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Lighthouse Peddler

Issue #186 April 2017

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Zepparella Returns To Arena Theater Friday April 28 Concert

Cover Band? Tribute Band? Rock band! Friday, April 28th marks the return of Zepparella. Doors open at 8:30pm and the show starts at 9:00pm. This concert event means you'll have another opportunity to experience a genuine band, a group of serious musicians who at anytime could be dropped into a great rock band—superstars or unknown—and knock your proverbial socks off.



Clementine, drummer, Gretchen Menn, guitar, Angeline Saris, bass, and singer Noelle Doughty are the genuine article. This is a band worth seeing, hearing, experiencing. What makes this performance unique is the band has chosen to create their sound around the music of one of the great bands of all time: Led Zeppelin. One newspaper (*The Times-Standard*) captured the essence of their talent:

“These four women knock out Led Zeppelin’s hits in a non campy, righteous way, and have been for so long that they truly make the famous songs their own. Page, Plant, Jones

and Bonham are some extremely big shoes to fill, but the women of Zepparella throw themselves into it, studying their individual predecessor to further their own art.”

Critics say that Clementine tackles

some of the best rock drumming ever written with her own emotionally powerful style, bringing the Motown influence of the Bonham groove to the forefront. Guitarist Menn began her path studying classical guitar but she admits that she loved Jimmy Page’s guitar playing longer than she has played the guitar. “It was through the music of Led Zeppelin that I found a gateway into music that resonated deeply

Zepparella cont'd on page 5

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Loudly Vocal Plover —The Killdeer—

The Killdeer is named for what its call sounds like: “Kill-dee, Kill-dee, Kill-deer!” In fact, the Latin name, *Charadrius vociferus*, means “loudly vocal plover.”

The Killdeer is different from some members of its plover family because it has two breast bands and often is found far from water in a variety of open habitats—fields, lawns, gravel roads, streambeds, lakeshores, farmlands or ballparks.

The Killdeer is 9-11 inches long. It is brown on top and white underneath with medium-long pinkish legs. Besides the two black breast bands, it has a black band across its white forehead and a white eyebrow. White wing stripes and rusty-colored tails are visible in flight. Both sexes look alike. The downy chicks resemble some of their *Charadrius* family cousins and have just one dark breast band.

Killdeers eat mostly insects. They forage by running, then stopping, then quickly stabbing at the ground with their beaks. Their



diet includes beetles, weevils, grasshoppers, caterpillars, ants, and dragonflies.

Killdeer nests are made in shallow depressions scraped out of sand, dirt, or gravel. Usually, four speckled and well-camouflaged

eggs are laid and incubated for 24 days. A few days before they hatch, chicks communicate with their parents by peeping from inside the egg. A few hours after they hatch,

they can run and forage on their own. Chicks look like mottled brown puffballs on toothpicks. They will fledge in about a month.

Our thanks to the Mendocino Coast Audubon Society for contributing this article. Each month, the Lighthouse Peddler will feature another bird regularly seen at or near the Mendonoma Coast. More information is at www.mendocinocoastaudubon.org.

Sunday At The Library Presents A Talk & Walk “Geology Of Bowling Ball Beach” • April 2

On Sunday, April 2, Coast Community Library will present a Sunday @ the Library program that is different from the traditional afternoon talks. In this two-part program, geologist David Springer will first give an introduction

to south coast geology in a powerpoint talk at the library, beginning at 9:30 am. He will focus on areas that will be visited in the hike following the talk: Bowling Ball Beach at Schooner Gulch State Park, Hearn Gulch, and Iversen Point.

Springer is one of a team of geologists who discovered and named the Pacific Star Fault north of Fort Bragg and most recently he discovered that locally generated tsunamis caused by ancient tectonic events contributed to formation of the Ten Mile Dunes at Mackerricher State Park. He has brought students to Bowling Ball Beach and other interesting geological sites on the south coast during fieldtrips as part of a

short course he used to teach at College of the Redwoods in Fort Bragg.



Bowling Ball Beach is named for the large spherical sandstone concretions that are visible during low tides. The concretions form ball shapes because

minerals of like composition tend to precipitate around a common center. They lie in rows on a wave-cut platform that formed as wave action has eroded the balls out of the softer sedimentary rocks of the Schooner Gulch bluffs.

In order to make the low tide the talk will last an hour and we will carpool from the library to Ross Creek at the north end of Schooner Gulch at ~10:45 am. People will be responsible for themselves for the walk part of this program. Bring lunch and, if you want, a walking stick because this walk has a few moderately difficult sections. The program is free. For more information, contact Julia Larke at the library, 882-3114.

The Fringe Art of Motorcycle Collecting • Saturday, April 29

Part of Point Arena's Almost Fringe Festival, this event offers motorcyclist enthusiasts the chance to view rare and collectible European motorcycles, while exploring the Art of Collecting with the bikes owners from 3:00pm-5:00pm. Renowned Mondial collector John Goldman, winner of multiple Quail awards including Best of Show in 2015 for his 1951 Mondial 125 Bialbero Gran Prix Bike, will share insights into his passion for motorcycle collecting. Also joining in the discussion will be the Hopland Ducati Guy, Peter Richardson and BMW's OTL former editor Will Guyan. Complementary hor d'oeuvres will be provided. This event is free. Call 707-882-2281 for more info.

Moat Creek Managing Agency Taco Dinner • May 5

We love Highway One. It is full of little twists and turns and surprises. Come over the crest of a hill and you may find a cow in the middle of the highway. A soft curve to the left and suddenly the Pacific Ocean opens up in front of you. And how many rivers, creeks, and streams do we cross on any given day? One of our special little places is Moat Creek, and each year the Moat Creek Managing agency hosts a taco dinner to raise money to support their work. This year's dinner is scheduled for May 5. Consider this an early reminder to save the date. It's a wonderful tradition and a cause worth supporting. After all, The Agency has been maintaining and improving the beach and trail access at Moat Creek since 1979. You can help too. Just by ordering some tacos.



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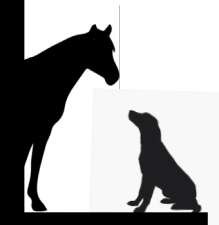
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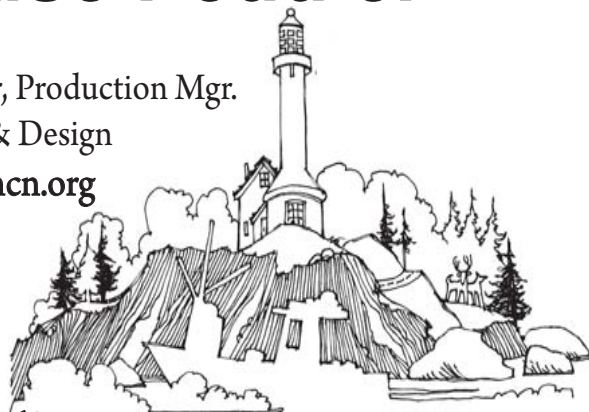
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FROM THE EDITOR'S DESK

Welcome to April. Just in time for the beautiful weather . . .

Zepparella, an amazing rock band with a 'Zeppelin set list returns to the coast. (Cover)
The **Audubon's** pick of the month is the Killdeer. Not to be confused with a brown furry quadruped or a 1940s movie doctor. (Page 2).
Sunday Afternoon at the Library goes bowling, sort of. (Page 2).
The Zen House goes Fringe for **Motorcycle collecting**. (Page 2).
Get ready for **Moat Creek Managing Agency's** May Fundraiser. (Page 2).
The **Almost Fringe Festival** promises fun, food, and lots to do. (Page 4).
Seems like it's **1984**, again. (Page 4).
National Theatre Live presents **Saint Joan**. (Page 5).
Dr. Anderson at **Four-Eyed Frog Bookstore**. (Page 5).. (Page 5).
Completing the crossword puzzle is much easier with the answers. (Page 5).
The **moon pahses** are here for your mooning pleasure. (Page 5).
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This month's **Sudoku** challenge has a 5. And a 3. And, well, lots more numbers. (Page 6).
Arena Theater hosts its annual Membership meeting and board election. (Page 6).
Karin Uphoff loves the Poppy. (Page 7).
Jeanne Jackson speaks her mind at the Lighthouse Lecture. (Page 7).
Know what a blessing bowl is? Want to make one? **Coast Community Library**. (Page 7).
Claude's not here, but his music is. **The Debussy Trio performs at Gualala Arts**. (Page 8).
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Clement Binnings, Jr., local author is at Four-Eyed Frog Books. (Page 9).
Writer **Sally Marshall** returns with an addicting essay. (Page 9).
Sudoku making you bats? The answers are here. (Page 9).
David Steffen's brave new column is here. (Page 10).
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Wondering what to do in 2018? **Gualala Arts** has some ideas. (Page 11).
It looks like **the moon may be blushing**. April plans at the **Lighthouse** (Page 12).
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Mitch McFarland serves up more food for thought (with just a hint of politics, again) in the April **Scuttlebutt**. Always worth the read. (Page 13).
The April **Crossword Puzzle** is here. Piece of cake? You tell me. (Page 14).
Part 2 of new contributor **Mary Jane Schramm's** essay about whales. (You can read the first part in the March Peddler on our website. (Page 15).
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Shoulder The Lion is a new film screening at Gualala Arts. (Page 16).
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Our thanks to contributors Mark Hancock, Julia Larke, Mitch McFarland, Sally Marshall, Blake More, Paula Ray Power, Mary Jane Schram, and Karin Uphoff.



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Arena Theater Screens The Classic Film 1984 As Part of a National Effort To Support The Arts

On Tuesday, April 4, at 7:00pm, Arena Theater will join over 180 art house movie theaters in a nationwide showing of **1984** in protest of President Trump's proposed budget that would eliminate the National Endowment for the Arts and the National Endowment for the Humanities entirely, the first time any president has proposed such a measure. The screening is in support of freedom of speech, respect for our fellow human beings, and the simple truth that there are no such things as 'alternative facts.' Rated 'R', the run time is 110 minutes.

The date was chosen because it's the day George Orwell's protagonist Winston Smith begins rebelling against his oppressive government by keeping a forbidden diary. The participating theater owners also strongly believe in supporting the National Endowment for the Arts and see any attempt to scuttle that program as an attack on free speech and creative expression through entertainment. This event provides a chance for communities around the country to show their unity and have their voices heard.

Orwell's novel begins with the sentence, "It was a bright cold day in April, and the clocks were striking thirteen." Less than three months into the new presidential administration, theater owners collectively believe the clock is already striking thirteen. Orwell's portrait of a government that manufactures its own facts, demands total obedience, and demonizes foreigners as enemies, has never been timelier.

By doing what they do best—showing a movie—the goal is that cinemas can initiate a much-needed community conversation at a time when the existence of facts, and basic human rights are under attack. Through nationwide participation and strength in numbers, these screenings are intended to galvanize people at the crossroads of cinema and community, and bring us together to foster communication and resistance against current efforts to undermine the most basic tenets of our society.

Participating theaters that charge admission will be donating a portion of the proceeds to local charities and organizations, or using the proceeds for the purposes of underwriting future educational and community-related programming.

The film was directed by British filmmaker Michael Radford, and stars John Hurt, Gregor Fisher, Suzanna Hamilton, and Richard Burton in his final film appearance.

The Mendocino County Almost Fringe Festival In Point Arena April 28, 29, 30

The Point Arena Merchants Association brings Mendocino County's Almost Fringe Festival to Point Arena April 28, 29 and 30 with fun events for everyone. Loosely based on the International Fringe Festival, this event is a celebration of all things creative, with multiple venues and diverse offerings throughout the weekend.

The festival begins Friday with art openings at two locations on Main Street. The Coast Highway Artists Collective, from 5:00pm-7pm, featuring the works of Elizabeth Beronich Sheets and Doric Jemison-Ball, as well as poetry and movement by Blake More and a musical guest.

Also from 5pm-7pm, 215 Main hosts David Floyd's Ascension art opening with complimentary hors d'oeuvres, followed by live music from Odd Job Ensemble at 8:00pm. The Pier Chowder House & Tap Room joins the festivities by hosting a five-course Brew Master's Dinner with Georgetown Brewing Company at 6pm (reservations required). After dinner, festival attendees will want to head to Arena Theater for Zepparella, an all female Led Zeppelin cover band, from 9:00pm-11:00pm.

The festival kicks into high gear on Saturday, April 29 at noon with street performers, a Pop-up Art Gallery & Market, and live music. From the stage in City Park, Steve Oli's band will play at Noon, followed by Middle Children's rock-n-roll at 1:30pm and Black Sugar Rose at 3pm with acoustic sounds of country, bluegrass and Americana. Street performers include Tango Dancers in Centennial Plaza from 1:00-2:30pm and the Ukulele Club in the Coast Community Library foyer from 2:30- 3:30, as well as many other surprises.

The Pop-up Art Gallery & Market, located at 235 Main Street (Arena Pharmacy Parking Lot), runs from Noon until 5pm on Saturday. Local artists, artisans, craft folks, and farmers show and sell their wares, including painting, jewelry, clothing, woodwork, etched glass and mixed media. There's a Live Art Painting Demonstration with artist Nicole Ponsler and the debut of Invisible Hero Clothing's Spring Collection of hand-made luxury art clothing for men and women. The Coast Highway Artists Collective hosts live music, with Fast Company at 1:00 and the Keith Abrams Jazz Group at 5:00.

Many Main Street merchants join the fun on Saturday with special events and open houses. Action Network hosts Face Painting from 1:00-4:00, Skinluv Day Spa is offering mini-facial demonstrations, Roots Herbal Apothecary is offering a 15% discount on all locally produced and handcrafted items, Outback Garden & Feed is hosting a Dog Lover's Contest ~ Drop by and guess the

number of treats in the treat jar; winner gets the treat jar and treats; while both Blossom and Little Green Bean will hold open houses with special offerings.

At 3pm The Zen House is hosting the Fringe Art of Motorcycle Collecting with three well-known collectors, John Goldman from San Francisco, Peter Richardson from Hopland and Will Guyan from Gualala. The Point Arena General Store will offer food and Fringe Antics from 12:00-5:00 and Chef Aaron Peters, of Bird Cafe & Supper Club, will host a Pop-up Restaurant serving festival fare in the afternoon.

Point Arena's newest art gallery, The Amulet, will hold it's grand opening on Saturday. MOA/House in the Country will be open from 12:00-4:00, showing art by Gary Amerigian and Josephine Alexander. One of the most unique events, combining both art and nature, is Painting with the Giraffes hosted by B. Bryan Preserve on both Saturday and Sunday. Space is limited and reservations are required. Visit www.bbryanpreserve.com to book your space.

Festival activities reach beyond city limits, including several Farm and Garden Tours. Oz Farm is offering tours from 2:00-4:00 and Windy Hollow Farm is hosting an Open Farm Day with tours of the gardens, greenhouse and trails from 12:00-4:00. Casari Ranch is hosting Picnic Day on the Farm from 11:00-4:00 on both Saturday and Sunday, while Frog Song Farm is hosting Where Art & Gardens Become One, A Garden Tour with artist David Wayne Floyd, from 10:00-5:00 on both Saturday and Sunday.

Another special event, offered by Unbeaten Path Tours is the Photographer's Landscape Fringe Tour on the Point Arena Stornetta Public Lands. Details are at Unbeatenpath-tours.com. After a fringy Saturday afternoon, festival attendees can enjoy more live music at 215 Main, where Ozone BBQ will be jamming from 8:00-11:00.

The festivities continue on Sunday, April 30 with more opportunities to tour Frog Song Farm and Casari Ranch, as well as Painting with the Giraffes at B. Bryan Preserve. The 2017 Point Arena Almost Fringe Festival draws to a close with Franny's Farmhouse Dinner at 215 Main from 5:00-8:00 (reservations required).

For more details on this event, visit the Point Arena Merchants Association website: www.PointArena.net.



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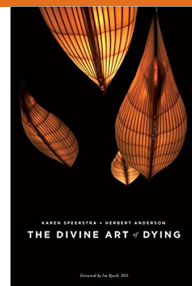
VANESSA



Now that we have your attention,
 Arena Theater presents the National Theatre Live from London Saturday, April 15, 1:00pm. **Saint Joan** by Bernard Shaw is the classic story of Joan: daughter, farm girl, visionary, patriot, king-whisperer, soldier, leader, victor, icon, radical, witch, heretic, saint, martyr, woman. From the torment of the Hundred Years' War, the charismatic Joan of Arc carved a victory that defined France. Bernard Shaw's classic play depicts a woman with all the instinct, zeal and transforming power of a revolutionary. Running time: 2 hours 45 minutes, including a 20-min interval. Josie Rourke (*Les Liaisons Dangereuses*, *The Vote*, *Coriolanus*) directs Gemma Arterton (*Gemma Boverly*, *Nell Gwynn*, *Made in Dagenham*) as Joan of Arc in this electrifying masterpiece.

Four-Eyed Frog Hosts Author Dr. Herbert Anderson • Saturday April 8

Join author Herbert Anderson at Four-Eyed Frog Books in a conversation about, **The Divine Art of Dying**, which provides a well-integrated look at the spiritual dimensions of living fully when the end of life is near. Filled with personal stories, insights from the world's great wisdom traditions, references from literature, movies, and current culture, this book helps us look at dying as a natural part of the cycle of life and provides a practical look at what caregiv-



ers can expect and life decisions that need to be made. Dr. Anderson will be at the Four-Eyed Frog at 4:00pm, Saturday April 8. The Bookstore is in Cypress Village, in Downtown Gualala.

Information is at (707) 884-1333 and www.foureyedfrog.com. All are welcome.

ZEPPARELLA, om cover page

with me, creating a love for guitar-oriented music, and, ultimately, the guitar." Bass player Saris' musical passions span jazz to speed metal, R&B to rock, Cuban to hip-hop, and

flamenco to rockabilly, and she credits John Paul Jones as a main influence. Finally, singer Doughty has worked in classic rock cover bands, jazz bands, funk bands, and she credits her fortuitous meeting with Menn backstage at a Robert Plant concert as bringing the final puzzle piece to the Zepparella family.

Zepparella has toured throughout the United States, opening for the likes of Weezer, Kiss, Y&T, and gracing numerous festival stages, private parties, theaters, and down and dirty rock venues. More information about the band can be found at their website, www.zepparella.com.

Tickets are \$20 general, \$15 youth, available at Four-Eyed Frog Books and Sea Trader in Gualala, Arena Market in Point Arena, Twist in Mendocino and online at www.arenatheater.org. The Arena Theater snack bar will be open



International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike. The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas. And in Point Arena.



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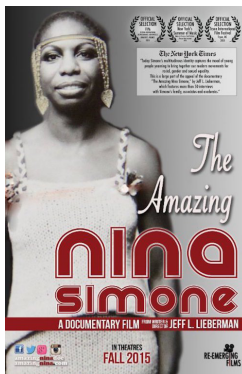
Solution to Crossword:

Nina Simone, James Dean, and Everyone We Know At April's Arena Theater Film Club

To some Nina Simone's music is an acquired taste. To others her music makes an instant connection. Whichever group you're in, Simone is an American original. And on Monday, April 3 at 7:00pm (as part of the 14th Annual Sonoma Mendocino Coast Whale & Jazz Festival) you can decide for yourself. Much beloved and often misunderstood, the story of America's most overlooked musical genius is finally brought to light in *The Amazing Nina Simone*. Director Jeff Lieberman (*Re-Emerging: The Jews of Nigeria*) takes audiences on Nina's journey from the segregated South through the worlds of classical music, jazz joints & international concert halls. Navigating through the twists & turns of the 1960s fight for racial equality, the film delves deep into Nina's artistry and intentions, answering long-held questions behind Nina's most beloved songs, bold style, controversial statements, and the reason she left America.

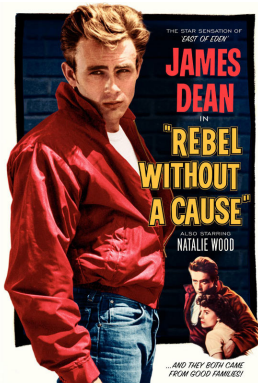
"She was left out of Civil Rights history, erased by jazz critics, and forgotten by most Americans because no one knew how to categorize her greatness," says Lieberman. The evening includes a Q&A with the director via Skype after the film.

But throughout the 1960s, Nina Simone was both loved and feared for her outspoken vision of Black Freedom. Her musical proclamations like "Mississippi Goddam," and her iconic style created an alternative voice



that continues to empower with its unrelenting appeal for justice. Now, Lieberman's documentary reveals the real Nina Simone through over 50 intimate interviews with those who best knew the artistry and intentions of one of America's true musical geniuses charting her journey from classical music and the segregated American South all the way to the south of France where she finally found freedom. Run time is 105 minutes.

On April 10 at 7:00pm the Film Club presents *Rebel Without A Cause*. This is the landmark film that solidified James Dean's image with the public, as they follow the story of rebellious middle-class teens, disenfranchised with their parents, and given



to a life of thuggery and deadly dangerous drag racing to win over women. The film is considered Hollywood's best 50s film of rebellious and restless youth (and sex, drugs, and rock 'n' roll) that spawned many other lesser teen exploitation films in its wake.

Dean was not nominated for his role in this film but was nominated instead for his Best Actor performance as insecure, tortured, neurotic loner and unappreciated son Caleb "Cal" Trask in his first major film role, *East of Eden* (1955). He was also nominated as Best Actor for his performance as Jett Rink in *Giant* (1956).

The time frame of the film's plot is set over a little more than one twenty-four hour period in status-conscious mid-50s Los Angeles, and confined to a limited number of locations. Both the beginning and ending of the film occur at nighttime (late night and early morning hours respectively) and are marked by the sound of approaching and departing police car sirens. The film ends with the fatal transference of Dean's scarlet red-jacket/windbreaker to Mineo. Run time is 111 minutes.



The final selection this month is *Me and You and Everyone We Know*, Monday, April 24 at 7:00pm. It's rated 'R'. In this 2005 film directed by Miranda July, a handful of disparate characters, both adults and children, find themselves navigating the tricky waters of intimacy in this award-winning independent comedy drama.

Eccentric Christine seeks emotional connections in the modern world while newly single shoe salesman Richard copes with his recent separation and his teenage son experiences a sexual awakening.

Me and You and Everyone We Know was the first feature film written and directed by noted performance artist Miranda July.

Arena Theater Association Annual Membership Meeting & Board Election

The Arena Theater Association has announced that its Annual Membership Meeting and Board election will take place on Monday, April 17, from 7:00pm to 9:00pm. Three seats are up for election and the following five candidates are running for a seat on the board: Susan Engwall (Robinson), Dean Fernandez, Tim McMurtry, and incumbents Mitch McFarland and Barbara Pratt. The evening will begin with an Open House from 7-8 p.m., followed by an introduction of the candidates.

Staff and board members will be stationed throughout the theater in areas that are usually restricted to the public such as behind the stage, the projection booth and the Green Room, and they will be available to answer questions about Arena Theater programs, administrative work and board accomplishments.

Everyone is welcome to attend, but only theater members in good standing can vote. People who wish to vote but are not members may join now or that evening. All members are encouraged to take advantage of the newly added option of sustaining memberships which includes two membership cards and admission to the Film Club. The meeting will break with the tradition of a potluck dinner, but everyone is encouraged to bring a dessert to share, the theater will supply coffee and tea. The new board members will be announced by 8:30 p.m.

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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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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Words On Wellness

by Karin Uphoff

Who isn't cheered at seeing the bouncy orange of California's state flower along roadsides, field-edge and garden? The vibrancy of the color alone is food for the soul. *Eschscholzia californica* is a native annual that often grows like a perennial in coastal climates.

Hundreds of years ago, poppies blanketed the land—an orange that could be spotted from miles offshore.

Just along our coast the yellow variety of this flower is dominant, but no matter the



hue; the blue-green leaves, papery flowers and a long deep translucent orange taproot are good medicine. Like the opium poppy, California poppy contains a variety of isoquinoline alkaloids including very small amounts of morphine and codeine. While these famous alkaloids may contribute to the activity of *Eschscholzia* the medicinal properties are likely due to more than a dozen other compounds including flavone glycosides, which are antioxidant, blood-vessel strengtheners.

Petals can be picked and added to foods for flourish or made into tea for a mildly relaxing beverage. The foliage contains a watery white sap that is slightly narcotic, and was traditionally used by Native Americans for relieving toothaches, headaches and re-

ducing spasms. The whole plant treats nervous tension, mild anxiety, allergies, insomnia and bed-wetting in children, plus can be used topically to treat skin sores. This 'California kava' is effective for mild daily anxiety of modern life that causes many people rest-

less sleep and nervousness. It is grounding, normalizing and supportive especially for those feeling depleted and overwhelmed. California poppy is non-toxic but not to be used concurrently with psychiatric medi-

cations.

True poppy power is demonstrated by the fruit - a single long curved seedpod that once very dry and heated by the sun, splits open, popping the seeds everywhere. This seed bursting is so rigorous that it makes a fairly loud sound. In drier conditions the seeds can lie dormant for years and then sprout after a wildfire. Used also as a vibrational medicine, California poppy flower essence helps one develop a balanced contemplative mindset to boost one's ability to think and make sense of life experiences. It helps a person develop self-responsibility and judgment in regards to spiritual affairs and is useful for treating addictions. Next time you have the chance, sit down among the poppies and take in their glow.

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

Rare, Unusual and Beautiful Mendonoma Nature Sightings At The Lighthouse April 16

On Sunday, April 16 Jeanne Jackson will present a stunning slideshow and talk on "Rare, Unusual and Beautiful Mendonoma Nature Sightings" as part of the ongoing Lighthouse Lecture Series at the Point Arena Lighthouse. Jeanne has selected some of her favorite photos submitted for her column to share with the audience. They feature the rarest photos of them all, of a Fata Morgana, a photographable mirage on the ocean. They include a wildflower with what looks like an alien face in the center, a green flash which morphs into a rare blue flash, and then an even rarer violet flash, unusual insects and rare wildflowers. It will be a taste of all things in nature on the Mendonoma coast, including the biggest creature of them all, the Blue Whale. The lecture starts at 4 p.m. in the Fog Signal Building at 45500 Lighthouse Road, Point Arena. Admission is \$5 per person.

Jeanne moved to the coast 21 years ago from the San Francisco Bay Area where she grew up. Eleven years ago she queried Editor/Publisher of the Independent Coast Observer, J. Stephen McLaughlin, about writing a column where people share their nature sightings.

Jackson's popular column has expanded to be one full page (and sometimes more). To further share the many photos she receives every week, she started a daily Sightings blog from her website. Jeanne enjoys hiking with her husband, Richard, and their rescue golden retriever, Sunny, believing that her connection with Nature adds immensely to her life.

For more information or to reserve your seat for the lecture, contact the Point Arena Lighthouse at 707-882-2809 ext. 1.



Create A Blessing Bowl, April 1

Here's something you may not have thought of. How about learning to create Blessing Bowl? I've seen these in homes, at businesses, and have wondered about the craft. Well wonder no more. Create blessing bowls filled with stones decorated with words and phrases that express joy, peace, and more. Lena Bulwill will lead this craft program. All supplies provided, including the abalone shell and stones. Free. Limit 10 people: sign-up sheet is at the library. Starts at 12:30pm.



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Sun. 4/9 Chamber Series Presents: 4 pm
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The Debussy Trio in a Chamber Music concert
At Gualala Arts, Coleman Hall, April 9
In honor of RC and Tina Vasavada

The April Chamber Series at Gualala Arts Center presents The Debussy Trio, with musical styles that range from French impressionism through American jazz-fusion, and include famed film composers and a wide variety of cultural influences. The performance in Coleman Hall is Sunday, April 9, at 4:00pm. Tickets are \$25 in advance, \$5 more the day of the concert and youth age 7 to 17 are free with a paying adult.

Now in its 26th year, the trio includes Marcia Dickstein, harp; Angela Wiegand, flute; David Walther, viola, with the musical styles from French impressionism through American jazz-fusion, and from famed film composers and a wide variety of cultural influences.



The Debussy Trio's unique repertoire of 20th and 21st century music presents a refreshing and exciting change of pace for concert-goers of all ages. Audiences are captivated by the dynamic expressive performances and enjoy the relaxed informal commentary from the stage.

The Debussy Trio's dedication to developing a major repertoire for chamber music with harp, especially flute, viola and harp, has been recognized by such entities as the Aaron Copland Fund of New York, American Composers Forum, National Endowment for the Arts, Meet the Composer and U. S. Fund for Artists at International Festivals.

The Debussy Trio has performed more than 1,500 concerts for over 400,000 young people, from every cultural background and age level. The trio encourages musical adventures for families and kids with The Debussy Trio Music Foundation (DTMF), which

promotes programs of chamber music with harp, flute and viola.

This includes The Debussy Trio in performances of commissioned new works, world premieres, international tours, radio broadcasts, recordings, and Musical Adventures for kids and families.

The Debussy Trio offers concerts for subscription series, interactive Musical Adventures for children, and visiting Artist-in-Residencies for universities.

Recent highlights for the Trio includes performances in Vancouver, Canada, soloist with the

Los Angeles Master Chorale at Walt Disney Concert Hall, and tours coast-to-coast. They have made many appearances on the international concert scene from festivals in Copenhagen, Geneva and Prague to major venues such as the Kennedy Center, Hollywood Bowl and Orange County (CA) Performing Arts Center. They can also be on NPR's St. Paul Sunday, Sundays Live, Performance Today and PBS's Life and Times.

The Trio's latest two CDs feature new works written for the Trio by 15 American composers, available at www.fatrockink.com.

"Inspired by..."
At Gualala Arts
21st Annual Quilt Challenge
Opening Reception April 7

The Gualala Arts' Piecemakers Quilt Guild has been challenging members for 21 years to interpret many different themes, such as Log Cabin, Going Green and Self Portrait. This year, the challenge is "Inspired by..."

Members were challenged to choose something - a photograph, a piece of art (old or new Master work), postcard, scenic view, object d'art - and to felt/stitch and/or quilt their own interpretation in fabric in one, two or three dimensions.

The opening reception for the quilt exhibit is Friday, April 7, 5:00pm to 7:00pm in the Burnett Gallery and Elaine Jacob Foyer. The exhibit will remain through April 30 and is free to the public. Appetizers and wine will be served at the opening.

Inspiration for this year's challenge can come from the theme of the work, such as how were the colors and shapes used, or a thought about the work, says curator for the exhibit, Barbara Dunsmoor. "What would

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Barbara Dunsmoor

Mrs. Monet paint? Maybe she would have painted the fabric, cut it up and reassembled it to look nothing at all like her artist husband's work but it would be her inspiration derived from of his work."

The guild is about 100 members strong and there is a vast range of artistic style and talent. Each year participating members have stretched their artistic talents and really shown their best work in this show.

The show is not juried nor judged, so it encourages creativity at all levels. It is always a great thrill to see someone new to quilting/art quilts show their work alongside long-time quilters.

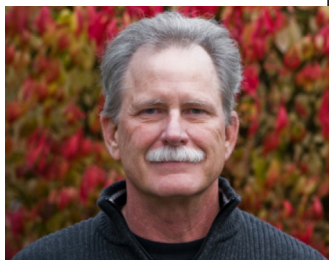
PPQG meets monthly at Gualala Arts Center. Meetings are on the third Friday of each month. Please check the PPQG website at www.PacificPiecemakers.org Meetings feature well-known artists and guild members who conduct workshops and speak to the guild membership.

Clement Binnings, Jr.
Local Author at the Frog
Saturday, April 22

We are always pleased when the word comes down that the Four-Eyed Frog Bookstore will have an author event. Whether local, national, international; whether a first book or simply the latest book, author events give us an opportunity to gain insight into the author, the process, the story. This month the venerable Frog brings us local author Clement Binnings Jr., Saturday April 22 at 4:00pm at the bookstore in Cypress Village, Gualala.



Mr. Binnings takes time at Four-Eyed Frog Books to share another of his metaphysical/visionary fiction novels from "The Grover Series". The first novel in the series, Angel Through the Storms, was a visionary fiction finalist in both the Indie Excellence and USA Best Books contests and received an award from Readers Favorite in Southern Fiction. Its sequel, The Bubble Rule, depicts the battle between the desire-laden ego and its archenemy, the soul. His novels portray the transformative power of calamity, PTSD and dissociation to open the portals of intuition and our potential for cosmic consciousness, reincarnation, teleportation and other intriguing psychic abilities.



This author event is free and open to the public. Information is at the Four-Eyed Frog Bookstore, (707) 884-1333.

Addictions

Notes From The Midwest, Ya Betcha . . . by Sally Marshall

We are creatures of addiction and also easily programmed. This is not a good combination.

Remember the "Marlboro Man"? Those clear blue eyes, bronze tan and, with a Stetson on his blond head, looking like a real man as he cupped his hands around the light for his Marlboro. You can just hear the cattle mooing in the background and the sound of wind on the prairie. I wanted to be there with him.

Back then we were easily beguiled by such images of beautiful people smoking cigarettes, looking worldly, rugged, wise. That is not reality, of course, but we really bought the image, didn't we? Movies back in the 1940s glamorized smoking: Humphrey Bogart in "Casablanca", all the WWII movies. Even the 1973 movie "American Graffiti" had its' rugged drag racing character lighting a cigarette the same way the Marlboro Man did. Health warning labels didn't appear on cigarette packages until 1966, and progressed slowly to more strongly worded warnings later, and by 1970 cigarette advertising was finally banned on TV and radio.

So, when I graduated from high school in 1962, I went into the work-a-day world as a junior secretary and was introduced to cigarettes. All the secretaries smoked in the break room, so it was just a matter of time before I became one of them. I felt so cosmopolitan, lighting up my cigarette and ac-

identally blowing the smoke into someone's face. When the glamour of cigarettes wore off, the addiction was still there, so I tried several times to quit smoking, only going back to the habit again after several months. Even when I was in one of my "quitting" periods, just the smell of a cigarette would get me longing for "just one" (sure). Occasionally I would follow someone down the street who was smoking just to get a whiff (I think this may be considered a form of stalking).

After years of this routine I finally made a plan to quit smoking for good, but it was going to take some time and a lot of determination. I began by quitting smoking in my vehicle, then at work, then when I went out for dinner or to someone's house, and when I was on vacation. Then it was time for the ultimate test - to quit the last place I smoked which was at home. I placed a pack of cigarettes in a drawer in my kitchen that I used all the time. The goal was to see that pack every day and not take a single cigarette from it. After three months, the pack was still full and I threw it away. End of story? Not quite.

I have heard that when you quit one addiction, you tend to replace it with another. That's true. I became addicted to birthday cake. Not the kind that's made at home with loving hands and nutritious ingredients, I mean REAL BIRTHDAY CAKE! The kind you get from a bakery - that light, delicate cake with fluffy white frosting topped with pink rosettes and little green leaves; that dreamy sweet confection that melts in your mouth and sends you into ecstasy. Real Birthday Cake!! I would have this often because the town I was living in at the time had a bakery where they displayed individual slices of birthday cake in little clear plastic boxes - how nice. All the people who worked in this bakery were really fat (no kidding), and after a while I noticed that my clothes seemed to be fitting a bit snugly around my middle. Then, I was sitting in my truck one day when I noticed a large bulge sticking out of my midsection (where did that come from?).

The day of reckoning came when I was heading home from a kayaking trip up river. It was a two-hour drive and so I decided to



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

Solution to Sudoku:

stop at a bakery for a little snack on the way home and purchased a large cream puff, thinking that I would just eat half of it and save the rest (sure). By the time I got home the cream puff was gone, the steering wheel was coated with powdered sugar, the upholstery was a mess and my shirt had powdered sugar all down the front. I went inside, looked in the mirror and looking back at me was the "Sta-Puff Marshmallow Man". (this could have been a sugar-induced hallucination.) It was then I realized that I was out of control.

So, what replaced birthday cake addiction? EXERCISE ADDICTION!

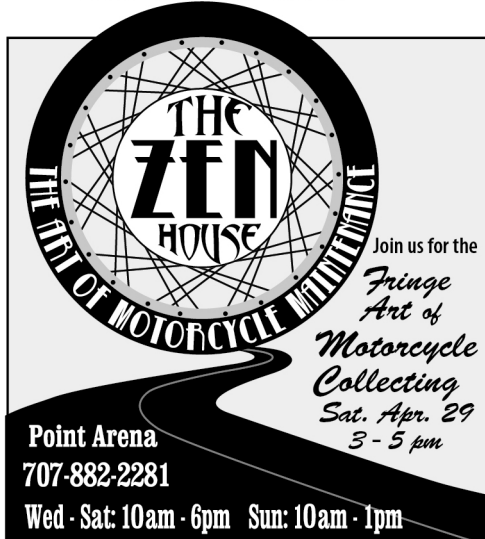
(Cont'd On Page 15)

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Glimpses of Huxley? • by David Steffen

When it comes to conversations, we understand the general boundaries of topicality with our good friends, family members and even some business acquaintances. In general, within those groups almost any topic is allowed with the exception of religion and politics. These two are almost always catalysts that raise the volume and the emotions. In my family, religion was outstripped by politics as a tension-raiser, although I've learned to avoid both topics in any of the family's social get-togethers. Without getting into labels, let's just say that most of my family lives in rural Wisconsin, Indiana, or Alabama.

Navigating family get-togethers has been good preparation for participating in any conversation. It's useful practice for conversing with your boss or employee, client or vendor, representative in local, state, or federal government, or almost any other situation when humans need to speak with one another. (It may also have some application to talking to your dog. But not your cat. Cat's really don't give a shit. You just learn to not take it too personally.)

I assume you know or understand a lot of this but for anyone in doubt consider. In addition to my admonition about politics and religion, the website *The Spruce* has a list of conversation topics to avoid unless, as they write "you are with long-time friends who will love you anyway". Their list: [1] Political Opinions: unless you are at a political rally or convention. [2] Lifestyle pet peeves: unless you are at a function that promotes a specific lifestyle. [3] Age issues: unless you are at an event celebrating an age group. [4] Weight issues: unless you are with a group of people whose goals are to gain or lose weight. [5] Personal finance: unless the other person is your financial advisor or banker. [6] Nitty gritty details about a health problem: unless you are with a group of health professionals who don't get grossed out from talking about blood and other body fluids.

When it comes to personal health, our parents often reassured us by saying "now, now, let me fix that owie", or to dismiss us with the warm and fuzzy phrase "oh just suck it up". Of course there's a wide variance between those two extremes. As adults, most of us have a natural reluctance or inhibition to go public and share personal information with people we don't know, particularly when it's about our health. (If in doubt, see "Nitty Gritty"

above). After all, many feel while it's tough enough sharing deep thoughts with those for whom we have great affection, it can be much harder with casual acquaintances or with people we've just met. In the job market it can be an uncomfortable moment when you're asked—by a stranger—for personal information. I'm pleased to say I have no felony arrests or convictions, but please don't ask me about my weight.

Consider the HR (Human Resources) person getting to know you. Poker fans know that it's best to hold our cards close to our vest, not wanting to prematurely reveal whether we're holding three aces or a pair of twos. Life, like poker, requires a certain measure of caution and openness; probably more of either than we'd care to admit.

Memories of a number of job interviews I've had in my life come to mind. On the one hand I have been fortunate to have peers in business and industry pass my name along for job opportunities, which helped open a door here and there. On the other hand, I've never been the 'talented prospect' sought out by a search firm to fill a vacancy. That being said, I don't ever remember opening the conversation with "Oh, did I tell you I'm 20 pounds overweight and have a mild case of asthma?" What if our meal preference is a large juicy cheeseburger, a side of French fries and a Coke? When HR asks about our favorite restaurant, we may demur and "recommend" that lovely natural foods cafe on Main Street, althwhile our private thoughts decide that "I am not telling her about my cheeseburger diet or about some bender I went on three years ago." Until we're completely comfortable with our new friend or our new or prospective employer, discretion is a good watchword, which brings me to some of our republican friends.

The GOP often sees itself as the self-appointed protector of all things personal, often shouting some outrage about government overreach. The outrage is always there but becomes less credible when they begin mixing their religious beliefs or 'free-market' philosophy with health care. The GOP House members' recent (March 24) unsuccessful effort to repeal the A C A (Obamacare) comes to mind. I had the distinct feeling that they were hoping to replace my healthcare with something based on the design of the first-aid kit that came with my 1980 Toyota. Their effort shows that some people just want to know and control every little thing we do. And here we are reading about the "Preserving Employee Wellness Programs Act" (PEWPA).

As with many bills these days, Congress tends to name it one thing so that it can accomplish something else. This bill is an end-

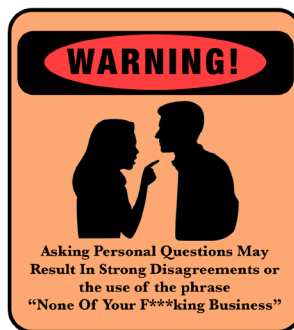
run around GINA (more later). Their desire (with an assist from corporate America) is to protect corporations from hiring anyone who—regardless of the microscopic chance—might somehow, some day, become ill with a disease they inherited or for which they have become susceptible. These, in many cases, can be found in our gene pool. *The New York Times* reported that "House Republicans are proposing legislation aimed at making it easier for companies to gather genetic data from workers and their families, including their children, when they collect it as part of a voluntary wellness program."

PEWPA, was introduced by Representative Virginia Foxx who is—wait for it, a Republican—from, that great state, wait for it, again—North Carolina—who also happens to be the chairwoman of the House Committee on Education and the Workforce. This bill flies in the face of the protections afforded by the 2008 Genetic Information Nondiscrimination Act. GINA clearly states that "it is illegal to discriminate against employees or applicants because of genetic information. . . [And it]prohibits the use of genetic information in making employment decisions." GINA applies to employment agencies, labor organizations and joint labor-management training and apprenticeship programs, etc. Companies are not allowed to request, require or purchase genetic information, and GINA strictly limits the disclosure of genetic information.

The new legislation, PEWPA, would enable companies to coerce employees into participating in wellness programs that could require them to undergo genetic testing and provide genetic information about themselves and their families. Although discriminating against workers with genetic abnormalities would be prohibited, it would be very difficult to prove that discrimination



had taken place. Your boss might cite some other rationale for hiring or firing. In recent years many have simply dismissed the possibility of ever being forced to hand our DNA over to anyone. In the age of Trump, however, it brings to mind Aldous Huxley envisioning a new, genetically matched universe. Test-tube babies produce near-perfect humans (humans?); employees who wouldn't burden our corporate health care plans by harboring the potential of genetically-passed diseases. 80 years ago in *Brave New World* Huxley reminded us: "You shall know the truth, and the truth shall make you mad." Watching the GOP it's possible Huxley's world may arrive sooner than we'd like. Get mad.



San Francisco Poet Charlie Getter Featured April 20
At Third Thursday Poetry in Point Arena
by Blake More

On Thursday, April 20, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature San Francisco Poet Charlie Getter. The reading will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

A SF based poet, Charlie Getter performs poems on the same street corner in San Francisco, every Thursday night, and has for thirteen years, (fourteen in May!). His latest collection is called How to Arrange Physics and Geography to your Advantage, (Seventh Tangent: 2016). His earlier collection of poetry was extolled by the San Francisco Chronicle (August 25th, 2011) as "the work of a poet as beguiling as Dr. Seuss." They've said nothing about this latest book, so it must be some-

what less so. Alan Kaufman, editor of the [Outlaw Bible of American Poetry](#), states:

"Charlie Getter is to street poetry what Wittgenstein was to philosophy: one minute, a wildly ingenious conjecturist articulating the weird and haunting conundrums of our innermost thoughts, the next stomping on our cultural and personal sacred cows like Godzilla in Tokyo. The SF Weekly noted, "Charlie Getter command(s) attention with his bacchanalian charisma." So if you want to see if this is true, you should come see for yourself!

Third Thursday Poetry & Jazz is supported by The Third Thursday Poetry Group, many anonymous donors, and Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

Next Month Marks The Return of The
Waves & Whales 5K Trail Run-Walk

ACORN Partners in Education hosts the 2nd annual Waves & Whales 5K Trail Run-Walk on Saturday, May 13 on the Mendocino Coast in Point Arena. Taking full advantage of the locale, the run will take place on the Point Arena-Stornetta Unit of the California Coastal National Monument. The course begins behind City Hall in the conifer forest off Hwy 1, making its way to the coast, then following the bluffs, winding back into the pine and cypress trees.

Proceeds from the Waves & Whales Trail Run will support ACORN's environmental stewardship program, Students Protecting the Coast, which engages youth in hands-on learning with a focus on conservation and community outreach. Students continue to learn about our coastal landscape and are empowered to use their voice by sharing what they've learned with the community.

ACORN is committed to hosting a sustainable event honoring the natural landscape and educating the larger community. The Run promises to be a worthwhile coastal excursion—runners can expect a rejuvenating run surrounded by natural beauty and the knowledge that they are supporting the continued stewardship of this land by, and for, the next generation.

Details:

- Register online at www.acornpartnersineducation.org. Day-of registration available.
- Cost is \$15 for ages 5-15; \$25 for 16 and older (additional \$5 after April 29th).
- Race begins at 10:00 am.
- Walkers welcome.
- Runners receive organic cotton t-shirt and snacks.
- Age categories and awards.

Gualala Arts Center
Call For 2018 Exhibit Proposals

The Gualala Arts Exhibit Committee welcomes new concepts and proposals for 2018 artists interested in exhibiting in the Gualala Arts Center Burnett Gallery and Elaine Jacob Foyer.

Although the official deadline for artists to submit exhibit proposals for 2018 is April 1, late submissions will be accepted and considered by the committee as replacement exhibits, said Gualala Arts Executive Director, David "Sus" Susalla. "Exhibits are sometimes pulled for one reason or another, so we like to have a back-up plan for when something falls through," Susalla said. "It works very nicely when we have artists with a plan, ready to show."

Artists interested in submitting an exhibit proposal should check the Gualala Arts website at GualalaArts.org and look under the tab "Call to Artist" and go to "How to Propose an Exhibit." Artists should contact the Arts Center at 707-884-1138 after reviewing online materials if more details or help is needed in submitting a proposal.

The Arts Center has two main spaces for exhibits at the Gualala Arts Center: the Burnett Gallery and the Jacob Foyer. In addition, Gualala Arts presents exhibits at the Dolphin Gallery, its members' gallery in downtown Gualala.

The Burnett Gallery is perfect for exhibiting work with controlled lighting needs, as the off-white walls and beige textured carpet allow art pieces to take center stage. The gallery is a separate space with no through traffic which allows exhibit options not available in the foyer. The open ceiling design provides additional creative exhibition space while still maintaining an intimate art experience.

The Elaine Jacob Foyer, the entryway to Gualala Arts Center, is lit primarily with natural lighting from the large front windows. Its two-story wall heights are conducive for

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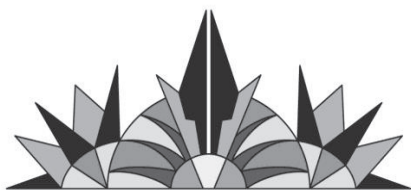
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Point Arena Lighthouse • The Pink Moon, April Night Tours

The Point Arena Lighthouse will have two Full Moon Night Tours in April. The (almost) Full Pink Moon Night Tour will be held on Saturday, April 8 and the Full Pink Moon Night Tour will be held on Monday, April 10. For both tours the Lighthouse gates will open at 7:00pm and the tour will begin around 7:30pm. The evenings feature a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast, and sweet and savory snacks accompanied by champagne or sparkling juice will also be provided. An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$50 for two. Reservations must be made at least three days in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to



potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund. The Lighthouse is located at 45500 Lighthouse Road in Point Arena.

According to the Old Farmer's Almanac, April's Full Pink Moon is so named because this full Moon heralds the appearance of the moss pink, or wild ground phlox—one of the first spring flowers. It is also known as the Sprouting Grass Moon, the Egg Moon, and the Fish Moon.

"These Night Tours have been extremely popular, selling out well in advance many times in the last several months," says Mark Hancock, Point Arena Lighthouse Executive Director. "We do limit the number of guests to 20 so make your reservations early!" More information and reservations are at the Lighthouse at 707-882-2809, ext. 1 at least three days prior to date of your desired tour. *Note: Our thanks to the Redwood Coast Chamber for the moon photo.*

14th Annual Sonoma Mendocino Coast

Whale & Jazz Festival Presents

Jazz Concert & Chowder Tasting

Featuring Barnebey's Hot Four • April 29 at Gualala Arts

A highlight of the annual Whale and Jazz Festival, now in its 14th year, is the Gualala Arts Chowder Challenge happening Saturday, April 29, 11:30am to 2:30pm. This year's event will have a Mardi Gras theme, says Gualala Arts Executive Director, David "Sus" Susalla. "We will have beads and masks and maybe even a parade!" Susalla said.

The Chowder Challenge is also being featured as part of The Fringe Festival organized by Visit Mendocino County, Inc. to highlight arts happenings in April 2017 along the main travel corridors of Mendocino County.

Restaurants who have put the word in and thrown down the gavel so far include Bird Café in Point Arena, Ocean Cove Lodge Bar & Grill in Ocean Cove, The Russian House #1 in Jenner, Anchor Bay Store and the Arts Center's own "Tuesday Guys".

Amateur chefs and community members are always invited to participate as well. Chowder Challenge applications can be downloaded from

the GualalaArts.org website or picked up in person at Gualala Arts Center. Community members and amateur chefs need to call Sara King at 707-884-1138 to coordinate at a time to prepare their home-made chowders in the



Gualala Arts Center kitchen before the event. All chowders must be prepared in a commercial kitchen, Susalla said.

Performing for the tenth year at the Chowder Challenge is Barnebey's Hot Four from Sonoma County, playing New Orleans style jazz in the tradition of the Big Easy. Tom Barnebey is currently cornetist with the Zenith Jazz Band and leads a roaring '20s style quintet called "Beyond Salvation Jazz Band" a "trad" band (Dixieland and ragtime jazz). The Hot Four also includes Robert Young on reeds and cornet, Carl Lunsford on banjo and guitar, and Marty Eggars on string bass.

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Scuttlebutt

by Mitch McFarland

I was raised in a Republican household. My father was an elected official for 14 years and my mother was part of a women's Republican group that visited congress and our congressional representatives. A subsequent Republican Congress member nominated me to the U. S. Merchant Marine Academy. I even campaigned for Barry Goldwater (I was young and innocent).

I mention this because, although I am a Bernie Sanders supporter today, my knowledge and opinions of Republican thought are not based on watching Rachel Maddow. I've been there. As a youth I listened to innumerable private conversations between Republican leaders.

There are basically two kinds of Republicans. The first is the old school types like George Romney, Mark Hatfield, Jacob Javits and Charles Percy. Younger readers will have never heard of these guys (yes, all white guys) as they have been erased from the Republican mind following the Reagan revolution. The closest current politician of this type is John Kasich of Ohio.

This type of Republican believes in the concept of noblesse oblige, what in simple terms means that those in power have some obligation to help those who are powerless. Of course, this does not mean relinquishing any power, but merely acknowledges that those who benefit most from society should help those left behind. This thinking realizes that sometimes our lives are driven by forces outside our control and that a healthy society is one in which virtually everyone has a stake. It leads to less crime and social discord. Also, less revolutions.

The other type of Republican is what I will call the Darwinian type. To them this is a dog-eat-dog world with few rules to constrain anyone from clawing their way to the top and never looking down. These are the government-is-your-enemy folks. This explains why Trump's budget director recently stated that eliminating Meal on Wheels was a compassionate thing to do. How could that be, you may ask? It's simple. He is only focuses on who pays taxes to support Meals on Wheels. The reasons why a person may require this assistance is of no interest to him at all. If you can't make it in this society it is because something is wrong with you. Probably just too lazy.

Trump's budget outline perfectly defines this philosophy. It is based on the belief that the only services government should provide (beside national defense) are those that facilitate commerce (again bringing to mind

defense), thus Trump supports spending money on roads, bridges, airports, and the like because they are necessary for the conduct of business. There is no role for government to assist the arts, the elderly, infirm, or young. Their contribution to society is hard to put dollar signs on, so they can go their own way. To people like Trump money is the only measure of success and only "successful" people are significant members of soci-

"To people like Trump money is the only measure of success and only "successful" people are significant members of society."

ety. That is pretty easy to assume if you were born a rich white guy- and, hey, aren't most Republican politicians rich white guys (and, yes, many Democrats are too)?

Though I mentioned two types of Republicans, there has emerged a splinter group from the Darwinians who believe there is no role for government beyond national defense. They are the ones calling for the "deconstruction of the administrative state". If that sounds like a call for anarchy to you, then you may be on to something.

This creates an interesting contradiction for Trump. While surrounding himself with the Bannon and Steve Miller types who are proponents of eliminating government power, Trump himself is a my-way-or-the-highway guy who craves personal power and demands loyalty to his every whim. I guess he rationalizes this by assuming that power should only belong to him as he alone can be trusted to make decisions.

Mainstream Republicans are watching his approval rating very carefully. They know he has a core of about 35% that will support him even if he does shoot someone on 5th Avenue, but that is not enough to win the midterm elections. The anti-Hillary vote of Independents that Republicans rode in 2016 will be gone in 2018 and if Trump can't bring more supporters over to his side, many Republicans are going to drop him the way many Democrats ran from Obama in 2014.

Closer to home we are all aware of the critical housing shortage that exists in these parts. It has many causes including the fact that lots of people would like to live here.

Can you blame them? Another cause is that many marginal, but potential living spaces have become AirBnB's I'll make no judgement as to that, but it certainly is the case. The very high cost of construction is another factor. Few people around here qualify for a housing loan that would allow them to afford a home here.

The Point Arena City council recently met to discuss this issue. Although I was out of town and missed the meeting, I did read the rather long story in the ICO. The idea that most appealed to me was from Jane Jarlsburg, who suggested some development of tiny houses. This is a nationwide movement towards creating housing that is quite small compared to the MacMansions that developers make the most money building.

I think this idea merits consideration. It would provide some stock of affordable housing while it should assuage the fears of those who oppose low-income housing. These fears stem largely from the notion that low-income housing is often rented to those in society who are struggling and have little or no ability/interest in maintaining property. This would not be the case if the homes were occupied by owners. People have a completely different relationship with property when they own it than when they rent it. A small cluster of tiny owner-occupied homes with a common green space could make for a very nice little community with a mutual interest in maintaining peace and security.

The other big issue facing the City of Point Arena is parking. Although it is not even tourist season yet, finding a place to park in town can be a real challenge during the work day. If Point Arena wants tourists to stop here and spend money, there better be some place for them to stop. The Point Arena Community Action Plan predicts something like an 80% increase in traffic between 2010-2020. Would that suggest there is a need for more parking?

Although longer term solutions are necessary, one quick and easy fix I heard is to lease the lot on the east side of the highway that belongs to Jeff and Laura, the couple who are renovating the motel at the south end of town. They won't get to renovating the East side for some time and in the meantime the security fence could be moved up against the buildings and the lot could be used for, at least, merchant employee parking.



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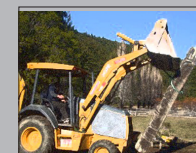
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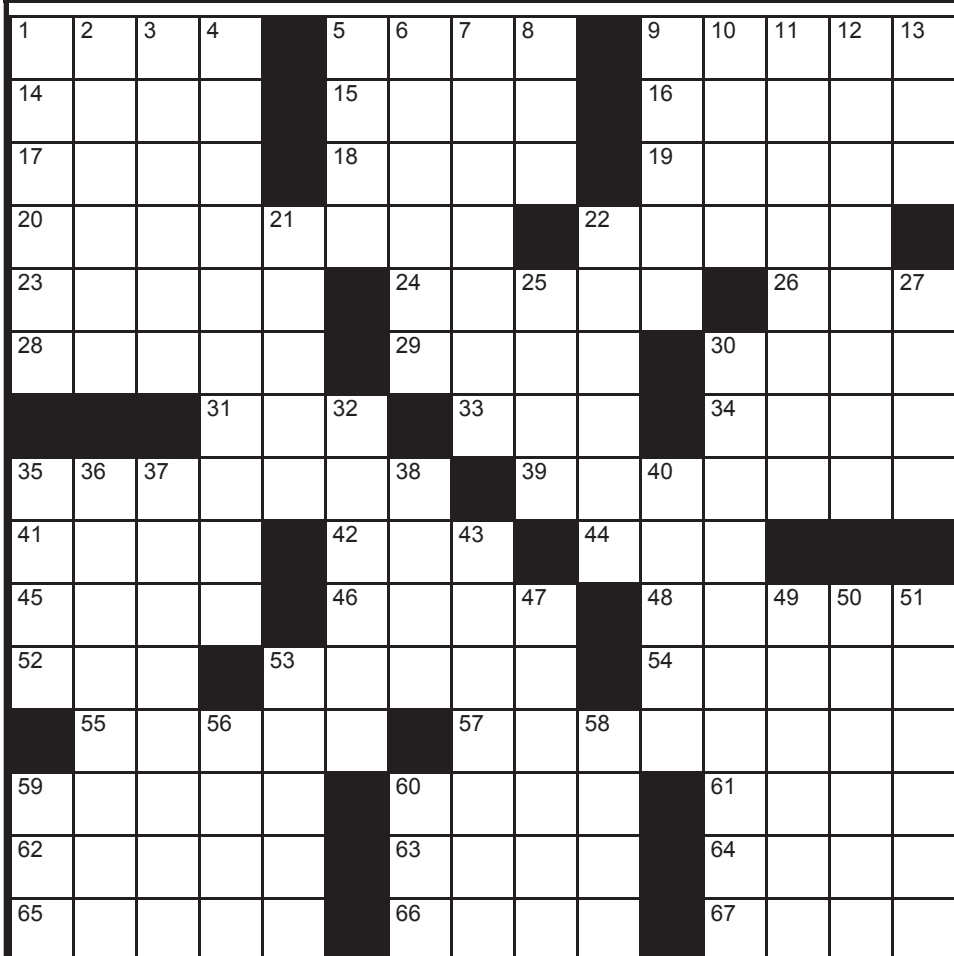
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The Crossword

by Margie E. Burke



ACROSS

1. Quartet member
5. Catch, as flies
9. Contour
14. Bring in the sheaves
15. Auld lang syne
16. Frigid
17. File
18. Barely beat, with "out"
19. Part of UHF
20. Theatrical interval
22. Belief system
23. Knight's need
24. _____ a high note
26. Seafood delicacy
28. Body of art?
29. Barrel of laughs
30. Split
31. 007, for one
33. "MASH" prop
34. Got gray
35. Kabul or Kathmandu
39. Parish residence
41. Cookie brand that offers

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- Cool Mint and Creamsicle flavors
42. Impede, with "down"
44. Go bad
45. Withdraw gradually
46. Party pooper
48. Finish second
52. Fond du _____, Wisconsin
53. Flower feature
54. Indemnify
55. Fragrant wood
57. Below zero
59. Errand boy
60. Leading lady
61. Fishing rod attachment
62. Ticket category
63. Twosome
64. Itmaybealot
65. Word with or beer
66. Forswear
67. Shut (up)
- DOWN

1. Make a collar

2. Primitive shelter
3. Sampler
4. Tyranny
11. Slim Shady, to Eminem
12. Governor, at times
13. Chapter in history
21. Take on
22. Fastening pin
25. It's in a jamb
27. Mini-whirlpool
30. Rickety auto
32. Chatter, to an Aussie
35. Hood
43. Tombstone material
47. One after another?
49. Individually
50. Stalactite site
51. Place for a lace
53. Celebrate
56. Wooded valley
58. Like venison's flavor
59. Blah-blah-blah
60. " _____ not! "

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Out Of The Blue: Three Decades Of Blue Whale Research (Part 2) by Mary Jane Schramm

The mid-1980s discovery of a significant summer/fall feeding population of blue whales and humpback whales off San Francisco, in Greater Farallones National Marine Sanctuary spurred great interest among other scientists, too. Since each blue whale consumes up to four tons of food per day, their presence is an excellent indicator of ocean productivity and health. What's good for the whales is good for commercial fisheries, seabirds and other marine life. The sanctuary is a division of the National Oceanic and Atmospheric Administration (NOAA), dedicated to protecting local marine life and habitats.

The driving question was, "What makes this extraordinary marine ecosystem work?" Cascadia Research Collective's work, pioneered by John Calambokidis in photo-identifying individual whales, was combined with data from NOAA Fisheries cruises and other researchers. Instruments attached to whales recorded environmental and behavioral data including temperatures, dive depth, pitch-and-roll angles, surfacing and acceleration. Instrument packages combined underwater video and audio recorders, and captured blues' behaviors while pursuing prey, their vocalizations, and even feeding blues' proximity to other whales.

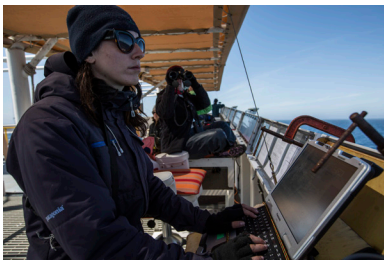
To address specific conservation concerns for resource managers, policy makers and conservation partners, NOAA's Greater Farallones and Cordell Bank national marine sanctuaries, with Point Blue Conservation Science, developed the Applied California Current Ecosystem Studies (ACCESS) program. Since 2004 ACCESS has examined complex relationships among oceanographic processes such as currents, water temperatures and upwelling, and the food web, from tiny ocean plants to giant whales.

NOAA cites the two greatest threats to blues' survival as ship strike and fisheries interaction (mostly entanglement). To reduce blue and humpback whale mortality from vessel strike in the heavily trafficked shipping lanes approaching the Golden Gate – coincidentally some of these whales' feeding hot spots – a special working group

convened. Whale experts and other scientists, shipping industry representatives and conservation groups met and formulated possible solutions. Consequently, shipping lanes were altered, and a voluntary speed reduction program has been piloted for large vessels approaching the Golden Gate. Long-term assessment will determine the success of these and other measures.

Today, NOAA estimates that the original pre-whaling North Pacific blue whale population, estimated at 4,900, is now around 2,000. Our Eastern North Pacific (WA/OR/CA) blue whale stock, at around 1,647 whales, is likely the largest remaining on the planet. Blue whales are no longer hunted, but their slow rate of recovery is troubling: the 2015 U.S. Pacific Marine Mammal Stock Assessments reports, "there is no evidence of a population size increase in this blue whale population since the early 1990s.

ACCESS scientists, John Calambokidis/Cascadia, and others are working closely to implement effective conservation actions and policy to help ensure that this magnificent creature no longer is at imminent risk of extinction. The upcoming May ACCESS research cruise will help further that goal.



Greater Farallones National Marine Sanctuary is proud of its signal role in the early stages of this effort. For an interactive map of whale and other sightings from the ACCESS project in the re-

gion, <http://data.pointblue.org/multimap/aocean/index.php>. To learn more about recent tag deployments on blue and humpback whales off the Mendonoma coast, visit http://www.cascadiaresearch.org/tag_deployments_May2016.htm. And to discover your Greater Farallones National Marine Sanctuary visit <http://farallones.noaa.gov>.

Mary Jane Schramm,
NOAA Greater Farallones
National Marine Sanctuary

Note: Part 1 of this article is in our March issue at www.thelighthousepeddler.net
Mary Jane Schramm can be reached through the NOAA Greater Farallones National Marine Sanctuary (415) 530-5360.

ADDICTIONS from page 9.

I joined a gym at the local hospital that had all kinds of exercise equipment and attacked with gusto the treadmill, elliptical, stationary bicycle, rowing machine, and onto classes in aerobic dance. Then I started lifting weights, competing for space at the benches with all the jocks who were usually grunting, sweating and sometimes turning various shades of purple. These guys really knew what weight lifting was all about as evidenced by the gorgeous muscular builds (that's not why I hung out there). The ones who had been doing this forever wore special outfits that revealed the torso just to the limit of being kicked out of the gym for indecent exposure. I really got into the weights and worked out with the kind of aggression seldom seen in a petite senior citizen (I think the jocks were actually a little afraid of me). I was starting to look like a linebacker from all this weight lifting, so I decided I'd better tone down my routine to a more reasonable level and quit the weights (and all the jocks breathed a sigh of relief).

That's when I discovered Tai Chi – beautiful, graceful movements like a dance in slow motion, Tai Chi is a perfect fit for older adults. I made learning the Form my ultimate exercise goal. I practiced and practiced the

group of postures to get the sequence correct and learned how to flow into each posture while shifting from one leg to the other (Yin and Yang). It took me three years to learn the Form well enough to consider teaching it. When I demonstrated the Form for my teacher, his first comment was "I thought you would never learn this", and then he asked me to substitute teach for him. OK. So, I teach Tai Chi now, mostly to seniors who are all very enthusiastic about it.

I never went back to smoking, although I still enjoy the fragrance of a cigarette, cigar, pipe and, after all these years, still sometimes long for just one smoke. My body has lost the extra fat so I fit into my clothes again, and I continue to exercise every day to keep in shape.

So, whatever happened to the Marlboro Man? My research revealed that three of them died of lung cancer, and one of emphysema – how sad. into my clothes again, and I continue to exercise every day to keep in shape.

So, whatever happened to the Marlboro Man? My research revealed that three of them died of lung cancer, and one of emphysema – how sad.

Eugene Onegin

Arena Theater Presents Tchaikovsky's Opera Live in HD from Met
Saturday, April 22



In this production of *Eugene Onegin*, Anna Netrebko reprises one of her most acclaimed roles as Tatiana, the naïve heroine of Tchaikovsky's opera, adapted from Pushkin's classic novel. Dmitri Hvorostovsky stars as the title character, who rejects Tatiana's love until it's too late. Robin Ticciati, Music Director of Glyndebourne Festival Opera, conducts the revival of Deborah Warner's staging, which opened the Met's 2013-14 season. Alexey Dolgov sings the role of Onegin's friend-turned-rival, Lenski, with Elena Maximova as Tatiana's sister Olga and Stefan Kocán as Prince Gremin.

Tchaikovsky's many moods—tender, grand, melancholy—are all given free rein in *Eugene Onegin*. The opera is based on

Pushkin's iconic verse novel, which re-imagines the Byronic romantic anti-hero as the definitive bored Russian aristocrat caught between convention and ennui; Tchaikovsky, similarly, took Western European operatic forms and transformed them into an authentic and undeniably Russian work. At the core of the opera is the young girl Tatiana, who grows from a sentimental adolescent into a complete woman in one of the operatic stage's most convincing character developments.

The opera is Saturday, April 22, 9:55am, doors 9:15am. Conductor: Robin Ticciati. Approximate runtime: 4:00 with two Intermissions. Tickets: \$24, \$22 senior, \$18 youth (18 and under). www.arenatheater.org

Shoulder The Lion • A Special Film Screening
April 22 at Gualala Arts

Gualala Arts presents a special screening of a new documentary film featuring local artist and photographer Alice Wingwall, along with two other artists who have been challenged to redefine the meaning of their art through the loss of sensory perceptions. *Shoulder The Lion* is a film that excites the senses and invites the audience to answer for themselves what it takes to persevere through uncertainty and loss, in the process redefining what is possible not only for its film subjects but for the entire documentary genre.

The film screening will be held Saturday, April 22, at 7:00pm in Coleman Hall. The screening is free and includes a question and answer session with



of what she should be to the world. Dallam lost half her brain in a boxing match and with that her self-censorship as an artist. The film

Million Dollar Baby is inspired by her story.

Shoulder the Lion attempts to ask what it takes for someone to keep on going, in times of uncertainty and uses unique form to produce the answers. The film has 14 awards including the International Film Critics Awards. The film has played in over 20 countries in North America, South America, Europe, Asia and the Mid-East.

Director and Editor Erinnisse Rebisz, is a seasoned editor for television and film, born and based in New York City. Patryk Rebisz, from Poland but



directors Erinnisse and Patryk Rebisz and Wingwall, who lives on The Sea Ranch with her husband, architect Donlyn Lyndon. The film follows Wingwall and two other artists who have lost the very sense that defines their art, but who refuse to cease living, choosing instead to live courageously.

In the year 2000, Wingwall lost her sight after decades of genetic retinal degeneration. Through that period she had a career as a sculptor and photographer with work installations around the United States and the French countryside. In the film, Wingwall questions the power of images in today's visually saturated culture.

Also featured is Graham Sharpe, a musician, forced to give up his dream of playing music due debilitating tinnitus. Sharpe found his calling in life at age 16: to play music. Four years ago everything changed with the development of his disability. The thing he loves the most—the music—is now the cause of great pain. But he is finding solace in song writing and organizing the renowned festival Knockanstockan in his homeland of Ireland.

Finally, Katie Dallam, a sculptor and painter who was severely injured in a boxing match, searches for her place in life, unsure

residing in New York City, is a Director/Director of Photography. *Shoulder the Lion* is Patryk's debut in a role of a feature-length director. Not present at the screening is co-producer Zeberiah Newman. Seven years ago Mr. Newman transitioned his career to behind the scenes working in development and on location as a field producer. He is now based in Los Angeles.

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Manjula Dean, Oils & Drawings • Gualala Arts Basket Makers
Dolphin Gallery Exhibit & Opening Reception Saturday April 1

For her first two-person show at The Dolphin Gallery, local two-dimensional artist Manjula Dean has assembled a collection of paintings that draws on the aesthetic tradi-



tions of South Asian painting and textile art to reflect her lifelong study of yoga philosophy and her interest in Hindu, Buddhist, and Islamic tradi-

tions. The opening reception for this exhibit with Gualala Arts Basket Makers is Saturday, April 1, 5:00pm to 7:00pm. The evening is free to the public. Wine and appetizers will be served at the opening.

The works in this exhibit are inspired by geometric motifs such as Islamic tiled patterns, shamsas (sunbursts), and yantras (devices for concentration). "I've always loved the beauty and optical effects of complex geometric patterning, and I'm equally fascinated by its cross-cultural symbolism. In my own work, I've been using geometry to explore the polarity of conceptual structure and organic chaos," Dean said.

Dean is a patient painter. She says, "I paint slowly and change my mind a lot. I definitely wipe off as much paint as I apply. I like working with thin, translucent layers of paint which I find a bit easier to make luminous

with oil." The tradition of basketry predates written history, but in this show at The Dolphin Gallery the Gualala Arts Basket Makers (GAB) apply ancient skills in innovative ways, combining craft and art form to transform ordinary materials into extraordinary collectibles.

This is the third show at the Dolphin Gallery for this group that began as a 2005 class in pine needle basket making at Gualala Arts. In 2007, long-time director Gerda Randolph organized the first Dolphin Gallery show and set up regular meetings for the group. Members gather once a month, usually on the second Thursday, for demonstrations and to share ideas about techniques, materials, design and to develop new concepts, solve technical problems, and provide encouragement.



Designs range from weaving with traditional grasses, corn husks, pine needles, kelp or other organic materials to an array of found or manufactured items. One of

the delightful aspects of these baskets is how members incorporate and assemble materials in surprising and creative ways. The definition of what constitutes a basket is liberally interpreted, so artists are free to explore a myriad of possibilities. The exhibit continues through Sunday, April 30.

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The Whale & Jazz Festival Means Music, Film, Poetry & More



Here's the schedule for the 14th Annual Sonoma Mendocino Coast Whale and Jazz Festival:

- Arena Theater, Monday, April 3, at 7 p.m. "The Amazing Nina Simone" is a 2015 documentary by Jeff Lieberman and there will be a Skype session with the director following the screening hosted by Fred Adler, Festival Music Coordinator. Arena Theater Film Club and Arena Theater Association members can attend the screening for free; guests pay \$10 each.
- Friday, April 7, St. Orres & Jazz, seatings at 6:00pm and 8:00pm. Susan Sutton keyboard, Joel Kruzic guitar & bass. Call 884-3335 or visit saintorres.com
- Thursday, April 13 at the Sea Ranch Lodge, Fireside Room and Jazz at 6:00pm. Quartet Enchantment with Harrison Goldberg on reeds; Chris Doering playing seven string guitar; Don Watanabe on upright bass; and Gabe Yanez playing drums.
- Saturday, April 15, at 215 Main in Point Arena, 215 Main and Jazz at 7:00pm with Kosmic Debris.
- Poetry and Jazz at 215 Main on Thursday, April 20, at 7:30pm with San Francisco Poet Charlie Getter.
- On Thursday, April 27, at 7:00pm at Gualala Arts Center, on, Jodi Smith of the Naked Whale Research will be once again talking about the latest insights on whale behavior and issues affecting their ocean habitat.
- For the tenth year in a row, Barnebey's Hot Four New Orleans style jazz band will be playing at the Chowder Challenge at Gualala Arts, and Mardi Gras will be the theme this year, promising a rollicking fun-filled good time. The Chowder Challenge is Saturday, April 29, 11:30am to 2:30pm. Many local restaurants are planning to participate, including Bird Café in Point Arena, Ocean Cove Lodge Bar and Grill, Anchor Bay Store, The Russian House No. 1 in Jenner, the Gualala Arts Center Tuesday Guys and, of course, defending champion The Pier Chowder House and Tap Room. Community members and amateur chefs are encouraged to participate and should contact Sara King at Gualala Arts at 884-1138 to coordinate their efforts. All chowder must be cooked in a professional kitchen, so community chefs will need to make their chowder in the arts center kitchen.
- The Russian House No. 1 and Jazz in Jenner, May 14, 5:30pm to 8:30pm, with Harrison Goldberg on reeds and Rob Ellis on keyboard.
- Saturday, May 20, Annapolis Winery and Jazz, 1:00pm to 4:00pm with the Yancie Taylor Trio. Taylor is on vibes, Greg Hester on Keyboard and Rob Wright will play bass.

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