri, conducted by Gianandrea Noseda. Production by Sir David McVicar. (From January 12, 2019.)

**Thursday, March 11:**

**Zandonai's "Francesca da Rimini"**

Starring Eva-Maria Westbroek, Marcello Giordani, Robert Brubaker, and Mark Delavan, conducted by Marco Armiliato. Production by Piero Faggioni. (From March 16, 2013.)

**Friday, March 12:**

**Giordano's "Fedora"**

Starring Mirella Freni, Ainhoa Arteta, Plácido Domingo, Dwayne Croft, and Jean-Yves Thibaudet, conducted by Roberto Abbado. Production by Beppe De Tomasi. (From April 26, 1997.)

**Saturday, March 13:**

**Giordano's "Andrea Chénier"**

Starring Maria Guleghina, Wendy White, Stephanie Blythe, Luciano Pavarotti, and Juan Pons, conducted by James Levine. Production by Nicolas Joël. (From October 15, 1996.)

**Sunday, March 14:**

**Puccini's "Tosca"**

Starring Sonya Yoncheva, Vittorio Grigolo, Željko Lučić, and Patrick Carfizzi, conducted by Emmanuel Villaume. Production by Sir David McVicar. (From January 27, 2018.)

Images: Top: Golda Schultz and Markus Werba from Mozart's "Die Zauberflöte". Middle: Eva-Maria Westbroek, Marcello Giordani from Zandonai's "Francesca da Rimini". Bottom: Renée Fleming, Emily Magee, Dolara Zajick, Piotr Beczala from Dvořák's "Rusalka".

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**"Animalia Musicale: A Chorus of Critters"**  
New Exhibit at Gualala Arts.  
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Opening Saturday, March 6.

**"Random & Reason"**  
New Exhibit at Gualala Arts.  
The Art of Michael Connor,  
Lisa Lauer, Patrick Ellis.  
Opening Saturday, March 6.

**Chamber Music Concert**  
Online! Sunday, Mar. 14, 4pm  
Wyatt Underhill, Violin  
Robert Howard, Cello

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Walt Rush - Jewelry  
Leslie Moody Cresswell - Glass

Gualala Arts: Open daily, 11 am to 4 pm  
Dolphin: Open Thu-Mon, 11 am to 4 pm

Face masks are required and physical distancing will be the norm, with a limited number of people allowed in all public spaces.

W	O	E	M		E	D	V	R	I		S	E	X	V
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C	E				O	N	C	E		A	R	I	S	E
S	B	I	A		S	O	R			L	A	B	O	R

Solution to crossword:



New Moon



March 13

Full Moon



March 28

### A Pop Up Sale With the Works of Joyce George At Coast Hwy Art Collective March 12 and 13

What happens when a local artist decides to move away for another adventure? They host a pop-up sale of all their beautiful work, of course.

Joyce George, whose oil-on-canvas scenes have been featured in local galleries and at GAC, is moving out of the area soon. On Friday, March 12 and Saturday, March 13 from 11:30am until 2:00pm., join George at the Coast Highway Art Collective in Point Arena for a special pop up sale, featuring over 30 large canvases (18 x 20 and 18 x 24) plus several 5 x 7 canvases priced to sell. She says the 5 x 7 pieces will sell for \$20 each and a maximum on her larger pieces will be \$150. A portion of each sale will be donated to CHAC.

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

### Arena Theater Board Announces Three Seats Open. Candidates Have Until March 17 to Get On 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 submit a statement is Wednesday, March 17, 2021.



Anyone interested in becoming a board member for 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). Since the lockdown in March of 2020, all board and committee meetings have been conducted via Zoom, and interested people are invited to attend by calling the theater office at 707 882-3272 for more information.

Candidates must be a member in good standing; non-members may join prior to the March 17 submission deadline. Candidate statements will appear on the ballot, brevity is encouraged at 50-100 words.

Statements can be submitted by email to [info@arenatheater.org](mailto:info@arenatheater.org), and by mail to Arena Theater, PO Box 611, Point Arena, CA 95468. Sorry, due to Covid-19 restrictions, no drop offs at the office.

Arena Theater Association's annual Membership Meeting is Monday, April 19, at 6:00pm, via Zoom unless the theater can safely reopen. More information is at the Arena Theater office at (707) 882-3272.

### A Note From The Editor

As the editor of the Lighthouse Peddler, and because I have an extremely good relationship with the publisher, and knew she'd understand, I wanted to say a little something about Pearl Watts.

I met Pearl shortly after I began working at Arena Theater in 2007. Mitch McFarland was on the board of Arena Theater at the time. He welcomed me to the community, and gave me a lot of information about the theater and living on the coast in general. As with any job, the things people don't make a point of telling you, you just learn to figure out on your own.

I read this week that Pearl Watts was being honored by the county "For her tireless work on behalf of county libraries." I was thrilled that Pearl was being honored. I've lived in Gualala for 15 years and yet I still consider myself 'new to the coast. But it seems like I've known Pearl forever.

I'm fairly certain I met Pearl 15 minutes after I got here. She has always been doing something. For this community. She's always seemed to have her finger on some issue, some cause, and when she told me about it I wouldn't question what or why. I'd think about it and for a second (or minute) and voila, it made perfect sense. I'd see Pearl at the theater and I'd hear about something she believed the theater could help with. When she told me about the retrofit needed for the library I worried if the coast would lose it's wonderful library. We didn't.

These days it almost doesn't matter where I see her. When I do, simply by saying hello to her, I always think about the library. The fact that it's here, and on solid ground, is due to Pearl. Her name's not on the building, but everyone in town knows that it's Pearl's library. Deservedly so. Thanks Pearl.

David Steffen

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**NOTICE. YOUR INFO WANTED!**

The Lighthouse Peddler will be publishing it's guide to area businesses and organizations in April in an effort to support our community. There is **NO CHARGE**. We do this as a public service. If you haven't already confirmed your business or organization's information, please do so before March 19. Email your business name, address, phone, hours and days of operation, and website. We want our readers to know about you!

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## Words on Wellness • "Wild Fennel"

by Karin Uphoff

Rains bring plenty of greenery that waves to us cheerily along the roadsides. One of these enthusiastic spring things is feathery wild fennel, whose stalks grow quickly to three feet or more. Native to the Mediterranean, fennel has made its home here and has a lovely anise/licorice-like smell. Later in summer, its umbrella-shaped yellow flowerheads are appreciated by hummingbirds, bees and other insects. This flowering stalk is typical of the carrot family and reveals fennel's relation to dill, coriander, and caraway. Pick a frond to nibble as you walk by it on trails and it will immediately freshen your breath, and strengthen your digestion. Like many wild herbs, fennel leaves contain high amounts of vitamin A and potassium. Vitamin A plays a key role in liver health and potassium is a vital mineral in dilation and contraction of blood vessels.

The strongly flavored, antiseptic oil of fennel is most concentrated in its seeds, which are part of culinary traditions throughout the world. Wild fennel seed can be collected after flowering in late summer and used fresh or dried in a warm oven for storage. Fennel is most famous for its diges-

tive benefits since tea or extracts of leaves or seeds reduce stomach cramping, gas, and bloating. Fennel seed tea is still one of the safest and most effective remedies for baby's colic and combines well with chamomile. The tea also stimulates production of breast milk in mamas with its properties passing through the milk to reduce infant colic.

Fennel seed has anti-nausea properties, useful for stomach flu, food poisoning, digestive infections, and hangovers. My favorite digestive blend is fresh fennel seed and leaves, fresh grated ginger and fresh peppermint leaves muddled together and made

as a tea or tinctured for four weeks in apple cider vinegar and honey. This combination also helps any build-up of phlegm in the lungs and intestines. Seeds can be soaked in olive or sunflower oil to create a massage oil that tackles edema and cellulite. A warm compress or eyewash of fennel seed can treat conjunctivitis and eyelid inflammation. A tincture of seeds makes an excellent mouthwash for gum and tooth infections, or chew on the seeds after meals as a preventative. Have some fun with fennel this spring!



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

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

*Learn more at: [www.karinuphoff.com](http://www.karinuphoff.com) • Note: Karin is away. This column is from March 2019.*

## Black Phoebe: "Low Perch, High Achiever"

The Black Phoebe is a year-round resident and is often seen on a fence post or low branch. From there, it sallies up to snatch an insect from the air and returns to the same perch. This seven-inch flycatcher is all black except for its white belly and thin white lines down the outside of its tail. It has a peaked forehead and thin, flattened bill.

Juveniles are dark-brown underneath and have cinnamon wing bars. The species characteristically pumps or dips of their tail while perched. Black Phoebes are seldom seen far from water. This could be a creek, river, marshy pond or irrigation ditch.

From their low perch, they dart out with soft and silent flight then, with an audible

click of the bill, snap up a wild bee, ant, wasp, beetle, fly or moth. They feed almost exclusively on insects but have been seen to snatch a small fish now and then. They spit up pellets containing the indigestible parts of insects.

In courtship, the male performs a fluttering flight, singing and calling, and slowly descends. Black Phoebes make a cup nest under an eave, cave, or bridge. This semi-circular nest is strongly attached to the surface and is made with mud, plants and hair. The female lays

four white eggs and incubates them for a little over two weeks. Both parents feed the young. They usually have two broods in a season and, if successful, will use the nest again next year.



*Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Fox Sparrow. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at [www.mendocinocoast-audubon.org](http://www.mendocinocoast-audubon.org). Image: Black phoebe, *Sayornis nigricans*, along the Guadalupe River in Santa Clara, California.jpg*

## Legal Weed's A Growing Danger To Dogs, So Keep Your Canine Out Of Your Cannabis

By Laura Klivans, KQED

It all started on a Tuesday night, when I came home from work to an unmistakable absence. My brown-and-white pitbull mix, Maizey, wasn't at the top of the stairs to greet me. Instead, she was in her bed, shaky and confused.

When I tried to get her up, she stumbled, nearly falling over while standing still. Walking to the vet, she leaped like a puppy chasing imaginary balls.

Later, at the 24-hour veterinary clinic in San Francisco's Mission District, the staff ran tests and determined Maizey was in no immediate danger. Instead, they wagered a guess that Maizey was simply high. On marijuana.

### How Are Dogs Getting High?

"Dogs will get into anything and everything," said veterinarian Dorrie Black of San Francisco-based veterinary clinic Animal Internal Medicine and Specialty Services.

Thirty-three states and the District of Columbia now have legalized pot in some form. And since Colorado ushered in recreational marijuana in 2014, nine more states and D.C. have followed. As weed has become easier for people to get, it has also become a hazard for dogs.

Black said dogs ingest marijuana by eating the remainder of a joint, or getting into someone's edible marijuana, either at home, on the street or in parks.

Another unsavory source in San Francisco—and other cities with high numbers of people living on the streets—is human feces tainted with marijuana. This is, in fact, what we think happened to Maizey. She had spent quite a bit of time in the park bushes the morning she got stoned. "Dogs love that

[poop] scent; to them, it's perfume," said Black.

Black and other veterinarians see this becoming more common in the Bay Area, as the homeless population grows.

### What Does A High Dog Look Like?

Veterinarian Benjamin Otten of allCREATURES veterinary clinic in El Cerrito, Calif., said he looks for these telltale symptoms when identifying "marijuana toxicity" in a dog:

- Wobbly movements, like a person who is drunk
- Dribbling urine
- A dazed or glazed look in their eyes
- Low temperature
- Nervousness

Dogs exhibit these symptoms because THC — the psychoactive element of marijuana — is poisonous to them. Despite that, none of the vets interviewed for this story had seen an animal die from marijuana toxicity.

"There's nothing about that actual drug itself that will kill them," Black said. "It doesn't cause any organ failure. It doesn't cause liver failure, renal failure."

What can happen, Black said, is that the drug can sedate a dog so fully that it will inhale its own vomit, which can be lethal. For that reason, Black cautions pet owners to play it safe.

"If you do not know the quantity that they got into, I'm always going to recommend that you go to your vet," she said.

A Colorado study found that two dogs who'd ingested chocolate baked goods made with marijuana-infused butter had died, but it's unclear if this was from the marijuana, the chocolate or the combination of those components.

*"Legal Weed's" Cont'd on next page.*



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## "LEGAL WEED'S" cont'd from page 7.

... Butter and dark chocolate, common ingredients in edible marijuana products, can be highly toxic to dogs.

Cannabidiol, or CBD, on the other hand, is marketed to pet owners for a variety of pet ailments. But the research is incomplete about its efficacy for treating things like animal anxiety and seizures, and veterinarians are not allowed to recommend CBD to patients (although a bill making its way through California's Senate could change that).

### How Do You Treat A Dog That Has Ingested Marijuana?

To reduce marijuana's effects on a dog, Black said, there are a few options: Veterinarians can induce vomiting, pump a dog's stomach or give the dog activated charcoal, which will help remove the marijuana from the dog's system.

On average, it typically takes about 24 hours for a dog to return to normal — but it varies depending on the strength and amount of marijuana the dog has eaten.

Otten, who formerly worked as an emergency vet, joked about what he used to tell pet owners: "We're gonna take your dog in, we're gonna put him in a quiet room. We're gonna play some Led Zeppelin for him and give him some Doritos, and you can pick him up in the morning."

### How Much Does Treating Your Dog Cost?

While my own vet bill put us out \$300, veterinarian John de Jong, president of the American Veterinary Medical Association, said interventions like bloodwork and IV fluids could cost up to \$1,000.

### What About Cats?

It seems to be rarer for cats to ingest marijuana. Black said she has seen only one case involving a cat in her 17 years in emergency veterinary medicine.

While de Jong also has not seen any high cats come through his practice, he said, some cats do like to chew on plants, which could be an issue if someone is growing

marijuana at home.

### How Has Legalization For Humans Changed Things For Dogs?

De Jong, who is based in Massachusetts, is seeing more incidences of marijuana toxicity. Marijuana is legal for medical and recreational purposes in Massachusetts.

"In those states that have legalized marijuana, we are seeing an increased incidence of marijuana toxicity in pets, especially in dogs," he said.

Recreational marijuana is legal in 10 states and the District of Columbia, and many more states allow medical marijuana.

Calls to the ASPCA's Animal Poison Control Center about dogs eating weed have increased sevenfold since last year, and calls to the Pet Poison Helpline have quadrupled in the past five years. A 2012 study conducted in Colorado found a significant correlation between the number of medical marijuana licenses and marijuana toxicosis cases in dogs.

In California, both Black and Otten said the changes to marijuana's legality have not significantly increased the number of visits they get from blitzed dogs and their owners. Black said she sees up to three affected dogs a week in the summer.

What Black and Otten said has changed, however, is the potency of the drugs the dogs are consuming.

Black said that at the start of her career in emergency veterinary medicine, marijuana toxicity consisted of a dog eating the end of a joint with fairly low amounts of THC. But, she said, "we got heavier and heavier toxicities over time because of medical grade marijuana and because of edibles."

As for Maizey, she was just fine a few days after her foray into canine cannabis. Though she once seemed interested in imaginary balls, now she has settled back into chasing real ones.

*This story is part of a partnership that includes KQED, NPR and Kaiser Health News.*

## Arena Theater's Virtual Cinema Continues in March New Films Include "Test Pattern" and "Stray."

Virtual Theater continues at Arena Theater continues in March with a number of compelling films. All of these films can be screened online at home (or wherever

you happen to be logged on). With these films you get great entertainment and your ticket purchase through the Arena Theater website—[www.ArenaTheater.org](http://www.ArenaTheater.org)—helps

keep some of that money right here on the coast. The films will stream to your home computer or tablet or phone, via Chromecast, through the Kino Now app on Roku, or on AppleTV.

First of the new films up this month is "Test Patterns" (pictured above), which starts streaming March 5. After a Black woman is sexually assaulted, her white boyfriend drives her from hospital to hospital in search of a rape kit. Their story reveals the systemic injustices and social conditioning women face when navigating sex and consent within the American patriarchy. The film stars Brittany S. Hall, Will Brill, Gail Bean. It has a running time of 82 minutes. (No rating was available at press time.)

Also available beginning March 12 is the film "Stray," a film about a trio of canine

outcasts roaming the streets of Istanbul. Through their eyes and ears, we are shown an intimate portrait of the life of a city, its people, and its animals. The film currently

sits at 100% on Rotten Tomatoes. All virtual cinema engagements will include an exclusive pre-recorded Q&A with director Elizabeth Lo.

The film has a running time of 72

minutes. (No rating was available at press time.)

In case you missed them, some February films are continuing in March: "Miss June-teenth" (through March 4), "Mr. Soul", continuing (through March 11,) and "Softie" (through March 11).

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

Roughly 50% of your purchase goes directly to Arena Theater. Streaming any or all of these virtual films helps support Arena Theater, and the independent filmmakers.



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No food or drinks are allowed on the gaming floor. More information is at [TheGarciaRiverCasino.com](http://TheGarciaRiverCasino.com).



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Haiku for March

"slipper moon  
veiled in luminous mist  
bows out"

by mai haiku



"Animalia Musicale:  
A Chorus of Critters"

Art by Leslie Lakes

At Gualala Arts • Opens March 6

The new exhibit filling the spaces of the Foyer at Gualala Arts is "Animalia Musicale: A Chorus of Critters". This exhibit, featuring the art of Leslie Lakes, features images of both wild and domestic animals—from fish to fox, bees to bunnies, dogs to cats, giraffes to frogs, seals to skunks, cheetahs and frogs and bears (and so much more)...oh my! It will bring joy to the faces of all ages. The exhibit opens Saturday, March 6 from 11:00am to 4:00pm at Gualala Arts.

What makes the images of unique interest is that most are painted on musical score sheets. With the artist's love for animals of all kinds, the images are meant to tickle the senses and to engage the viewer with a sense of play, joy, humor and a touch of whimsy (sans the kitsch).

Art is and has been Leslie's passion ever since she was a little girl. Raised in an artistic Bohemian household in Greenwich Village, NYC, Leslie attended the Greenwich House School of Pottery and Painting (Jones Street), as well as the Greenwich House School of Music (Barrow Street). In 1967, Leslie's family relocated to Paris, France where she schooled at the Lycee International in St. Germain-en-Laye, before returning to the States. Leslie's style of award-winning artwork is at once lively, wit-



ty, whimsical, quirky, gestural, free and fluid in nature. Her work combines her love of anything nostalgic (i.e., antique sheet music, vintage fashion ads, etc.), nature, animals, music, dance and poetry themes. Her wish is that it makes you smile.

Gualala Arts is at 46501 Old State Highway, Gualala. Information is at 707.884.1138 and at GualalaArts.Org. The exhibit continues through March 28.

"Random & Reason" • New At Gualala Arts • Opening March 6  
The Art of Michael Connor, Lisa Lauer, Patrick Ellis

Three artists take viewers on a journey through their creative process, where the seed of an idea becomes a compulsion. This exhibit looks at the roles intention and serendipity play, as well as methods and tools the artists use to access and transform their concepts into art. Public opening is Saturday, March 6, 11:00am to 7:00pm. Members preview Friday, March 5, 11:00am to 4:00pm.

Michael Connor is best known for his abstract paintings. His work examines the relationship between form and fluidity. Born in Minneapolis, Michael attended the Minneapolis School of Art before moving to California where he worked as a Creative



Director in the Silicon Valley advertising industry. Following a near-death experience, his body of work took on a lucid form of storytelling. His non-linear narratives illustrate his experience navigating what he candidly describes as "going somewhere else."

Lisa Lauer uses large-scale landscapes and figurative work as vehicles for exploring



metaphysical concepts. Starting with words and phrases collected from dreams, conversation, literature and scientific journals, she creates a visual translation that may take

the form of elegy, commentary or imagined myth.

Patrick Ellis for years held to a film aes-



thetic akin to Group f/64's "straight photography" and avoided most digital processing. But on the Mendonoma coast he found himself constrained by a landscape already well documented by others. This forced him to seek alternate approaches, and freed him to delve deeper into photo manipulation and abstract forms.

Gualala Arts is at 46501 Old State Highway, Gualala. More information is at 707.884.1138 and at GualalaArts.org. Gualala Arts is open every day from 11:00am to 4:00pm

The "Random & Reason" exhibit continues through March 28, 2021.



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# Alvin Toffler, John Coltrane, and Kenny G

by David Steffen

"Life is what happens to us while we're busy making plans". John Lennon used this idea in one of his songs. The fact is the quote probably originated a decade earlier with cartoonist Allen Saunders. Nevertheless I've learned over the years that there is an abbreviated version that most all of us have, at some point, acknowledged (if not vocalized): "Shit happens."

While in college I was introduced to the work of Alvin Toffler. His landmark 1970 book "Future Shock" attempted to address change from the context of his mid-twentieth century view. In various ways Toffler presented imagery that enabled the reader to comprehend the compression of time, the accelerated pace of change, and the numbing effect that both compression and change can bring to the human experience. In those pre-

internet days, Toffler was confirming, essentially, that shit does happen, and it happens with greater regularity as time passes.

Many of our readers know that I spent more than 25 years in the music industry. I had numerous titles over the years but I started out as a local promotion rep. That's someone who visited and spoke with program directors at radio stations, columnists at newspapers and owners of record stores. I was there to promote them, to talk to them about how great our records were and just why they should care. It didn't pay as well as most of the good union jobs in blue-collar Milwaukee, but it was a lot more fun.

For example, in my travels around Wisconsin I'd explain to the top-40 radio station just why this new Guess Who (45-rpm vinyl) single "American Woman" should be played by their disc-jockeys. I'd tell the album stations just why they should play "American Woman" and other tracks from the Guess Who's album ("No Time", "No Sugar Tonight"/"New Mother Nature"). In short, I told them "Your audience will love it!". I'd explain to the newspaper reviewers just why they should be writing about the Guess Who's new album. "Your readers will love it!". And then I'd tell the record store just why the new vinyl single and album should be featured in their store: "Hey, the local radio stations are playing it, and there's going to be a review in Sunday's Milwaukee Journal. Your customers will want it!".

I was explaining this job of mine in a conversation with my sister-in-law back in Milwaukee in the early 1970s. She paused, looked at me and asked, incredulously, "You mean someone pays you to do that?" which is a variation of "is that really a job?". In short, yes they did and yes it was. Over the next 25 years the music changed, technology evolved, but the general approach wasn't much different.

Last week our daughter Caitie drove up from the East Bay to visit. We're always happy to see her and inevitably we engage in interesting conversations. One of this week's topics was about music. Well, actually it was about how and where we listen. Caitie's a millennial, born in the late '80s. She knew about 45-rpm singles mainly from the jukebox we had in our Connecticut home. She owned and played cassettes, shifted to CDs and transferred some of those digital re-

cordings to iTunes on her computer. Things have changed. She no longer collects CDs. She'll occasionally go through my vinyl collection to see if there's something—usually Jazz—that she'd like to take home and play on her retro-record turntable. But for the

vast majority of her music, Caitie subscribes to Spotify which, in effect, becomes her record collection and her radio station. Vinyl and CD collections are, as the saying from a 1990s film and record declared, "So Yesterday".

Looking back through the history of recorded music, at least the post-World War II music industry, one can see that music and technol-

ogy evolved at an ever-increasing rate. At the end of the war, the 78 RPM disc was king. It was quickly dethroned by the 33 1/3 RPM vinyl album, and the 7" vinyl single. By the 1960s the music industry added cassettes and 8-track tapes for consumers who wanted portability. In the mid-1970s we listened to Quadraphonic (4-channel recordings), and in 1979 digital recording became a reality. Ry Cooder had one of the first digital albums, and Herb Alpert roared back on the charts with the first hit single recorded digitally: "Rise". That same year, Miles Copeland (who managed the band Police) stopped in my office on his return from Japan, and took time to impress me with a hot new electronic item he purchased while in Tokyo. The Sony Walkman personal cassette player created real, personal music portability. What could be better? A couple of years later the compact disc was introduced and by the end of the 80s, the cassette began to disappear.

When I was teaching grad students at New York University, I was able to show them that the pace of change is, at times, breathtaking and suggested they compare that to the pace of change in their own lives. Those radio stations I walked into in the 1970s and the program directors and disc jockeys I spoke with are rarely found today. The vast majority of those humans have been replaced by computer algorithms with a simple binary mission. If I select a song to listen to on Apple Music or Spotify, the calculations their algorithms make are simply algorithm-guesses about what I want to hear next. No cultural history or genre cross-pollination is likely to be found in those computer-generated sets of music. Perhaps we don't all need that but, having been infused with a love for music

and having worked with music and musicians most of my adult life, I believe those people and their music have instilled in me an appreciation for the human touch.

Technology has its place and change is not all bad. But there's something about the radio stations and the humans sitting in the studio, continuing to put their programs together that sounds so good to me. While we still can, check out the music programs at local stations like KZYX or KTDE. Or late-nighters can try the syndicated program "Undercurrents" on KGUA. (And KVMR in Grass Valley is worth a listen as well). Trust me. The human music programmers at these stations are playing music for your ears. Meaning no disrespect, those programmers and you already know the difference between the music of John Coltrane and that of Kenny G. Computer algorithms don't. And probably never will.

John Lennon Image by Corinne DECARPENTRIE from Pixabay



"Life is what happens when you're busy making plans."



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## "Coventry. Essays"

A Book by Rachel Cusk • Reviewed by Jennifer Bort Yacovissi

Writers are notoriously selfish beings whose powers of observation are forever hoovering up every bit of life experience to feed the beast of expression. Everything and everyone is fair game.

Fiction sometimes puts a scrim of distance between real life and the written word. In *Commonwealth*, Ann Patchett uses her own family's funny/sad story in a novel about a novelist who steals a family's funny/sad story to use as a novel.

But pity the family of the memoirist, for whom everyone else's life is co-opted in the service of documenting his or her own. In *Katy Waldman's* recent *New Yorker* Talk of the Town piece, author

Linda Boström Knausgård's says that her mother wasn't entirely thrilled with her writing *Welcome to America*.

"After the thing with Karl Ove, she was just exhausted with being written about." ("The thing," in this case, being Linda's ex-husband's multi-, multi-volume memoir, *My Struggle*.) One can only imagine.

I have often wondered at the ethics involved when a talented author sharpens her words to engage in a one-sided battle of wits with a real person. Knowing her silent opponents have no equipment with which to defend themselves, let alone fight back, where do her readers' sympathies land? This is the question I wrestled with in the deliciously engaging, often exasperating first section of Rachel Cusk's collected essays.

Each of the essays in *Coventry* has been published previously. One, "Aftermath," grew into a 2012 book-length memoir of the same name, while another, "I Am Nothing, I Am Everything," is a chapter from Cusk's 2009 memoir/travelogue, *The Last Supper*. Several pieces originally served as introductions to new editions of other authors' works, and two are "re-reads," a look back at books upon the release of their movie versions.

The collection is split into three sections, with the second and third focusing on writers and writing. Cusk's work is erudite and authoritative, filled with incisive commentary and description. I plan to read Natalia Ginzburg's essay collection *The Little Virtues* because of Cusk's

introduction to the 2018 Daunt edition.

But the reason to pick up this collection is for the first section, "Coventry," in which Cusk is at her autobiographical finest.

Because the essays have all been published before, a reader may already be familiar with several, but reading them together paints a surprisingly detailed picture of Cusk's life — both daily and emotional — as well as her enduring thematic concerns. Her overriding objective, in both art and life, it seems, is honesty. Hers is a drive to speak the truth.

The trouble, of course, is that a writer is searching for emotional truth, psychic truth, which is

notoriously subjective. "In a story there is always someone who owns the truth," Cusk says in "Lions on Leashes."

In a story, yes, but life is far messier than that. Each of us is the hero of our own story. It is always our perspective that determines what is true.

Cusk describes exactly this situation in "Lions," as she relates the competing stories told by her friends about their teenagers, and by her teenage daughters' friends about their parents. Cusk's sympathies lie with the teenagers, since her own adolescence remains a painful, indelible stamp.

Getting to the truth as she sees it was a significant source of the friction in Cusk's early household. In "On Rudeness," she describes her ongoing war of words between her teenage self and her mother. "[S]he formulated a story of herself whose simplifications and lies infuriated me. I aimed to correct her with truth — perhaps I thought that if only I could insult her with sufficient accuracy, we would be reconciled — but she refused to be corrected, to be chastened." Little wonder. Who among us gives up our own lovingly cultivated narrative so easily?

Cusk famously does not shy away from sharing the most personal elements of her life, nor does she spare herself from her own critique. Such an approach is not without risk: She suffered significant reader blowback from her nakedly honest discussion of her experiences of motherhood in *A Life's Work*. It's one thing for her to choose to open herself up this

way; it's another entirely to decide the same for others.

In "Aftermath," — an essay about the dissolution of her 10-year marriage to the father of her two children — Cusk writes, "My husband believed that I had treated him monstrously. This belief of his couldn't be shaken: his whole world depended on it." Her implication is that he is wrong in this belief and irrational in his refusal to concede otherwise.

She is willing to share some of her less-enlightened conduct, such as refusing to share joint custody by saying, "They are my children. They belong to me." But is this the behavior her ex-husband characterized as monstrous, or is there something else? We don't know because Cusk doesn't tell us. (It's possible his definition might include having the break-up of his marriage dissected in a book-length memoir, but that hadn't happened yet.)

Similarly, the rift with her parents is complete, as she documents most poignantly in the title essay:

"Every so often, for offenses actual or hypothetical, my mother and father stop speaking to me. There's a funny phrase for this phenomenon in England: it's called being sent to Coventry."

I can't help but ask: Is it worth considering that the actual offense might be how she writes about her parents?

As she describes her mother and their relationship, it's clear that the woman claims an outsized piece of real estate in Cusk's psyche, even as she denigrates her mother for being shallow and vain. It's almost painful to see Cusk — a successful, witty, engaging adult — still locked in this battle, as angry as her adolescent self, unable to let it go.

Or perhaps she finally has. She says, at the end of the essay, that she has decided to remain in Coventry — that is, to maintain the silence and distance that her parents initiated. I hope, for Cusk's sake — and honestly, for those within her orbit, too — that she finds a measure of peace there.

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

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



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Solution to Sudoku:



# Scuttlebutt

by Mitch McFarland

It certainly seems like we all enjoy living in what I call the “consumption society”, wherein we get an unending flow of commercial goods to make our lives easier and more convenient. The problem is that in most cases that flow is only in one direction. It begins with natural resources taken from the earth and ends in a landfill. No one with any degree of seriousness would argue that is sustainable over a long period of time. We have been in an accelerating race to consume the earth's resources for only about 100 years and can anyone serious believe that this can continue indefinitely?

Unless you flatly don't care, as apparently a sizable amount of the population does not, you must turn your attention to the idea of the circular economy. At this point most people have never even heard of the concept, much less promote it. What the phrase means is that we need to find a way to reuse resources as many times as possible before abandoning them to landfills and oceans.

Fortunately, there are responsible, intelligent, and creative people both in and out of government who understand this and are working on solutions. A circular economy workshop was recently convened by the National Institute of Standards and Technology (NIST), a non-regulatory agency within the U.S. Department of Commerce that works on science and technology research programs meant to help advance the U.S. economy. The workshop was a means for the agency to find “actionable items” to advance recycling and waste reduction goals. Undersecretary of Commerce Walter Copan explained that the circular economy will have “tremendous societal benefits” for the United States.

Nevertheless, changing the way we view our resource use creates many challenges.

I have an electric car and nothing can sway my opinion that they are the way to go, yet Maria Curry-Nkansah, a senior research advisor at the National Renewable Energy Laboratory (NREL), tells us that by 2025, “about 600,000 metric tons of lithium ion battery waste will be generated.” Obviously, that is not sustainable despite the development of geothermal mining of so-called “green” lithium.. No mining is sustainable over a long period of time. We can't go on forever tearing up the earth looking for harder and harder to find minerals. Sooner, rather than later, we are going to have to learn to live with what we got instead of relying on the idea that the earth's resources are unlimited and we can go on devouring them relentlessly. That idea may have had some currency when the Earth's population was in the millions and we hadn't harnessed machine tools. There

are now nearly 8 billion of us and we have become remarkably efficient at stripping the land and sea of resources.

So what about all those batteries from electric cars? Does anyone care about that? Well, Maria over at NREL does. They are working with researchers on a battery recycling R&D project to extract lithium, cobalt and nickel for reuse, potentially by the same battery manufacturers working to fill greater demand for EV batteries. It is also working on a project that would make it easier to refurbish intact components like the cathode and anode, she said. Eric Lundgren, founder



of BigBattery, works with about half of the manufacturers in the United States to source and repurpose used EV batteries for modular power storage.

And what about all those wind generators that we need to build? What happens to them after their useful life has expired? Curry-Nkansah adds, “Solar panels are in a similar boat. NREL's circular economy lab is working on developing end markets for both, but future models designed for better circularity will also be important.”

Thomas Graedel, professor emeritus of Industrial Ecology and Chemical Engineering at Yale University believes product design is hugely important to the future of the circular economy because it can help prevent the introduction of harmful or hard-to-recycle components into the environment. He points out that “designers need to think about what happens to their beautiful products when they're no longer wanted”.

Keynote speaker William McDonough, an architect and sustainability expert pointed out examples of buildings his architecture firm designed with living roofs, the ability to generate their own power, stormwater systems that water native plants and trees, and building components that can be disassembled, reused, or easily recycled or composted. In an ideal world, he pointed out, “product design is so elegant that every facet has a perfect place in the circular economy”

Kyle Wiens, founder and CEO of iFixit, an open source repair organization, stressed

that repair and reuse prevents new materials from entering the waste stream, and it also reduces humanity's carbon footprint. His organization creates open source repair manuals to help people to repair broken electronics.

We live in a world mesmerized by shiny objects with billions of advertising dollars spurring us on to greater and greater consumption. It will take more than hopeful columns like this to steer the populace toward the circular economy we must create. This is where the role of government becomes crucial. Our tax code is already designed to encourage certain behavior and discourage other behavior, but the tax code is but one of the means that can be used to alter our consumption patterns. Policy interventions, trade agreements, and business partnerships are other ways governments can move the circular economy forward.

Consumers, too, have a role to play. We must insist that products are made in responsible ways. Producer Responsibility Laws have a strong role to play. Forcing manufacturers to be responsible for the waste they create will incentivize large scale changes in behavior by companies without government micro-managing.

One is reminded of the Iroquois philosophy which instructs that “in our every deliberation, we must consider the impact of our decisions on the next seven generations.”

*Image by M. Maggs from Pixabay*

## The Discovery Gallery Artist Collective Has Art and Jewelry (and Jewelry Repair)

The Discovery Gallery Artist Collective continues to operate under Covid safety protocols. You will find art from our 20 member artists available, ranging from pottery to oil and watercolor paintings to wood carving to photography, weaving, collage, scarves and jackets, and far more. There are also prints and cards.

The Gallery is located just down from Trinkets in the Seacliff Shopping Center. Discovery Gallery is open Thursday through Tuesday from 11:00am to 3:00pm. Jeweler Walt Rush is available at the gallery every Thursday from 10:00am to 3:00pm to assist with jewelry orders, repairs and general sales of the gallery art.

Enrich your life safely by viewing and enjoying the beautiful art in the Discovery Gallery and at the many nearby galleries in Gualala and beyond. Visiting galleries is guaranteed to warm your heart and bring a smile to your face.

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Billy Connolly (1942-)

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## St. Patrick's Day Dinner-to-Go plus Special Online! Show Gualala Arts Presents A Dinner and Online! Audio Show Fundraiser

Gualala Arts is launching a new series of Global Harmony dinner-to-go fundraisers, often combined with complimentary Online! Entertainment. These monthly fundraisers will be part food, part entertainment, and a way to raise funds for Gualala Arts, and all monthly dinners will be lovingly prepared in the Arts Center's Commercial Kitchen.

The first of these unique events is scheduled for Saturday, March 13 with a dinner theme reflecting the upcoming celebration of Ireland's Patron Saint.

The first dinner, in honor of St Patrick's Day, will feature a traditional corned beef feast. The menu will include corned beef, (vegetarian option available by request), cabbage, potatoes, onions, rye bread, dessert, and will include reheating instructions.

The March 13 evening includes a free Zoom presentation of a recorded audio performance by the Sea Ranch Thespians. The production features an original play titled "For Better or For Worse", written by Craig Sodaro, and will have an estimated running time of approx. 30 minutes. 100% of the proceeds for the event benefit Gualala Arts.

Reservations are \$50/per person or \$150 for a sponsor dinner (which includes a \$100 donation letter & sponsorship listing). For this feast a special Family Pot (serves 4-6) is available for \$200 or a sponsor family pot for \$500 (which includes a \$300 donation



letter & sponsorship listing). Dinners will be available for a scheduled drive by pickup time between 2:00pm and 5:00pm in front of the Gualala Arts Center on Saturday, March 13th. All dinner tickets include the ability to listen to the audio production.

The Sea Ranch Thespians have long been dedicated to bringing the most professional productions possible to the Knipp-Stengel barn at The Sea Ranch. They consistently challenge themselves and their audiences and this production is no exception.

Titled "For Better or For Worse" the play is an old-timey melodrama complete with sound effects and original music. It asks the question, "can a devoted young wife with a checkered past save herself and her husband from disgrace?" She won't get any help from her sister-in-law or the mysterious stranger who arrives at her door bent on blackmail. Playback time is set for 7:00pm. Directed by Brian Holderman, the cast includes Lynne Atkins, Jon Carlson, Carol Emory, Kathye Hitt, Don Krieger, Caren Russell, and Karen Russell, with additional support from Bob Mitchell and Dale Wood.

Make it a special Saturday evening. Reservations are available now through March 8th in person at the Gualala Arts Center Office during regular hours of 11:00am to 4:00pm everyday, or by calling the office at 707.884.1138.

## Point Arena Light Station's Anniversary Writing Invitation. Call to Writers for Poems, Essays, Short Stories and Flash Fiction

Whether you've driven along the Mendocino coast once or hundreds of times, there is no escaping the allure of the Point Arena Lighthouse. It dominates the view along the Shoreline Highway in a very good way. Every year, visitors and locals carve out time to visit the Light Station, and many book a space on the monthly moonlight tours. This monument is now the center of a wonderful idea for creative minds as the Point Arena Lighthouse Keepers, Inc. (PALKI) have issued an invitation to all writers.

This is a call for compositions, in multiple literary genres, that have elements or features of the Light Station as their underlying theme. There are four categories for submissions:

**Poetry:** Any form of poetry is welcome in this category and there is no word limit.

**"Dear Lighthouse..." essay:** The "Dear Lighthouse..." essay is a free form essay with a 300 word maximum, it must begin with the phrase "Dear Lighthouse" but there are no other limitations.

**Short Story:** Short Story entries can be of any literary genre (fiction, memoir, non-fiction, etc.) and there is no word limit.

**Flash Fiction:** Flash Fiction is a relatively recent style of fiction is an entire story in 150 words or less. The hallmarks of great Flash Fiction are brevity, a complete plot (story has a clear beginning, middle, and end) and often incorporates a surprise.

The deadline for submissions is April 2, 2021.

This Invitation to Write is intended to encourage writers to submit their works about and/or inspired by the Light Station and its many elements and features.

Information about the submission process and submission forms are available on the Lighthouse website [PointArenaLighthouse.com](http://PointArenaLighthouse.com).

A review panel will consider submissions from all entries. The favorite works selected will be recommend for inclusion in a special "150 + 1" section of the ICO, celebrating the history, technology and importance of the Light Station to the Mendocino coast, to be published on April 30, 2021.

In addition to those selected for publication, all entries will be printed and displayed as part of a special exhibit in the Whale Watch Room of the historic 1896 Fog Signal Building on the Light Station. A

webpage with all entries will also be created on the Lighthouse website.

The authors of the selected favorites will receive a PALKI Annual Family Membership (\$75 value), \$50 in "Mina Money" to spend in the Light Station Store, and recognition plaques in an exhibit to be installed in the Whale Watch Room of the Fog Signal Building. Selected entries will be published in the Summer/Fall edition of the

Light Station Journal, the PALKI Members' newsletter, and all authors that submit their writings will receive a Point Arena Lighthouse 150th Anniversary cloisonné pin as a thank you for participating. Writers can submit as many different works in as many categories as they wish

"Given the amazing literary talent that resides in this area PALKI hopes to have local writers submit their writings inspired by elements or features of the Light Station," said Mark Hancock, PALKI Executive Director. "I know how inspirational and magical the Light Station is and how it can become an important part of people's lives and memories, and I expect this invitation to result in many great literary works inspired by this special place."

Complete details on the Writers Invitation, submission instructions and forms are available at [PointArenaLighthouse.com](http://PointArenaLighthouse.com). Questions can be directed to Mark Hancock at (707) 882-2777 or [PAL150Writers.palight@gmail.com](mailto:PAL150Writers.palight@gmail.com).



## Mendocino Health Alliance Programs in March

### Free for the Community: Screenings, Diet, Nutrition and More

Mendocino Health Alliance (MHA) continues to offer a significant source of community support. MHA has some services that you should know about.

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

Class 2 Zoom Link (April 7): <https://zoom.us/j/98258776458>

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

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

# arff

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# Crossword

by Margie E. Burke

## ACROSS

- 1 Boat's berth
- 5 Part of a repair bill
- 10 Skewed view
- 14 Multinational money
- 15 Come about
- 16 A while ago
- 17 Flashcards subject
- 19 Kind of ID
- 20 Renter
- 21 Courting music
- 23 Put up, as a picture
- 25 Flinch, say
- 26 Varied
- 30 Biased against seniors
- 33 Bird feeder filler
- 34 Small sample
- 36 80's group who sang "Take On Me"

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- 37 Melville setting
- 38 Talk like Porky Pig
- 40 Slot machine icon
- 41 Pop-ups, e.g.
- 42 Cheyenne shelter
- 43 Ticklish Muppet
- 44 Navy clerk
- 46 Tactful
- 49 Koontz creation
- 51 Within earshot
- 52 Ivory tower inhabitant
- 55 Etsy wares
- 59 Piercing site
- 60 Assessment
- 62 Chutzpah
- 63 Now or \_\_\_\_\_
- 64 Edit menu choice
- 65 Gives the heave-ho
- 66 WTO's concern
- 67 Pound sound
- 9 Craft anew
- 10 Pep in one's step
- 11 Impossible to fill
- 12 Got an A+ on
- 13 Parched
- 18 Try, as a case
- 22 Raring to go
- 24 \_\_\_\_\_ and go
- 26 Test, as ore
- 27 Glove leather
- 28 Like some temperatures
- 29 Old-fashioned
- 31 Cause of a red face
- 32 Medium's card
- 35 Oktoberfest souvenir
- 38 Forestall, with "off"
- 39 Urban housing
- 43 Mistake in print
- 45 Runway figures
- 47 Safe from hackers
- 48 "Fame" singer
- 50 Fare with onions
- 52 Aquatic plant
- 53 TV cable, for short
- 54 Spanish sparkling wine
- 56 Monetary penalty
- 57 Type of list
- 58 Winter coat?
- 61 Conducted

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*Senator Mitch McConnell*  
 February 13, 2021  
  
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## "What's Black and White (and Black and White) All Over?" by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

The broad expanse of surf was frothed with whitecaps. Below the surface, currents interlaced with cross-currents, and the push of wind and surge created ideal conditions for beachcombers to discover whatever flotsam and jetsam the sea might surrender. An object broke the scalloped arc of the receding waves, and an onlooker, drawing closer, saw it was a shark! It's robust body, dark back and contrasting white sides and belly, its fathomless black eyes and fearsome set of pointed teeth indicated it was a white shark's! But - was it? At only three feet, this was no giant monster of the deep. A baby white shark, then? Acting quickly,



he noted its exact location and snapped photos, sending them to Greater Farallones National Marine Sanctuary, which determined it was a *Lamna ditropis*, a salmon shark; close cousin and near dead-ringer to the white shark, *Carcharodon carcharias*. State biologists collected the specimen,

and conducted a necropsy to determine its cause of death: encephalitis, a disease pathologists are investigating, as it's increasingly found in juvenile salmon sharks.

**KISSING COUSINS:** Salmon sharks and white sharks are closely related, look incredibly alike, and overlap geographically. Salmon sharks get big, usually six to eight feet but sometimes 10 ft., - still no match for the 20+ ft. white shark. This fish's white "suspenders" above its dark gray pectoral fin gave it away. Other distinguishing marks are more subtle or are behavioral. For example, in our sanctuary, whites are almost all mature -and BIG - meat eaters, whereas salmon sharks eat mostly fish.

**BUILT FOR SPEED:** Most sharks are cold-blooded, their body temperatures reflecting that of the sea around them. But salmon sharks and whites are among only five sharks worldwide that regulate their body temperature internally (endothermism). In fact, the salmon shark may be the world's most hot-blooded: able to maintain a temperature of 77°F, even in near-freezing Arctic waters. Warm blood permits it to function within a wider range of depths and temperatures. With pre-warmed muscles, it

can move quickly from at-rest, to speeds of 40 or 50 mph in pursuit of mackerel, salmon and other "fast food."



**HUNGRY HUNTER:** Their hunting styles differ, too, like the lion and the cheetah: The white shark (lion) waits in ambush, then attacks. If it misses, instead of pursuing its prey over any great distance; it regroupes for the next

opportunity. But the "cheetah" salmon shark is both champion sprinter and marathon runner, capable of achieving and sustaining full-throttle velocity. Their dental arsenals differ greatly, too: Both begin life with conical, pointed teeth for grasping and swallowing fish. But as young whites ma-



ture and transition to eating seals and sea lions, they grow large, flat, triangular serrated teeth for pinning, gripping, and slicing.

**RANGE AND MIGRATION:** Salmon sharks are highly migratory, distributed across the North Pacific from southern Japan north to Russia, the Bering Sea and Gulf of Alaska, and south to Baja California. Adults and sub-adults cold northern waters, following schools of Pacific salmon

and other fish and small sharks, hunting individually or in groups of up to 40.

"Farallones" whites feed on seals off North-central California in fall and winter, but migrate far offshore in spring and summer to feed on squid and other invertebrates, and possibly to mate. They likely breed off Mexico and Southern California.

**REPRODUCTION & LONGEVITY:** Both species give live birth to small numbers of fully independent pups after a long gestation. Salmon sharks may live to 30 years -- about the age when white shark females sexually mature! Whites, however, live longer: up to 70 years for males, but only around 40 for females: a very short reproductive window.

**CONSERVATION:** Some salmon sharks are caught accidentally in fisheries, but are a threatened species. White sharks are less at risk of entanglement, but both are vulnerable to longlines, climate change, ocean noise and pollution. But whites especially, being slow to mature, bearing so few young, and being uniquely susceptible to disturbances from cage dive tourism and other human causes, warrant greater concern.

Learn about the white sharks of our sanctuary and the measures we take to protect them at <https://farallones.noaa.gov/eco/sharks/> and more about both species at: <https://www.floridamuseum.ufl.edu/discover-fish/sharks/>

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

IMAGES: Far left: Salmon sharks hunt individually or in loose packs. Credit: DuPreeze, CA DOF. Left: Scientists place tiny, thin, transmitter tags on sharks' backs to track their range and activities, data that aids in conservation. Credit: Alaska DF&W Near left: Salmon shark pup with attached yolk sac. Credit: AK DF&W

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



- 1 Trip Daily, Operating on a reduced schedule.
  - Route 65 servicing Fort Bragg to Santa Rosa.
  - Route 95 servicing Pt. Arena to Santa Rosa
- Call or visit our website for the current schedule
- Buses are sanitized daily.
  - Hand sanitizing station on board.
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  - Face masks are required.



[www.mendocinotransit.org](http://www.mendocinotransit.org)  
(800) 696-4MTA (4682)



### SUDOKU

Difficulty: Easy

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						2		3
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	8	3	1		5			

Edited by Margie E. Burke

**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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# Builders & Contractors



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

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

- Tuesday 02: "Verdi's Falstaff". On Demand opera from the MET through Arena Theater.
- Wednesday 03: 3:00pm, Online Permaculture Design Course at OAEC, Occidental.
- Wednesday 03: 5:30pm, Online Nutrition with Jill Nussinow. Sponsored by Mendonoma Health.
- Thursday 04: "Miss Juneteenth". Last day for this film at home with Arena Theater. <sup>1</sup>
- Friday 05: "Test Patterns". First day for this film at home with Arena Theater. <sup>1</sup>
- Friday 05: 11:00am, Members preview of new exhibits at Gualala Arts.
- Saturday 06: 11:00am, "Animalia Musicale" opens at Gualala Arts, Jacob Foyer.
- Saturday 06: 11:00am, "Random & Reason" opens at Gualala Arts, Burnett Gallery.
- Thursday 11: "Mr. Soul". Last day for this film at home with Arena Theater. <sup>1</sup>
- Thursday 11: "Softie". Last day for this film at home with Arena Theater. <sup>1</sup>
- Friday 12: 11:30am, Joyce George Art Pop-up at Coast Hwy. Art Collective in Pt. Arena.
- Friday 12: "Stray". First day for this film at home with Arena Theater. <sup>1</sup>
- Saturday 13: 11:30am, Joyce George Art Pop-up at Coast Hwy. Art Collective in Pt. Arena.
- Saturday 13: 2:00pm Dinner-to-Go at Gualala Arts, followed by SRT Online Performance.
- Saturday 13: New Moon on the coast
- Sunday 14: 4:00pm, Chamber Music Online with Underhill & Howard at Gualala Arts
- Thursday 18: 7:00pm, Third Thursday Poetry, with Paul Cormon-Roberts, virtual. <sup>3</sup>
- Sunday 28: Full Moon on the coast

Looking Ahead to April:

- Thursday 01: Entries due for Pt. Arena Lighthouse Writing Competition.
- Wednesday 07: 5:30pm, Online Nutrition with Jill Nussinow. Sponsored by Mendonoma Health.

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

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

3. To watch or participate as an open mic reader email [blake@snakelyone.com](mailto:blake@snakelyone.com)

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