

**ALWAYS
FREE**

April 2022



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



Bruno Mary

Almost Fringe Festival Returns to Point Arena.

April 23.

**Try not
to have fun!**

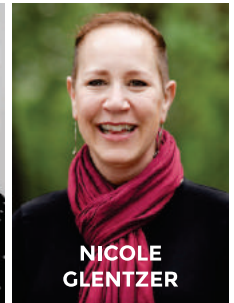
As Monty Python was fond of saying, "And Now For Something Completely Different". And Almost Fringe is that. Different. And a lot of fun. Saturday, April 23 will bring live music, art and photography shows, a crafts fair, whales, kids' activities and plenty of local cuisine.

A day devoted to fun for young and old, from 10:00am to 6:00pm (and some beyond 6pm!) And the fun goes way past Main Street, with activities for young and old. Whales have promised to swim past . . .

continues on page 2

VIRTUAL FORUM • SUNDAY, APRIL 24 10:30 AM-NOON WITH MENDOCINO COUNTY SCHOOL SUPERINTENDENT CANDIDATES MICHELLE HUTCHINS AND NICOLE GLENTZER

Please join us for a Virtual Forum with the two candidates for Mendocino County School Superintendent. The Zoom event will feature a panel of local educators who will interview Michelle Hutchins, the incumbent Superintendent and Nicole Glentzer, the current Assistant Superintendent of Schools for the Ukiah Unified School District. As a service to the Mendonoma community the event is open to everyone.



For sign-in information please visit www.redwoodcoastdemocrats.org at any time between April 20 and April 24

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Coast Highway Art Collective Welcomes the Almost Fringe Festival
A New Exhibit Coincides With The Annual
Fun and Free-Form Event in Point Arena, April 23

Join the members of the Coast Highway Art Collective in Point Arena for a celebratory opening reception of this fun and free-form event on Saturday, April 23 from 10:00am to 6:00pm. The Collective is hosting music, special guest artists and new works by its members. Although the opening is set to coincide with Almost Fringe Festivals around the globe, the exhibit will be available for viewing at CHAC from April 1 to April 25.

The Coast Highway Art Collective is joining into the festivities with guest artists Wendy Bailey, Woodblock Prints; Siobhan Elder, hand painted silk scarves; Linda Green, sculpture; Jim Hayes, whimsical magnets; Nicolette Kaliebe, repurposed leather; Hal Fogel, painter; Shawn Quinlan, quilts; and special pieces by collective members Bea Acosta, clay masks; Andrea Allen, Chinese Brush painting; Rozann Grunig, photography; Ling-Yen Jones, jewelry; Chris Grassano, painter; and Scott



Bea Acosta "Mistress of Bling"

Sewell, photography. Other collective members will also have new and interesting

pieces on exhibit in the spirit of the festival theme.

"Almost Fringe is my favorite event each year," says collective member Rozann Grunig. The object is to create art that



Wendy Bailey, "Want Some Candy"

comes from the heart and the mind, regardless of the commercial value. As artists, we spend too much time assessing if a piece we are creating will sell. The pieces we envision for Almost Fringe are for fun, relevance, emotions and the sheer joy of creating."

Live music is provided by Barbara Johannes on the accordion from noon to 2 p.m. and Tom Merline and Keith Abrams from 2 p.m. to 4 p.m. Meet the artists and learn more about Almost Fringe and the collective during the opening reception.

The show opens on April 1 and runs through April 25 during regular gallery hours, Friday through Sunday, 11 am to 4 p.m. The gallery is located at 284 Main St., Point Arena, the little red building with the big yellow sun, next door to the Redwood Credit Union.

More information and how to become a collective member is available at www.coast-highway-artists.com

FRINGE continued from cover page

both the Point Arena Lighthouse and Arena Cove. Almost Fringe is not to be missed.

Loosely based on the International Fringe Art Movement, there will be live music, art and photography shows, a crafts fair, performance art, participatory creative events and activities for kids, as well as amazing local cuisine.

This year's festival kicks off at 10:00am with the Wind & Whale Celebration at the Lighthouse and gentle Yoga in the park, led by Sutra Yoga's owner Emily McConnell. At the Lighthouse see the Giant Kites flown by the Berkeley Kite Wranglers, and watch the migrating whales while learning about them from whale experts Scott and Tree Mercer. They will have displays of baleen whale artifacts and answer questions about the marine mammals. The Light Station Store will be offering sale prices on whale related gifts and other items.

From 10:00am-5:00pm the library is encouraging everyone to tap into their inner creative muse and express themselves. Create music on a Theremini, blackout a printed page to create poetry, paint expressionist art to music, or chalk up the pavement with wild designs! Stop by and meet our creative new librarian, Mellisa Hannum.

Across the street at Centennial Plaza there will be a variety of performances. At 1:00am enjoy excerpts from a Point Arena High School upcoming play, Clue. At 2:00pm experience a sound healing bath and mini-healing sessions, at 3:00pm watch the talented Folklorico Dancers, followed by Soap Box Poetry at 3:30pm which is open to all poets and spoken word artists. Action Network will be at the park behind Outback involving kids in art projects, bubble blowing, face painting and more from 12:00 - 2:00. Arena Theater will be showing a National Theater Live Telecast of 'Book of Dust' at 1:00pm.

The Zen House is hosting a Fringe Motorcycle Gathering at 1:00pm, which begins with a Fringe Motorcycle Parade led by motorcycle collector Peter Richardson on his very collectable 1974 Ducati Super Sport. Following the Fringe Motorcycle Parade, enjoy the Zen Motorcycle Display "Ducati Bevel Twins of the 70's" while engaging in informal discussions with special guests Quail Motorcycle Gathering Judge, Will Guyan (Former editor of BMW's On The Level) and motorcycle collectors Peter Richardson and Garry Willy.

Live Music will be playing at Coast Highway Art Collective, Think Visual, Arena Market and Café, with wandering minstrels

up and down Main Street, and a grand finale with Buckridge Racket Club from 4:30pm to 6:30pm at the pier. Will there be jugglers and clowns on Main street? Bring your family and smiling face and come find out!

Coast Highway Art Collective will be open from 10:00am-6:00pm with a celebratory opening reception of art by member and guest artists. (See complete details in a separate story on this page.)

Arena Market and Café is celebrating the Almost Fringe Festival with gift basket give a ways, food samples all day, and wine tasting from 3:00 - 5:00. Members will receive an additional 5% discount and music will fill the market with Wildheart playing from 1:30-3:00pm followed by Tim Mueller from 3:00-5:00pm.

In the parking lot next door to the Arena Market you'll find a Farmer's Market, a Plant Exchange and Seed Give Away, food vendors, as well as a Live Art Painting Demonstration by renowned muralist, Art Goddess Lauren Sinnott.

Other fabulous food offerings will be available to satisfy the festival goer's appetite. You'll find Point Arena's newest eatery Gama serving Bento Boxes to go from 11:00am-6:00pm, followed by Small Plates and Karaoke from 5:00-9:00pm. Center Street Market will have a special boba drink and sandwiches, while The Good Food clubs serves up locally sourced yumminess in their parking lot. Delicious fringy pastries will be found a Franny's Cup & Saucer.

Don't miss the Crafts Fair at the Druids Hall from 11:00am-5:00pm with familiar returning artists like Nicolette Kaliebe with her hand painted purses, bags, and Siobahn's scarves, Marla Skibbens with her inspirational glass jewelry, Albion Farmers Market soaps and shampoos, and Bill and Barbara Pettigrew with handmade knives and beaded necklaces. There will be succulents and abalone jewelry, gifts for kids, and more!

Over flow parking will be at the wharf where the Pier Chowder House will exhibit photos by two brothers. A yet to be announced mystery art and landscape interactive event is being planned and there will be roller skating and the musical finale. We plan to have a shuttle this year running between the lighthouse, Main St and the wharf where there will be plenty of parking.

Complete the Fringe-EE Day by heading down to the pier for the sunset. After grooving to the tunes of the Buckridge Racket Club from 4:30-6:30pm, move uptown to Gama for small plates and get your karaoke on until 9:00pm. A complete schedule is at PointArena.net.



"Looking for a toe-hold on the coast?"

Cantilever your future house here! Lush creek canyon with deeded access to Anchor Bay Cove.



This .29-acre parcel has just enough level land for parking one vehicle with the balance steep drop-off into redwood-filled creek canyon. In NGWD water hook-up moratorium; public sewer available. Located in the banana belt microclimate for perfect year-round weather. Enjoy all the amenities of Anchor Bay Village just down the street: two restaurants, coffee shop, grocery store, beautician, massage therapist, yoga studio, real estate office and more. Plus walking access to Anchor Bay Cove, one of the most beautiful sandy beaches in Northern California.

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Our thanks to April contributors including
 Fred Adler, Simon Alexander, Dana M. Bergstrom, PhD, Rozann Grunig,
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"You should have seen him in his glory days, Back when he was in his prime
 Always smokin' up the reefer, poppin' pills and drinking wine,
 But after he met Julee, to the healthy road he turned,
 Josh went to yoga, and he never returned."
 From "Josh Went To Yoga" by Joe West

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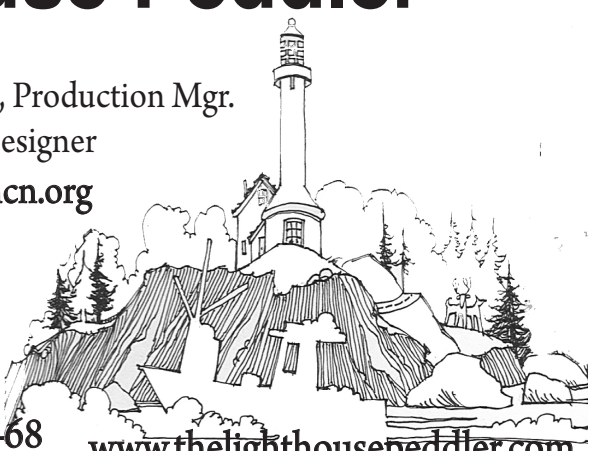
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Dolly Steffen: Publisher, Production Mgr.
 David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894
 P.O. Box 1001
 Point Arena, CA 95468

www.thelighthousepeddler.com





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"When the power of love overcomes the love of power the world will know peace."
 Jimi Hendrix (1942-1970)

Point Arena High School Student Named Winner in Mendocino County "Poetry Out Loud" Contest
 by Blake More

Sidney Regelbrugge wins local competition that emphasizes language skill and public speaking; advances to the virtual state finals in Sacramento.

Regelbrugge, a sophomore from Point Arena High School in Point Arena (and also Mendocino County's Youth Poet Laureate), took first place in the Mendocino County "Poetry Out Loud" competition on February 22. She was one of thousands of students across the state to participate in the national recitation contest, a program run by the California Arts Council in the state and started by the National Endowment for the Arts (NEA) to engage high-school students in the presentation of poetry through memorization and performance. Regelbrugge advances to the virtual California state finals in Sacramento. At stake are hundreds of dollars on the state competition level and thousands at the national finals of Poetry Out Loud.

Program director Blake More says, "The judges felt Sidney's recitations were especially masterful, and her poised and comprehension of each of her chosen poems is what put her on top. However, to be clear, this year's competition was extremely close. Four of the top students were mere points apart. All who competed should feel very proud of their accomplishments." "Young people interested in rap and slam contests can be surprisingly interested in classical poetry when it's presented through the Poetry Out Loud competition," said



Muriel Johnson, Director of the California Arts Council. "We've seen students from all backgrounds and academic levels embrace this program wholeheartedly. It can change their lives."

The Poetry out Loud program seeks to foster the next generation of literary readers by capitalizing on the latest trends in

poetry: recitation and performance. Poetry Out Loud competitions start in the classroom, then at the school, region, state, and national finals, similar to the structure of the spelling bee. The national initiative is part of an attempt to bring literary arts to students, a critical need in U.S.

schools, according to a 2004 NEA report Reading at Risk that found a dramatic decline in literary reading, especially among younger readers.

For more information on Sidney Regelbrugge or to set up interviews, contact Blake More. General information can be found online at www.cac.ca.gov and at www.poetryoutloud.org. Reporters interested in more information about the state-wide program may contact California Arts Council communications info@cac.ca.gov or 916-322-6588.

School Superintendent Election Candidates Forum Set, Zoom Event, April 24

Nestled within the June primaries is an important decision for residents of Mendocino. The Mendocino County Superintendent of Schools position is on the ballot for our consideration. The winner of this election will determine county-wide priorities, policies and programs for all our schools in Mendocino County. Point Arena High School serves students living in Annapolis and other northern Sonoma County areas, they too will be directly affected by those policies.

The Redwood Coast Democrats are pleased to host a Zoom event that will help the voters of Mendocino decide how to cast their vote in this critical part of the June 7 Primaries. They have invited Michelle Hutchins and Nicole Glentzer, the two Superintendent of Schools Candidates, to answer questions posed by a panel of local stakeholders, including school administrators and teachers, on April 24, from 10:30 to noon. The goal of this event is for voters to get to know the candidates: What qualifications, talents and experiences do each of the candidates possess that would make her the strongest candidate? Why should we vote for her?

Michelle Hutchins is the incumbent, having served as Superintendent for the past four years. Nicole Glentzer is currently Assistant Superintendent of Schools for the Ukiah Unified School District.

Attend the Zoom forum on April 24 to help you make this important decision. The 2022 California Primaries are June 7. Mail-in ballots will begin to go out on May 9. Be prepared!

Alexandra "Alex" Magnan's Handcrafted Windchimes Announce A Beautiful Breeze Is On The Horizon.

Featured During April at Artists' Collective in Elk

Artist's Collective in Elk is featuring our newest member Alexandra "Alex" Magnan of Granite Mountain Arts to the Elk gallery. A California resident since childhood, her creations are often inspired by the ocean and its treasures.

Magnan uses locally-sourced, natural and repurposed materials to design windchimes, sun-catchers, and mobiles. "I'm very excited for the opportunity to display my work at the gallery amongst such incredibly talented artists." commented

Alex. "My work is inspired by my love of nature and my hope is that it shows in every piece that I create."

Meet Alex and some of the other artists from the Artists' Collective at their 2nd Saturday reception on April 9 from 1:00pm to 4:00pm, and enjoy food, drink and art!



The Artists' Collective in Elk is at 6031 South Highway 1 in greater downtown Elk. Open every day 10:00am to 4:00pm. More information is at 707-877-1128.

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It's a Wonderland For Blues Fans on the Coast

Texas Blues Rocker Carolyn Wonderland • Arena Theater April 15

Blues on the Coast presents Texas Blues Rocker Carolyn Wonderland, Saturday, April 15, 7:30pm, doors open at 7:00pm. Tickets are \$25.

Attendees are required to be fully vaccinated (2 shots) or bring the result of a negative COVID-19 PCR test within 72 hours.

The Austin Chronicle—no stranger to great music found at local venues—declares that Wonderland brings “mighty and joyous rock-injected blues . . . luxurious vocals and fine guitar work. Her voice is as muscular as her name is evocative.” Her guitar chops have been described as “amazing” and “incendiary”; her vocals as raw, fiery and powerful.

“The more guitar you play, the more you sing, the better you get,” says award-winning Texas guitar slinger, singer, songwriter, and multi-instrumentalist Carolyn Wonderland.

Since performing her first professional gig at age 15, she’s never stopped singing and

making music. Her music includes a bold mix of timeless original songs and reinventions of some of her favorites, ranging from blistering electric blues to deep, heartfelt ballads to cosmic country to soulful Tex-Mex. Every song is fueled by Wonderland’s forceful yet melodic Texas-flavored guitar



work and her full-throated, heart-on-her-sleeve vocals. She’s already recorded ten albums under her own name, including four produced by famed musician Ray Benson, founder of Grammy-winning band Asleep At The Wheel. Wonderland spent the last three years as lead guitarist in John Mayall’s Blues Breakers, and joins the Alligator Records family as the first female guitar hero in the label’s storied 50-year history. Her

Alligator debut, the Dave Alvin-produced “Tempting Fate”, is the next chapter in her remarkable story.

The Arena Theater bar and snack stand will be open.

**Jazz group UnCommon TymZ
“The Latin Side of Things”**

April 14 & 28 at The Sea Ranch Lodge

On two Thursdays—April 14 and April 28, from 6:00p-9:00pm—The Sea Ranch Lodge continues it’s Sunset and Jazz Series tradition with Harrison Goldberg and Friends. The popular series, closing in on seven years since its inception, showcases Harrison with a different group each month.

For April’s musical outings, Goldberg returns with UnCommon TymZ, featuring two Sonoma County-based veteran



musicians with whom he has performed in the past. Guitarist Gino Raugi and upright bassist/guitarist Joel Kruzic have also been featured with the Susan Sutton Trio that performed at St. Orres as part of the Annual Sonoma Mendocino Coast Whale & Jazz Festival.

The trio will present “The Latin Side of Things” focusing on instrumental arrangements of Bossa Novas, and Latin flavored tunes.

Admission to this event is free. The Sea Ranch Lodge is located at 60 Sea Walk Drive, The Sea Ranch.

**The Point Arena Lighthouse
Home & Yard Sale is April 10!**

The Pt. Arena Lighthouse is holding a Home & Yard Sale on Sunday, April 10 from 10:00am to 3:00pm. Admission is free. The Lighthouse entry gate will open at 10:00am. No early birds will be allowed on the property. No sales will be made prior to 10:00am.

They've gone through their lodging units, Light Station Store, maintenance garage, sheds and storage units and found many interesting, useful and/or unique items for the BIG yard sale – so big it will be in two locations on the Light Station! There will be furniture, appliances, kitchenware, dishes, glasses, bedding, lamps, pictures, tools, memorabilia and more. All proceeds help fund the ongoing maintenance and Light Station operations. All purchases will earn the buyer a coupon good for 5% off any Light Station Store purchase that day (excludes sale items).

There are two yard sale locations on the Light Station: in the field next to the water tanks and storage container, and in the driveway and yard in front of Assistant Keeper’s House 3. Please park ONLY on the grass area to the left of the road, across from the houses. Parking attendants will be on hand to direct traffic and ensure the safety of everyone attending. Thanks for your support and we hope you take home some great treasures! We will be accepting cash and credit cards only – no checks.

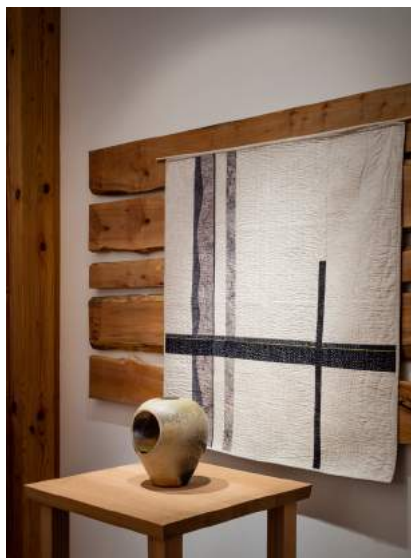
"Dualities" • New Exhibit

Opens April 8 at Gualala Arts

Featuring Roberta Monte James & Gabriel Babcock

"Dualities" is a new exhibit in the Elaine Jacob Foyer at Gualala Arts. Opening Friday, April 8, the exhibit showcases the works of two artists—Gabriel Babcock and Roberta Monte James. “Dualities” continues through Sunday, May 8. Gualala Arts is open every day from 11:00 a.m. to 4:00 p.m.

Nature is vulnerable and fragile, yet also unyielding and perdurable. The "Dualities" exhibit highlights these two extremes by pairing the strong media of stone and wood with the fragile nature of fiber art, and pres-



ents them in a way that causes the viewer to see how one extreme informs the beauty and the value of the other.

Ceramic, stone and wood are materials of lasting strength and support. Art rendered in these media can project a feeling of permanence. Cotton, silk and other such fibers are fragile by comparison. They may project a feeling of vulnerability, but they also carry a connotation of comfort and warmth. While diverse in terms of media, the work of these artists is parallel in purpose. Collectively, this exhibit addresses both the timelessness and the vulnerability of nature. Both the individual pieces and the paired exhibits have been created with a sentimentality that reveres our forested landscapes and natural resources. The clean lines and natural curves in all of the pieces are strikingly similar, and speak to each other in unexpected ways.

Gabe Babcock is an established sculptor, who uses stone, wood, and clay as his mediums, he prefers to work in materials local to the area, providing the community a way to form a deeper connection to the art.

Roberta Monte James is an emerging fiber artist and quilt-maker/designer. Her work is often informed by her surroundings, attempting to capture the simplicity, beauty and vulnerability of nature.

Gualala Arts
SINCE 1961
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GualalaArts.org
4650I Old State Hwy
Gualala, CA 95445

Violinist Gabrielle Després
A Chamber Music Concert
Sunday, April 10, 4 pm
Coleman Hall. \$40. (\$5 more day of)

New Exhibits at Gualala Arts
“The Beautiful: Poets Reimagine A Nation”
Opens Friday, April 8
“Dualities”
The Art of Gabriel Babcock and Roberta Monte James
Opens Friday, April 8
“Sculpture In The Gardens”
A Year-long Exhibit of Sculpture on the grounds of Gualala Arts
Opens Friday, April 8

New Exhibit at Dolphin Gallery
“Cowboys & Friends”
The Art of Richard Weiss
Opens Saturday, April 9

A Special Event
Voices and Music for World Peace
Saturday, April 16
At Gualala Arts, 3 pm

Calls to Artists!
JUNE: Gualala Salon & Salon des Refusé
AUGUST: Art in the Redwoods
SEPTEMBER: Plein Aire Affair
2023: Exhibit Proposals
Details & registration forms
at GualalaArts.org • (707) 884-1138 or
info@gualalaarts.org

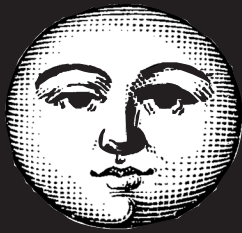
Gualala Arts: Open daily, 11 - 4
Dolphin: Open Thu-Mon, 11 - 4
Due to Mendocino County regulations, proof of Covid vaccine required for all TICKETED inside concerts & workshops, until further notice.
Gualala Arts & Dolphin Gallery require face masks for all, inside/outside during events.

“If we have no peace, it is because we have forgotten that we belong to each other.”
Mother Teresa (1910-1997)

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Solution to crossword:

Full Moon



April 16

New Moon



April 30

See What's Happening at the Sea Ranch Lodge in April

The Sea Ranch Lodge welcomes painter **Keith Wilson** with an exhibit opening Friday, April 1. A Reception is planned for Saturday, April 2 from 4:00pm to 6:00pm.

Make & Mend returns Tuesdays in April, 4:00pm-6:00pm in the Fireside Lounge.

The Fireside Lounge will host **Color Duets Trunk Show** with Erin Lee Gafill, Tuesday, April 5, 3:00pm-4:00pm. It's a rare opportunity to get up close to the hand-stitched textiles of Gafill and Kaffe Fassett.

Color Play - Torn Paper Collage Art Class is set for Friday, April 8, 3:30pm-5:30pm at the Cafe. Join artist Erin Lee Gafill for one of her favorite signature creativity exercises designed for artists of all ages and a great activity for multi-generational connection. \$10 materials fee paid directly to the artist. Registration required. <https://eringafill.com/product/color-play/>

• **Easter baskets** for the kiddos on Saturday in the General Store. • **A Bake Sale** is set for Saturday from 1:00pm-4:00pm. • **Saturday & Sunday Easter Brunch** in The Dining room from 11:00am-2:00pm. • **The Cafe** is offering delicious pastries for breakfast and Grab-n-Go Picnic Totes Saturday & Sunday for lunch offsite. • **Sunday Easter Egg Hunt** at 11:00am. **Meet the Easter Bunny!** Join in the Lawn Games.

• **Book Signing** with author, Jeanne A. Jackson Saturday, April 16, 1:00pm-3:00pm at the General Store. Jackson shares her children's book, "Sunny Loves Spring on the California Coast". Sunny is the rescue Golden Retriever who came all the way from Taiwan to live with Jeanne and Rick.

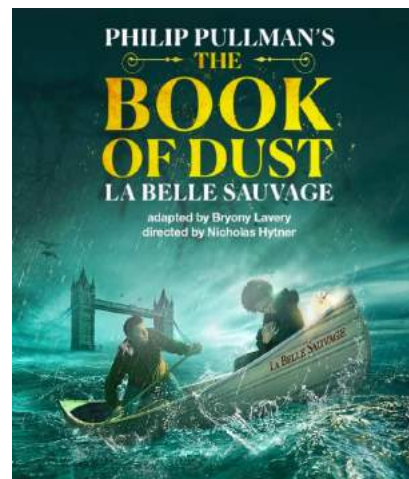
• **Plus Live Jazz** April 14 & 28; **Links BBQ** April 3, 10, 24; **Members Golf Reception**, April 7; **Vinyl and Vineyards**, April 7: Cattleya Wines with owner and winemaker, Bibiana Gonzalez Rave. April 21: **Rootdown Cellars** with owner/winemaker, Mike Lucia.

National Theatre Live "The Book of Dust: La Belle Sauvage" Arena Theater • April 23

Once again, Arena Theater brings a terrific production from National Theatre Live from London. The production will screen Saturday, April 23, 1:00pm, doors open at 12:30pm. "The Book of Dust - La Belle Sauvage" is based on a book by Philip Pullman and adapted by Bryony Lavery. Tickets are \$20, \$5 youth (18 and under).

Set twelve years before the epic "His Dark Materials" trilogy, this gripping adaptation revisits Pullman's fantastical world in which waters are rising and storms are brewing.

Two young people and their demons, with everything at stake, find themselves at



the center of a terrifying manhunt. In their care is a tiny child called Lyra Belacqua, and in that child lies the fate of the future. As waters rise around them, powerful adversaries conspire for mastery of Dust: salvation to some, infinite corruption to others.

Eighteen years after his ground breaking production of "His Dark Materials" at the National Theatre, director Nicholas Hytner returns to Pullman's parallel universe. Live from London's Bridge Theatre.

All attendees must be fully vaccinated! Sorry, Covid tests will not be accepted.

Arena Theater Film Club Presents "Stagecoach" • April 4

Arena Theater Film Club presents John Ford's landmark film "Stagecoach", Monday, April 4, 7:00pm. This 1939 film predates the motion picture rating system but has a TV-G rating for general audiences. "Stagecoach" is in black & white and has a running time of 97 minutes.

The film has simple premise, at least as westerns go. A group of people traveling through Indian country on a stagecoach are pressured by the threat posed by legendary figure Geronimo, and the passengers discover which among them can stay cool in a crisis.



The Overland stagecoach is bound for Lordsburg, New Mexico, in the 1880s. The cast of characters includes an alcoholic philosopher (Thomas Mitchell), a lady of ill repute (Claire Trevor) and a timid liquor salesman (Donald Meek). The motley crew of travelers must contend with an escaped outlaw, the Ringo Kid (John Wayne), and the ever-present threat of an Apache attack as they make their way across the Wild West. Also featured in the film are John Caradine and Andy Devine.

The film has long been recognized as an important work that transcends the Western genre, but it also represents a time when the stereotypical depiction of Native Americans was as "savages".

Admission \$7 for Arena Theater Association members, guests welcome at \$10. Cash at the door, please, maximum audience 55 people. Proof of vaccination is required as well as face coverings except when seated while eating or drinking.

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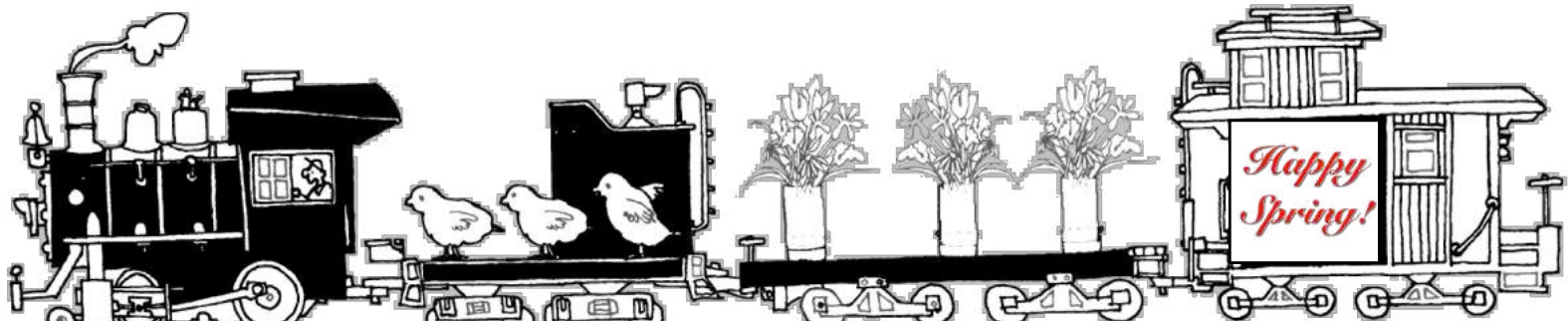
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Words on Wellness • Horsetail

by Karin Uphoff

One of the most ancient herbs we walk among is horsetail which inhabited primordial swamps over a hundred million years ago. At the time, giant dragonflies with two-foot wingspans rested in towering horsetail forests. Today, small dragonflies rest on horsetail stems as we collect spring shoots of this plant for medicine. Equisetum has taproots can teach a hundred feet deep, and is high silica, one of the most abundant minerals on the planet. Silica strengthens bones, nails, hair, skin, and teeth, as well as bodily tissues, membranes, and cell walls. Its high silica content is also why the plant feel like steel wool. Knights were said to shine their armors with it, Native Americans used



it to create a smooth finish to woodwork, and country folk scrubbed out their pots with this plant. Taken internally it helps to reinforce all connective tissue including arteries, decreasing any tendency to hemorrhage. Homeopathic Silicea from horsetail is also used to rebuild strong connective tissue too. Along this line, horsetail is highly regarded as a tonic to improve both structure and function of the kidneys and bladder. It is safe for chronic urinary conditions, reduces stones and helps increase resistance to infection.

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. Horsetail Image by Image by jhenning, from Pixabay.

We have several varieties on the coast, but most often seen is field horsetail (*E. arvense*) which grows 1-2 feet tall and has very narrow leaves appearing like a mini pine tree with jointed stems. The tan-colored single stemmed ones that poke up first, have cone-like tips that produce pollen for reproduction. The sterile green plants appear later and are picked while the leaves still point skyward (do not pick where water is contaminated). The reproductive stalks are edible like asparagus.

Tea is made by simmering or steeping overnight and is high in quercetin, an anti-inflammatory compound that stabilizes mast cells during allergic reactions. Horsetail can help those with asthma, especially when mixed with mullein leaf, and is also useful in formulas for treating bronchitis. This plant contains an enzyme that depletes thiamine (vitamin B1) stores in the body, but cooking or drying the plant destroys this enzyme.

It can be dried and powdered to add to ointments or creams and applied topically for recovering from sunburn or thin poor quality skin with premature aging. Try simmering horsetail, then cooling it down enough to use as a finishing hair rinse to create extra shine.

White-throated Swift: Life On The Wing

White-throated swifts spend their life on the wing, literally. A White-throated Swift eats, drinks, bathes and even mates while flying, stopping only to rest and nest. During its lifetime, this bird that weighs one ounce, is likely to fly more than a million miles. That's 40 times around the world. White-throated Swifts are slender and black with a white throat patch that tapers down to the black belly. There are white patches on their flanks.

These birds are 7 inches long and have a 15-inch wing span. The long, tapered wings are held angled back and the forked tail comes to a point. White-throated Swifts, often described as the fastest avian flyers, have been clocked at 200 miles per hour. They have been observed in flight escaping the stoop of a Per-



egrine falcon (which also has been called the fastest bird in the air).

Mating is a dramatic aerial coupling that includes a pin wheeled downspin of several hundred feet. Nests are built on canyon cliff walls, bridges and overpasses and in crevices. They are saucer-shaped and constructed with twigs and pine needles that are glued together with saliva. Four or five eggs are incubated by the male and female. White-throated Swifts feed on flying insects, flies, beetles, bees, winged ants, wasps and leaf hoppers. You can see their expanded throat pouches when they carry food to the young. There is a record of one White-throated Swift carrying 600 bugs in its mouth.

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

Each month, the Lighthouse Peddler features a bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Image courtesy Nathistoc.bio.uci.edu-

Record-Smashing Heatwaves Are Hitting Antarctica and the Arctic Simultaneously. Here's What's Driving Them, and How They'll Impact Wildlife.

by Dana M. Bergstrom, Sharon Robinson, Simon Alexander

Record-breaking heatwaves hit both Antarctica and the Arctic simultaneously this week, with temperatures reaching 47°C and 30°C higher than normal.

Heatwaves are bizarre at any time in Antarctica, but particularly now at the equinox as Antarctica is about to descend into winter darkness. Likewise, up north, the Arctic is just emerging from winter

Are these two heatwaves linked? We don't know yet, and it's most likely a coincidence. But we do know weather systems in Antarctica and the Arctic are connected to regions nearest to them, and these connections sometimes reach all the way to the tropics.

And is climate change the cause? It might



Adélie penguins. Photo by Dylan Shaw on Unsplash.

be. While it's too soon to say for sure, we do know climate change is making polar heatwaves more common and severe, and the poles are warming faster than the global average.

So let's take a closer look at what's driving the extreme anomalies for each region, and the flow-on effects for polar wildlife like penguins and polar bears.

What happened in Antarctica?

Antarctica's heatwave was driven by a slow, intense high pressure system located southeast of Australia, which carried vast amounts of warm air and moisture deep into Antarctica's interior. It was coupled with a very intense low pressure system over the east Antarctic interior.

To make matters worse, cloud cover over the Antarctic ice plateau trapped heat radiating from the surface.

Since it's autumn in Antarctica, temperatures in the continent's interior weren't high enough to melt glaciers and the ice cap. But that's not to say large swings in temperature didn't occur.

For example, Vostok in the middle of the ice plateau hit a provisional high of -17.7°C (15°C higher than previous record of -32.6°C). Concordia, the Italian-French research station also on the high plateau, experienced its highest ever temperature for any month, which was about 40°C above the March average.

The story is very different on the coast as rain fell, which isn't really common for the

continent.

The rain was driven primarily by an atmospheric river – a narrow band of moisture collected from warm oceans. Atmospheric rivers are found on the edge of low pressure systems and can move large amounts of water across vast distances, at scales greater than continents.

Despite their rarity, atmospheric rivers make an important contribution to the continent's ice sheets, as they dump relatively large amounts of snow. When surface temperatures rise above freezing, rain rather than snow falls over Antarctica.

Last Monday (March 14) air temperatures at the Australian Casey Station reached a maximum of -1.9°C. Two days later, they were more like mid-summer temperatures, reaching a new March maximum of 5.6°C, which will melt ice.

This is the second heatwave at Casey Station in two years. In February 2020, Casey hit 9.2°C, followed by a shocking high of 18.3°C on the Antarctic Peninsula.

So what might this mean for wildlife?


Adélie penguins, which live across the entire Antarctic coastline, have recently finished their summer breeding. But thankfully, the Adélie penguin chicks had already left for sea to start hunting for food on their own, so the heatwave did not impact them.

The rain may have affected the local plant life, such as mosses, especially as they were in their annual phase of drying out for the winter. But we won't know if there's any damage to the plants until next summer when we can visit the moss beds again.

What about the Arctic?

A similar weather pattern occurred last week in the Arctic. An intense low pressure system began forming off the north-east coast of the United States. An atmospheric river formed... Cont'd on page 13

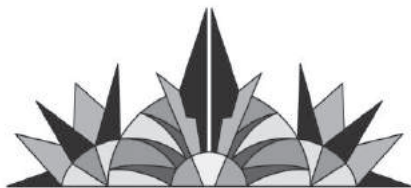
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April 2022

Blues on the Coast
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Carolyn Wonderland

Arena Theater Annual
Membership Meeting
& Board Election

Monday April 25 6 PM Zoom

Great Art on Screen
Sunday April 10 1 PM
Maverick Modigliani

Music on Film Nite
Monday April 18 7 PM
Buena Vista Social Club

National Theatre Live
Saturday, April 23 1 PM
The Book of Dust

Science on Screen
Sunday April 24 4 pm
Kiss The Ground

Arena Theater Film Club
Monday 7 PM
April 4 Stagecoach
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Nelson Mandela (1918-2013)

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"Sculpture In The Gardens"

Opens April 8

A New Outdoor Exhibit
At Gualala Arts

Opening in April at Gualala Arts is a new exhibit that will be viewed outside, that is, not within the Arts Center's existing indoor galleries

Unlike typical month-long gallery exhibits, "Sculpture in the Gardens" will be a year-long exhibit, opening Friday, April 8, 2022, and viewed outdoors in the Gualala Arts Global Harmony Sculpture Gardens.

The call to artists went out in 2021, and the enthusiasm was obvious. There was real



anticipation and excitement from the artists and their desire to create art that will be beautifully framed by the gardens around Gualala Arts. This exhibit will continue for one year, through March 2023, and the public will be able to visit the Sculpture Gardens exhibit daily, 11:00am to 4:00pm.

Works exhibited on opening day will include Paul Lindhard's "Light from Within," a lit Calcite-topped pillar, and one of Chuck Petersen's fantastic bird decoys, "Broad Tailed Hummingbird." Also on display will be Roya Yasharpour's willow installations and John Stickney's "Bay Bridge," a tribute to the The San Francisco-Oakland Bay Bridge and new sculpture by Nick Reno. Gualala Arts is also excited to welcome back Kevin Carman of the Mendocino Stone Zone and Art City Studios, as well as local artists Loraine Toth ("Tree Witch", seen above,) David Yager, and Jane Head of the Gualala Arts Ceramic Studio.

This event is an opportunity for artists to display and highlight their sculptures outdoors, and is also an opportunity for art-lovers to walk through the gardens and enjoy the art. Sculptures that are part of the exhibit will be available for purchase (unlike those sculptures which are already part of Gualala Arts' permanent collection.)

A reception is tentatively scheduled for Friday, April 8, from 5:00pm to 7:00pm.

"Cowboys & Friends" Opens April 9

A New Exhibit Featuring the Art of Richard Weiss

At The Dolphin Gallery

"Cowboys & Friends" is a new exhibit at the Dolphin Gallery. Opening Saturday, April 9, the exhibit features the work of Richard Weiss. No stranger to art lovers here, the new exhibit represents a change from the familiar. The gallery is open 11:00 a.m. to 4:00 p.m. Thursday thru Monday. An opening reception is set for Saturday, April 9 from 5:00pm to 7:00pm.

With "Cowboys & Friends" Weiss has created a series of acrylic on canvas paintings. The work presented in the Dolphin Gallery exhibit differs from all the work he has



shown in previous exhibits at Gualala Art. As Weiss explains, for this exhibit "I decided to try my hand on two-dimensional paintings on canvas, instead of the interactive optical illusion 3-D paintings on wood that have been awarded Best in Show once and Peoples Choice twice at the Gualala Arts Center."

The origin of this exhibit can be found in early 20th Century American paintings. According to Weiss, "I found the theme for this new Cowboy series when I came upon

a 1900s Remington painting commissioned to illustrate a story for the magazine Collier's Weekly. Remington painted the scene in grisaille for a better half tone black and

white reproduction in print. I wondered what this black and white painting would have looked like in color. I decided to reinterpret it in my pop art style, and in color. As the painting was progressing the choice for a different surrounding became evident. By the time the painting was finished, I wanted to continue representing cowboys caught in action. Recreating the active life of cowboys in the great outdoors was an antidote to the restricted life imposed by Covid.

While working on the exhibit I discovered that there was a common thread in all of the paintings. They told stories of cowboys in action, with the wilderness of great western landmarks as backdrops.

A number of video clips of Weiss's work are available through the exhibit's webpage at GualalaArts.org.

The exhibit continues thru May 8, 2022.

The Wind & Whale Celebration is Back! April 23

At The Point Arena Lighthouse

The Point Arena Lighthouse is thrilled to resume its annual Wind & Whale Celebration on Saturday, April 23 from 10:00am to 3:00pm. Come stroll the 23 acres of grounds and watch the ocean for migrating gray whales, and wind and, weather permitting, the Berkeley Kite Wranglers will be flying their huge and colorful kites overhead. Local marine mammal census takers and whale experts Scott and Tree Mercer of the Mendonoma Whale & Seal Study will be on hand to answer questions and provide information about the current gray whale migration. All visitors will enjoy free admission to the Light Station Store, In-



door Museum and Outdoor Museum. This fun event is part of the Almost Fringe Festival throughout downtown Point Arena.

Formed at the turn of the Millennium, the Berkeley Kite Wranglers fly a collection of kites that contains nearly 30,000 square feet of giant creature kites - the largest of their kind in the world. The giant octopus kites have been a particularly popular sight in past years - each one is 20 feet wide and nearly

100 feet long. The pod, or "Octopile" as the team likes to call it, flies in perfect formation. They have previously flown giant gecko and blue whale kites as well. The Wranglers will fly from 10:00am until 2:30pm. Bring your own kite to fly or purchase one from a large selection of kites on sale in the Light Station Store, which will also have several whale-themed items on sale.

The northern migration of the gray whales will be featuring the mothers and recently born calves making their way north from the birthing lagoons in Baja California back to their summer feeding grounds in

the Bering Sea near Alaska. Watch these graceful gentle giants swim past the Light Station peninsula from the grounds or the Whale Watch Room in the Fog Signal Building, and chat with Scott and Tree about the details of this amazing migration.

More information is available by calling the Lighthouse at 707-882-2809, ext. 1. or by visiting PointarenaLighthouse.com/visit/calendar-2/wind-whale-celebration/.

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Gualala Arts' and the Chamber Music Series Present Gabrielle Després April 10 Coleman Hall

Each year, Gualala Arts brings a talented musician from the Klein Competition for a chamber music concert. The history of these young, amazing musicians performing at Gualala Arts so early in their career is replete with many wonderful new faces of classical music visiting the Mendocino Coast. This year, violinist Gabrielle. De-



sprés, accompanied by Miles Grabor on piano, will take the stage at Coleman Hall on Sunday, April 10, 2022 at 4:00pm. Advance tickets are \$40 and are available at Gualala Arts, the Dolphin Gallery, and at EventBrite.com.

The Canadian-born Després was awarded 1st Place, receiving a generous cash prize, plus a number of solo engagements, including the Peninsula and Santa Cruz Symphonies, the Gualala Arts Chamber Music Series, and the Music in the Vineyards Chamber Music Series.

Ms. Després began violin studies at the age of three, and studied with James Keene for nine years. She was a student of Robert Uchida from 2016 to 2018 and began the Bachelor of Music program at The Juilliard School in September of 2018.

"The Beautiful: Poets Reimagine a Nation" A New Exhibit Opening April 8 Gualala Arts Burnett Gallery

A new, unexpected and wonderful exhibit is scheduled for April at Gualala Arts. Drawn from a forthcoming book, the images to be seen come from all over the country and are included in the anthology titled "The Beautiful: Poets Reimagine a Nation", to be released in April. The images will be on display in the Burnett Gallery beginning Friday, April 8, continuing through Sunday, May 8.

The visionary editor of the book is Dana Teen Lomax, a multi-genre artist and activist. Lomax explained, "as the curator of The Beautiful anthology, I invited poets from every state, district, commonwealth, and territory to share something beautiful from their location, something that they did not create.

Many of the pieces in the resultant anthology address the legacy of inequity in the United States and work to subvert it. Some of the submissions look squarely into hard history and rely on beauty to rejuvenate,



resist, respond. Other pieces marvel at the natural world or celebrate the love of family in surprising ways. Together, these poets offer glimpses into what it means to live in the United States at this time." Clearly, this book will be a rich collection of images and poetry, worth adding to home libraries, is a delightful gift for friends and families—just in time for Poetry Month. A reading will accompany the exhibit opening on April 8.

Great Art on Screen "Maverick Modigliani" Sunday, April 10

Great Art on Screen presents "Maverick Modigliani", Sunday, April 10. Film starts at 1:00pm, doors open at 12:30pm. Tickets are \$15 at the door or online.

"Maverick Modigliani" features the story of Amedeo Modigliani, a remarkable talent that transcended stereotypes. From his origins in Livorno, Italy to the Paris of Picasso and Brancusi that became the center of modernity, to his love for his wife and frequent subject of his portraits Jeanne Hébuterne, the film depicts the life and work of an avant-garde artist who has become a contemporary classic.



To memorialize Modigliani on the centenary of his death, Italian director Valeria Parisi created the documentary Maverick Modigliani, interviewing historians, artists, forgers and curators about his life and his legacy. Modigliani's story has been brought to the screen before.

Great Art on Screen is an exciting addition to our alternative content offerings at Arena Theater. The event films will take audiences on a journey all over the world with the most expert scholars viewing the dramatic portraits of celebrated artists.

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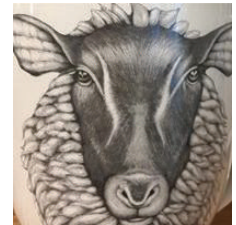
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Echoes by David Steffen

Remember your first echo? A sound heard when you may have been standing at the edge of a chasm, or at the shore of a quiet lake, or perhaps within the canyons of a large city. Many can recall creating or hearing someone else's echo of "hello" while visiting a cave or a mountain top. Simply stated, echoes are sounds that, once projected, can bounce off of buildings, cliffs, lakes, or other surfaces and return to your



Canyons: Manhattan (l) • Grand Canyon (r)

ears. Having worked in the music industry, I can testify that there are echo chambers in recording studios, and that they are an integral part of the recording process. Over the years I visited recording studios in Chicago, Los Angeles, New York, Atlanta and London, and I can confirm to the creation of "manufactured" echoes to enhance almost any recording.

Beyond the canyons of Manhattan or Arizona, there are other echoes, including those of an historical nature. When seemingly identical or similar events take place—years or centuries apart—we can suggest that what we are experiencing today is an echo from the past. Echoes, whether introduced mechanically, intellectually, in nature, or connected with some historical reference, familiarity is the key.

I sorely miss record stores. Granted my age has something to do with that, but it isn't nostalgia. Record stores were not just retailers selling music, but were often social gathering spaces. For example, friends of mine have lamented the passing of Tower Records (as have I.) But whatever I feel, it's not only about my almost 40-year friendship with Russ Solomon, the man from Sacramento who created Tower Records all those many years ago. I can also separate my friendship with Carl and Larry Rosenbaum who owned Flip Side Records in Chicago, or Terry Courier from Music Millennium in Portland (and so many others). The social nature of music is well documented.

I have pleasant memories and random thoughts about the hundreds (thousands, really) of times I stood in front of racks of records in those and other stores. There were many moments when the store owner or manager would play an album on the store's sound system and suddenly, I would pause, look up—'cause that's where the sound was

coming from—and wonder, who is that? And then I might glance around the store to see who else "got it". Who else in the store was captured by the music coming through the speakers? I know it has an impact, because that's how I discovered Lucinda Williams on a turntable in Portland. And "Little Latin Lupe Lu" by the Righteous Brothers while standing in Radio Doctors in Milwaukee. That's what I mean when I tell you that record stores were commerce, of course, but they were also social.

In 1970 I walked into Lake Street Station, an independent record store in Madison, Wisconsin. Ladies and gentlemen, that was a record store. Small enough to be intimate, big enough to have too many records for any music-lover to buy. While there, the owner/manager—whose name, I'm sorry I can't remember—put an album on the turntable and, decidedly or coincidentally looked over at me, paused for a moment, and waited for a reaction. That's all it took. Having walked to the counter, our conversation went something like this. "Who is that", I asked. "Like it?" he asked. Of course I said yes, and picked up the cover laying on the counter. That album is still part of my collection, half a century later. Yes, for 50



years, it has been a well-listened to keepsake. (And I have a CD backup, just in case).

The artist was a young Englishman, well-schooled and yet, perhaps not. He went to an English prep school, and continued on to a college near Cambridge, but, not Cambridge. He attended Fitzwilliam, a school which became a college about the same time that Nick arrived—1966. One biographer wrote, "Fitzwilliam has more in common with the boxy, modern hotels which proliferate on industrial parks close to major motorway exits than with the traditional Cambridge colleges which grace the heart of the city." Nick was English first, European second, and musically fit the mold of artists who emerged within or adjacent to the Woodstock Generation. The song I heard that day inside Lake Street Station was "River Man", from an album titled "Five Leaves Left", released in late 1969 by Island Records. And that is how I found Nick Drake.

Ignoring my immediate affection for the music, the album did not inspire the critics to write raves. Melody Maker's review of "Five Leaves Left" is a case in point. "All smokers will recognize the meaning of the



title—it refers to the five leaves left near the end of a packet of cigarette [rolling] papers. It sounds poetic and so does composer, singer and guitarist Nick Drake. His debut album for Island is interesting." At the very least, that's like evading the solicitation of a compliment. You know, like when your girlfriend asks you, "Do you think I'm pretty?" and you reply, "I love your dress." The British paper the New Music Express wasn't any more impressed with Drake's album, closing its review, ". . . there is not nearly enough variety on this debut LP to make it interesting." Drake was a young man when he died in 1974.

"River Man" is a brilliant, haunting, and unforgettable track. Demonstrating its durable appeal, a couple of dozen (or more) cover versions of "River Man" have been recorded. The list includes Andy Bey, Claire Martin, Chrissy Hynde (Pretenders), and Robyn Hitchcock. Then there's my favorite cover version. Jazz vocalist Lizz Wright included it on her album "Freedom & Sur-



render" (Concord, 2015). Drake would be pleased, I'm certain, that more than forty years after his death, his music continues to be discovered, by consumers, certainly, but most importantly by artists who see the beauty, charm and lyrical relevance, inspiring them to create a new interpretation.

There's a lot here about Nick Drake, and as much as I appreciate his music and lament the fact that he left us so many years ago, I'm really writing about us. Music continues to be commerce, but streaming iTunes, Spotify, and any other service has zero magic when compared to self-discovery, in the company of other music lovers, in the aisles of Tower Records or Lake Street Station. A lot of it is up to us. Let's pass the word when a song, an album, a musician, a writer touches us. Please. Pass it on. We can all use a bit of great music to lift us out of these remote and often solitary days.



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2pm - 4pm

CLOSED: Wednesday and Weekends

"Prayer is what is needed right now and always. Prayers do make a difference. Thought is a force. It has immense power. Meditation before prayer, strengthens the prayer. A prayer that is strong and deep, will definitely be answered and can impact the whole world."

by Peri DeFay

6	1	5	3	7	8	4	6	2
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Solution to Sudoku:

"These Precious Days"

A Book by Ann Patchett • Reviewed by Jennifer Bort Yacovissi

In Robert Kolker's now-notorious New York Times article, "Who Is the Bad Art Friend?" about the concept of appropriation in fiction, he quotes author Lauren Groff — who was reacting to an earlier appropriation-in-fiction kerfuffle caused by Alexis Nowicki's Slate essay claiming Kristen Roupenian's viral New Yorker short story, "Cat Person," used elements of Nowicki's life — as saying, "I have held every human I've ever met upside down by the ankles, and shaken every last detail that I can steal out of their pockets."

In her 2011 essay "The Getaway Car," Ann Patchett describes her own use of real-life encounters in her fiction in an even more colorful way: "I am a compost heap, and everything I interact with, every

experience I've had, gets shoveled into the heap where it eventually mulches down, is digested and excreted by worms, and rots."

In other words, everything in life becomes fertilizer for stories.

Unlike her fiction, Patchett's essays leap over the compost pile entirely, presenting her life and the lives of those around her without a distancing scrim of fictionalization. *These Precious Days* is her second collection of essays, and as with her first (*This Is the Story of a Happy Marriage*), the book is filled with intensely personal stories. The reader feels invited in, like she has been included in the circle of warmth and friendship that exudes from Patchett's writing. It's hard not to imagine that you know her.

The illusion is helped along by the fact that multiple essays across the two collections touch on similar episodes in Patchett's life, with one essay filling in different details than a previous one, assessing things through a different lens. It's also clear that Patchett forms deep and lasting friendships; we often hear of the same people through the years in various essays (one of my favorites is *Sister Nena*). Thus, not only do we feel we know the author; we feel we know these others, too.

Patchett's family certainly knows her penchant for sharing personal stories. As she recounts in this collection's first essay, "Three Fathers," she made a specific plan to get her father and both stepfathers into a photo with her at her sister's wedding, the first time all three men had been together.

"You know what she's doing, don't you?" stepfather Mike said to the other two, as recounted to her by her father, Frank. "She's going to wait until the three of us are dead and then she's going to write about us. This is the picture that will run with the piece." As Patchett crisply notes, "He was right. That

was exactly what I meant to do. That is exactly what I'm doing now."

To her credit, Patchett, while forthright in describing her relationships, is never unkind. She speaks of all these people with great fondness. (Whereas I, for one, am still trying to get over the story — recounted in the first collection — of her learning that she had four stepsiblings when she bumped into one of them in her family's kitchen.)

The air of elegy captured in the title suffuses *These Precious Days*. Many of the most memorable essays contemplate aging and death, though in a wistful, funny, affectionate voice. That first essay describes the death of each of her three fathers but — far more importantly — also describes what each meant to her, how they influenced her, and the lessons they taught her, whether by positive or negative example.

"How to Practice," which is both laugh-out-loud funny and deeply touching, considers how to prepare to loose this mortal coil. After she and her lifelong friend Tavia excavate Tavia's beloved deceased father's densely packed apartment, Patchett casts an eye to her own possessions.

She understands that she is in "these years on the downhill slalom," and that her household of stuff is getting in the way, not of death itself, but "of thinking about what was coming and the beauty that was here now." She wants to clear the decks in order to savor these precious days.

Indeed, the title essay is the capstone in Patchett's ruminations on what is cherished and worth savoring, the answer to which is always family and friends (plus reading and writing, of course). The launch point is the friendship she began with Tom Hanks, whose book of stories, *Uncommon Type*, she read by chance and then blurbed, later appearing with him to talk about it during the Washington, DC, stop on his book tour.

But the essay isn't about Tom; it's about his assistant, Sooki Raphael, who immediately captivates Patchett — as, apparently, she does everyone she's ever met — and eventually, through a series of serendipitous accidents, becomes a dear friend who lives for a time in Patchett's basement apartment.

Sooki — painter, avid hiker, personal assistant to an international celebrity, one-time "batgirl" on the bat squad of the New York City Department of Health Bureau of Animal Affairs — had been diagnosed with pancreatic cancer in November 2018. (Two of her paintings grace the cover of this book.) Patchett learned of the diagnosis in May 2019. They'd met only once, at the

DC book event, but had developed an email friendship in the way so many people do these days, sharing deep connections with someone they don't actually know IRL, as the kids say.

That changes when Patchett's physician husband, Karl VanDevender (another person we feel we know extremely well), connects Sooki with a clinical trial being conducted right there at his hospital in Nashville.

"*These Precious Days*" contains everything readers love about Patchett's intimate nonfiction: the conversational tone, the comfortable humor, the wide-ranging narrative, and the arch take on life's daily drudgery and joys. There is an immediacy to this essay and its companion piece, "A Day at the Beach," as they unfold from the beginning of the pandemic and deliver us to the spring of this year.

It doesn't make a difference that Patchett can say things like, "I went to Virginia to see my friend Renée Fleming in concert." It isn't important that her life, as her friend Niki reminds her, is not the same as those lived by "normal" people. Her observations speak deeply and directly to so much of what the rest of us experience; she captures the essence of what so many of us feel. With this collection, she makes us resolve to use our own time wisely, to invest more in our friendships and in our families, in all the things that matter.

Jennifer Bort Yacovissi's debut novel, Up the Hill to Home, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Her short fiction has appeared in Gargoyle and Pen-in-Hand. Jenny reviews regularly for the Washington Independent Review of Books and serves on its board of directors as president. Stop by Jenny's website for a collection of her reviews and columns and follow her on Twitter at @jbyacovissi.

Haiku for April

an owl calls
piercing the dense
chilly fog
which hides the moon
by mai haiku

"Voices and Music for World Peace"

A Very Special Event
at Gualala Arts
Saturday, April 16

In these dangerous and turbulent times, the Gualala Arts "Global Harmony Series" invites you to a free event. "Encouraging global harmony by sharing cultures through the arts" is the mission of the Global Harmony Series.

On Saturday, April 16, 2022 at 3:00 p.m. we can come together. "Voices and Music for World Peace" is a locally created event that can unite us in this urgent and vital cause. Produced by Fred Adler, this special afternoon will take place at the outdoor JAMI Amphitheater at Gualala Arts.

"A good thing to remind people who are already feeling depressed and defeated is that any action, no matter how small, adds up. Doing something is empowering. Expressing ones' self is empowering. Coming together is empowering. It's like many people praying on the same thing. It's powerful, but of course there is no ONE way or time to respond." (Anonymous)

There is an idea worth considering: other than being human, we are all different. We are all unique. And yet, to one degree or another, we have shared beliefs, ideas, attitudes, and knowledge, things that we have in common as human beings and citizens of the planet. Sociologists (and others) call this "Collective Consciousness." Citizens of the world may not always think of themselves as that, preferring, for example, to simply adopt the idea that "I live on the coast". The truth is, that we are all humans, and therefore we are all connected in numerous ways, and these common threads form the basis of societies, large and small. We are each unique but we are connected to others, and that is what makes a society: "A Collective Consciousness". When (or if) you accept that idea, you see that what we have in common brings us together.

According to Adler, "this unique gathering for world peace during these difficult times, is a significant work-in-progress.

Brief talks from the heart, plus moving and appropriate musical statements from our rich and deep local resources will fill the afternoon air, as we join together in community expression for "Peace on earth and goodwill towards all."

"I earnestly hope that you will join us, bringing your own special presence and energy towards World Peace on this Easter, Passover and Emancipation Day weekend, 2022." (Numerous impassioned coastal musicians and speakers to be announced soon.)

Scuttlebutt

by Mitch McFarland

This has been a weird month for me. Maybe you too. In addition to the Putin war there is the diminishing Covid epidemic plus my perplexing bathroom remodel. Each of these things have unsettled my mind and made doing my column this month harder than usual. Generally, I write about what I have been thinking lately is important, but when everything seems important, then nothing does.

What are we suppose to think about Covid? We are told it is moving from pandemic to endemic, which means we shouldn't be as worried as we have been, yet Covid still continues coursing through various populations. There is even a new Omicron variant we may have to deal with. Just as we didn't really know how to accommodate the arrival of Covid, many are confused about how to deal with its subsiding.

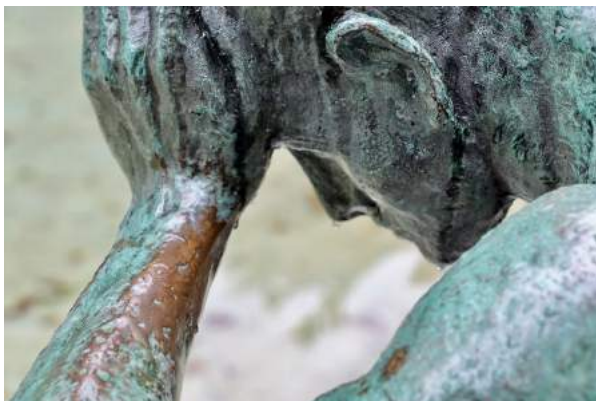
There is anxiety about mask wearing. Some places still require them and others don't. I've read that many students are anxious about removing masks for fear of revealing how their faces changed over the last two years. How will they be received by their peers? And what about the politics of mask wearing? One person recently stated that they wear their mask so that people don't think they are Trump supporters. Others don't wear masks to show their "independence".

As for me, the "end" of Covid is more psychological than political. After over 700 days of relative isolation I have become quite comfortable with what has become a very rigid routine. It is a routine entirely of my own making and generally consists of things I like doing. As I am retired, employment is not a concern. My comfortable routine is not easy to give up. Whereas I used to go to town and have a social outing at Cove Coffee every day, I now only leave home once or twice a week and only to shop and only briefly. The major social contact I have has is by attending memorials for friends who have died (way too many). I feel uneasy about returning to my previous "life", not because I am particularly worried about getting sick (I am double vaxxed and boosted), but because I am in such a groove (or is it rut) that changing gears seems hard and unnecessary. At times I can imagine just staying home for the rest of my life and being happy. Other times, of course, I want to get the hell out of here and go on an extended trip.

The war in Ukraine is certainly unsettling. It is hard to imagine how this is all going to turn out. Part of the reason for that is because we citizens know very little about the inner workings of Russian political society,

i.e. Putin. It takes some effort to get beyond the line pursued by our mass media and U.S. government sources, but it is fair to say that the word most often used to describe the Russian offensive—"unprovoked"—is misleading.

My father always used to say that there are always two sides to every story. Not that each side is equally correct or acceptable,



but that there is generally a motive for every action. That seems to be the case here.

In the early 90's when the Soviet Union was breaking up and Germany was being re-unified, western leaders were all over themselves assuring the Soviet leadership that everything would be all right.

U.S. Secretary of State James Baker's famous "not one inch eastward" assurance about NATO expansion in his meeting with Soviet leader Mikhail Gorbachev on February 9, 1990, was part of a cascade of assurances about Soviet security given by Western leaders to Gorbachev and other Soviet officials throughout the process of German unification. The Soviets were worried about NATO at their border, so assurances were given that no NATO armaments would be placed in the former East Germany.

Margaret Thatcher reassured Shevardnadze that the process would not yield winners and losers. Instead, it would produce a new legitimate European structure – one that would be "inclusive, not exclusive."

At a February 10, 1990, meeting in Moscow between West German chancellor Kohl and the Soviets, Gorbachev assented in principle to German unification in NATO, as long as NATO did not expand to the east and was told "We believe that NATO should not expand the sphere of its activity."

In March 1991, according to the diary of the British ambassador to Moscow, British Prime Minister John Major personally assured Gorbachev, "We are not talking about the strengthening of NATO." "We must find ways to give the Soviet Union confidence that its security would be assured adding "Nothing of the sort will happen."

Since then Poland, Hungary, the Czech Republic, Bulgaria, Latvia, Lithuania, Romania, Slovakia, and Slovenia have joined NATO, covering the entire western border of Russia. Meanwhile the US has installed the The Mark 41 missile launcher in Romania and soon in Poland. It is designed to be a defensive weapon to shoot down incoming missiles, but it does have the ability to fire Tomahawk missiles into the Russian heartland. And then, later, Trump cancelled talks on a new INF Treaty (Intermediate Nuclear Forces).

Famed diplomat George Kennan, architect of the US Cold War strategy had this to say about NATO expansion: "I think it is the beginning of a new Cold War. I think the Russians will gradually react quite adversely and it will affect their policies. I think it is a tragic mistake. There was no reason for this whatsoever. No one was threatening anybody else."

Nothing I have written here should lead anyone to think that I endorse Putin's military incursion and the bombing of civilian targets. Quite the contrary. Putin obviously has plenty of blame for the situation in Eastern Europe, plus he has a HUGE ego problem. We have all seen the macho posturing of Putin shirtless riding a horse or fishing, but the most telling thing I have seen is the preposterous hockey game in which professional Russian hockey players allowed him to score numerous goals then skate around the ice with a big shit-eating grin on his face like he had actually accomplished something. How pathetic. It reminds me of the Emperor's New Clothes story.

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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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ARCTIC continued from page 7

at its junction with an adjacent high pressure system.

This weather pattern funnelled warm air into the Arctic circle. Svalbard, in Norway, recorded a new maximum temperature of 3.9°C.

US researchers called the low pressure system a “bomb cyclone” because it formed so rapidly, undergoing the delightfully termed “bombogenesis”.

Winter sea ice conditions this year were already very low, and on land there was recent record-breaking rain across Greenland.

If the warm conditions cause sea ice to break up earlier than normal, it could have dire impacts for many animals. For example, sea ice is a crucial habitat for polar bears, enabling them to hunt seals and travel long distances.

Many people live in the Arctic, including Arctic Indigenous people, and we know losing sea ice disrupts subsistence hunting and cultural practices.

What’s more, the bomb cyclone weather system brought chaotic weather to many populated areas of the Northern Hemisphere. In northern Norway, for instance, flowers have begun blooming early due to three weeks of abnormally warm weather.

A harbinger for the future

Modelling suggests large-scale climate

patterns are become more variable. This means this seemingly one-off heatwave may be a harbinger for the future under climate change.

In particular, the Arctic has been warming twice as fast as the rest of the world. This is because the melting sea ice reveals more ocean beneath, and the ocean absorbs more heat as it’s darker.

In fact, the Intergovernmental Panel on Climate Change (IPCC) projects Arctic sea ice to continue its current retreat, with ice-free summers possible by the 2050s.

Antarctica’s future looks similarly concerning. The IPCC finds global warming between 2°C and 3°C this century would see the West Antarctic Ice Sheet almost completely lost. Bringing global emissions down to net zero as fast as possible will help avoid the worst impacts of climate change.

THE CONVERSATION

Our thanks to *The Conversation* and to Dana M Bergstrom, Principal Research Scientist, University of Wollongong, Sharon Robinson Professor, University of Wollongong, Simon Alexander, Atmospheric scientist, University of Tasmania

<https://theconversation.com/record-smashing-heatwaves-are-hitting-antarctica-and-the-arctic-simultaneously-heres-whats-driving-them-and-how-theyll-impact-wild-life-179659>



Photo by Hans-Jurgen Mager on Unsplash

Arena Theater Association's Annual Members Meeting & Board Election April 25 (via Zoom)

The Arena Theater Association will hold its Annual Membership Meeting and Board Election on Monday, April 25, at 6:00pm, via Zoom. A link to the meeting will become available closer to the date and can be requested by emailing info@arenatheater.org.

The membership will elect three board members, each for a three-year term. Candidates are Paul Andersen (Incumbent), Tim McMurtry (incumbent) and one new candidate. Board member Steven Archer will be leaving the board.

The Zoom meeting is open to the public but only theater members in good standing can vote. Members can vote via a Google Form or download a PDF of the ballot, available April 6 at www.arenatheater.org. People who wish to vote but are not members may join now, visit <https://www.arenatheater.org/support/membership/>. Printed ballots should be mailed to Arena Theater, PO Box 611, Point Arena, CA 95468.

More details will be announced on the theater website arenatheater.org

April 18 • Arena Theater's Music on Film Nite Returns, April 18

Arena Theater's film series, Music on Film Nite, returns with a screening of Wim Wender's “Buena Vista Social Club,” Monday, April 18, at 7:00pm; doors open at 6:30pm. Tickets are \$10 at the door or online at arena.theater.org.

Traveling from the streets of Havana to the stage of Carnegie Hall, this revelatory documentary by filmmaker Wenders captured a forgotten generation of Cuba's brightest musical talents as they enjoyed an unexpected encounter with world fame. The veteran vocalists and instrumentalists collaborated with American guitarist and roots-music champion Ry Cooder, to form the Buena Vista Social Club, playing a jazz-inflected mix of cha-cha, mambo, bolero, and other traditional Latin American styles. Their Grammy-winning album made them an international phenomenon.

The film became one of the most beloved documentaries of the '90s, and an infectious ode to a neglected corner of Cuba's prerevolutionary heritage.

Welcome to the April Events and Happenings for Ft. Ross, Jenner, Timber Cove and Cazadero.

Here are some activities, events and announcements for Coastal Sonoma County.

Forest Management Planning. Are you interested in forest management planning for your property? If you need technical and financial assistance to develop a forest management plan, let us know. Please contact Judy Rosales, jrosales@mcn.org, if you are interested in participating."

Career Technical Education Survey/ Encuesta Sobre La Educación Técnica Y Profesional Health Needs Assessment:

CTE is seeking input from Sonoma County parents of high-school-age students to understand perspectives and feelings about the opportunities our youth have to explore local careers and build skills to be college and career-ready. Take the survey here: <https://ctesonomacounty.org/padres/>

Special Retreat For Medical Professionals: Ratna Ling Retreat Center wants to honor all healthcare workers and caregivers. They are offering a special retreat, Time for Me, from April 22-24. Info at: <https://ratnaling.org/retreats/2630/time-for-me-a-retreat-for-medical-professionals-and-caregivers/>

Personals

Rental Wanted: Single woman, artist, writer, educator looking for a house/cottage with lots of natural light, good Wi-Fi and pets allowed. Contact: Jacqueline Mallegni j.mallegni@gmail.com 505/692-3474.

Seeking Horseback Riding Lessons: Contact Jazmin at 707-217-5885.

Ongoing

Sunday Community Market continues at Fort Ross School Sundays, 10am - noon.

Veterinary Vaccine Clinic with Dr. Jennifer Frankot Thursdays 8:30am to 12:30pm at Hwy 1 & Skaggs Springs Rd, Stewarts Pt.

Science on Screen • “Kiss the Ground” at Arena Theater • April 24

Arena Theater will show the film “Kiss the Ground” as the second of three science films in their grant-funded 2022 Science on Screen Program. Narrated by and featuring Woody Harrelson, “Kiss the Ground” is an inspiring

[S] Science on Screen

and groundbreaking film that reveals one of the most important ways to significantly solve the climate crisis. It shows that in combination with reductions in greenhouse gas emissions, regenerating the world’s soils can help our planet heal itself and return to a much more stable climate. This event begins at 4:00pm on Sunday, April 24 and admission is by voluntary donation.

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Crossword

by Margie E. Burke

ACROSS

- 1 Cut a rug
- 6 Otologist's concern
- 10 Tolkien creatures
- 14 Squirrel's stash
- 15 Bird feeder fill
- 16 Brazilian soccer legend
- 17 Sci-fi extra
- 18 Ivan the Terrible, e.g.
- 19 Declare
- 20 Has a hunch
- 22 Juliet, to Romeo
- 24 Scenic view
- 26 Headed up
- 27 Trail the pack
- 30 Like some heartbeats
- 31 African grazer
- 33 Not theirs
- 35 Pack of paper
- 36 Water lily
- 39 Speeder stopper
- 41 Skater's hangout
- 43 Hot spot
- 44 Bushy coif
- 46 Pie à la ___
- 47 Big Apple paper, briefly
- 48 Pacers and Pistons
- 50 "___ what?"
- 51 Former slugger Carew
- 53 Type of fracture
- 56 Forefather
- 58 Short snooze
- 62 Magpie or macaw
- 63 Load to bear

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69						70					71			

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- 65 Decided
- 66 Frosted a cake
- 67 Pipe thread type
- 68 TV host Couric
- 69 Like grass at dawn
- 70 Whole lot
- 71 ___ preview
- 8 Naval officer
- 9 Pull strings?
- 10 Australian gem
- 11 Prince's backing band
- 12 Section of garlic
- 13 Used a Singer
- 21 Trapper's device
- 23 Top scout
- 25 In working order
- 27 Quite a few
- 28 Distinctive air
- 29 Airport workers
- 32 Vera's husband on "Cheers"
- 34 PlayStation maker
- 37 Edit menu option
- 38 Distort, in a way
- 40 Maze choices
- 42 Funny fellow
- 45 Metal cap on a stick
- 49 Pretzels and such
- 51 Overzealous
- 52 Chilling, say
- 54 Physics particles
- 55 Hawke of Hollywood
- 57 Circular current
- 59 Score unit
- 60 Kyrgyzstan's continent
- 61 Sneaky look
- 64 Clinch, with "up"

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"Shell Game At Sea"

by Mary Jane Schramm, Freelance Writer, Naturalist

It was low tide and the bay was calm, sheltered from brisk northwest winds. The bright green meadow of eelgrass swayed gently, sunlight suffusing the water with an otherworldly glow. A wet-suited researcher crouched down, intent on recording the density of this marine plant within a fixed area marked by a PVC pipe frame. Unknown to her, this seagrass was also today's Chefs' Special for an exotic visitor. Straightening up to stretch, she snapped to attention when a large sea turtle popped to the surface



just a few feet away, in slightly deeper water. It regarded her calmly for a moment, then dove to continue grazing. The visitor was an East Pacific green turtle, (*Chelonia mydas*).

Big Green: Green sea turtles are marine reptiles found in temperate and tropical waters worldwide, varying in size, shape and coloration among geographic regions. They are the largest hard-shelled sea turtle. Of the two species most often found in northern California waters, the East Pa-

cific green is second in size only to the Pacific leatherback. Adults average from 250 to 450 pounds, but one Indian Ocean green weighed in at a whopping 871 pounds! A Pacific green's shell ranges in color from dark gray to black, and is smooth and arched. Its common name derives not from its skin or shell color, but from its fat, which is green-tinted due to its herbivore diet. They can live 70 to 80 years.

Surf & Turf: East Pacific greens range from Chile to Southernmost Alaska, with northern hemisphere nesting sites in Central America and Mexico. Most California greens migrate from Mexican breeding beaches to California's productive marine ecosystem to feed. They are coastal, rarely seen far offshore, preferring protected bays and estuaries rich with eelgrass such as Humboldt Bay and other inlets, even harbors.

Salad Days: As adults, greens are unique among sea turtles in their vegetarian diets, munching on seagrasses and marine algae scraped from rocky surfaces. As hatchlings and juveniles, though, they feed on sponges, crabs, fish eggs, mollusks, and jellies.

Beach Babes: Green turtles mate at sea, which concludes the male's role. As Crush the sea turtle from "Finding Nemo" remarked: "It's awesome, Jellyman. Little dudes are just eggs, we leave 'em on the beach to hatch, and then — koo-koo ka-choo! — they find their way back to the Big

Ol' Blue." Females nest at two- to five-year intervals in late spring, laying around 100 ping pong ball size eggs per nest, from two



to eight times each season. After covering her clutch, she returns to sea, leaving her hatchlings to dig out and head for the surf after a roughly 60-day incubation. Nest temperatures determine each egg's gender: males develop in cooler nests, females in warmer ones.

Greenlighting Survival: East Pacific green turtles were federally downlisted from endangered to threatened under the Endangered Species Act in 2016, a cautiously optimistic conservation success story. As recently as the 1990s, harvesting for eggs and

meat on nesting beaches was legal. But starting with protection of their beaches, then their foraging habitats, they are now making a comeback. At Playa Colola, Mexico, the largest east Pacific green rookery, nesting females went from just 250 per year in the mid-1980s to over 1,000 females in just one night in 2015!

Threats include fisheries bycatch, direct harvest, disease, habitat degradation and loss, pollution, marine debris, and vessel strikes. The National Oceanic and Atmospheric Administration (NOAA) warns that global warming is skewing the gender ratio: the number of female hatchlings is outstripping males, with possible long-term impacts on endangered and recovering populations.

Go Green: Play a role in their recovery: minimize your carbon footprint to slow global warming. Dispose of trash and fishing gear responsibly to keep it out of our ocean. Report any sea turtle sightings immediately to NOAA.

Images: (left) Maui Ocean Ctr./Creative Commons Zero - CC0. above: Kirt Edblom/ShareAlike 2.0 Generic (Green Sea Turtles-CC0-Kirk Edblom)

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2022

ALMOST fringe FESTIVAL

POINT ARENA

Saturday
April 23rd
10am-6pm

Art Openings
Crafts Fair
Live Music
Local Cuisine
Performance Art
Kids Activities

Visit PointArena.net for the complete Schedule of Events



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Get Out! April Music, Poetry, Theater, Film, Art, Radio, Online & more.

Please note: some events currently included in Get Out! are virtual. This "◇◇" means that the host organization will have information on attending virtually via Zoom or other platform.

- Friday 01: 7:00pm, "The Batman", feature film at Arena Theater (also on 4/3, 4/6, 4/7)
- Monday 04: 7:00pm, Arena Theater Film Club presents "Stagecoach".
- Friday 08: 11:00am, "Dualities", Exhibit opening at Gualala Arts
- Friday 08: 11:00am, "Sculpture in the Gardens", Exhibit opening at Gualala Arts
- Friday 08: 11:00am, "The Beautiful", Exhibit opening at Gualala Arts
- Friday 08: 7:00pm, "Dog", feature film at Arena Theater (also on 4/10, 4/13, 4/14)
- Saturday 09: 11:00am, "Cowboys & Friends", Richard Weiss Exhibit opens at Dolphin Gallery
- Saturday 09: 1:00pm, Alexandra "Alex" Magnan, Artist Reception at Elk Gallery
- Sunday 10: 10:00am, Pt. Arena Lighthouse Home & Yard Sale
- Sunday 10: 1:00pm, Great Art on Screen, "Maverick Modigliani"
- Sunday 10: 4:00pm, "Gabrielle Després Chamber Music Concert at Gualala Arts
- Thursday 14: 10:00am, Pacific Piecemakers Quilt Guild class: "Making the Double Wedding".
- Thursday 14: 6:00pm, Sunset & Jazz with UnCommon TymZ at Sea Ranch Lodge
- Friday 15: 7:30pm, Blues on the Coast presents Carolyn Wonderland at Arena Theater
- Saturday 16: 3:00pm, "Voice and Music for World Peace", free event at Gualala Arts.
- Sunday 17: 11:00am, Easter Egg Hunt at Sea Ranch Lodge. A bunny sighting too?
- Monday 18: 7:00pm, Arena Theater's Music on Film series presents "Buena Vista Social Club".
- Saturday 23: 10:00am, Wind & Whale Celebration at Pt. Arena Lighthouse
- Saturday 23: 10:00am, Almost Fringe Festival in Point Arena (various events)
- Saturday 23: 10:00am, Coast Highway Art Collective celebrates its new exhibit.
- Saturday 23: 1:00pm, NTL, "The Book of Dust – La Belle Sauvage" at Arena Theater
- Sunday 24: 10:30am, Virtual Forum w/ Mendo County School Super. Candidates ◇◇
- Sunday 24: 4:00pm, Science on Screen at Arena Theater presents "Kiss The Ground"
- Monday 25: 6:00pm, Arena Theater Association Annual Meeting ◇◇
- Tuesday 26: 6:00pm, Pt. Arena City Council Meeting ◇◇
- Thursday 28: 6:00pm, Sunset & Jazz with UnCommon TymZ at Sea Ranch Lodge

Looking ahead to May:

- Sunday 01: 3:00pm, Coast Library presents publisher of the Redwood Coast Review and July:
- Save the date: 4th of July celebration in Pt. Arena, July 2 & 3.

SOUTH COAST BUS SERVICE

ROUTE 75:
POINT ARENA/ GUALALA TO UKIAH/ FORT BRAGG



Route 75 Monday through Friday from Point Arena to Gualala at 7:15am. Saturdays: Route 75 runs only from the Navarro Store at 9:15am to Ukiah and back.

ROUTE 95:
POINT ARENA/ GUALALA TO SANTA ROSA



Route 95 is operating 7 days a week from Point Arena to Santa Rosa and back. Leaving Point Arena Monday through Saturday at 8:00am and Sundays at 10:00am.



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