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Pianist Larry Vuckovich **Bringing Whale & Jazz To A Perfect Finale**

Of all of the jazz players on the coast, the one who needs little (if any) introduction is Larry Vuckovich. His enormous talent belies the story of his journey. When one hears that he was born in Europe—in Kotor, a small Mon-

tenegrin coastal town in the former Yugoslavia—his story sounds similar to other musicians from Europe influenced by American Jazz. Vuckovich was a classically-trained pianist as a child, but was also drawn to the jazz recordings he heard

on Armed Forces Radio and Voice of America during World War II and the Communist regime that followed. During the immediate post-World War II years, Yugoslavia's "communists took his home, including the family piano, and imprisoned his father and brother.

Jazz came to symbolize freedom. Finally, in 1951, when he was 14, his family was granted political asylum in the United States, arriving in San Francisco at the height of a flourishing jazz scene."

> Influenced by jazz on Bay-area radio stations and the flourishing club scene one might say the outcome was inevitable. Who wouldn't be influenced watching some of the greats perform in local clubs? He heard some of these up and

coming players: Miles Davis, John Coltrane, Dizzy Gillespie, Bill Evans. The 'who's who' list continued to expand: he met Cal Tjader, Vince Guaraldi, Irene Kral, David Allyn, Mel Tormé, and Jon Hendricks. He's recorded,

Continued on Page 3

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FROM THE EDITOR'S DESK

Summer activities continue to dominate life on the coast. There's much to choose from including films, music, dance (including lessons,) and so much more.

The Whale & Jazz Festival Finale with pianist Larry Vuckovich is Saturday, June 25th at Gualala Arts. (Cover, and page 3.)

Tango is a topic this month, a style of music, and a dance. Check out **Tango! Tango! Tango**. (Page 3.)

Local musician and artist **Harrison Goldberg** is profiled by the Lighthouse Peddler's David Steffen. (Page. 4).

The Mendocino Film Festival presents 9 films in 88 minutes at **Arena Theater** on June 5. (Page 5.)

Ukiah poet Michael Riedell is the headliner at June's Third Thursday Poetry at **Point Arena's 215 Main.** (Page 6.)

Cante Flamenco and Guitar is on tap at 215 Main in Point Arena. (Page 6.)

This month's **Sudoku** puzzle is here to challenge you. (Page 6.)

Performance artist **Sherry Glaser** brings *Taking The High Road* to **Arena Theater** on June 18. (Page 6.)

This month's **crossword puzzle solution** (not that you need it.) (Page 3.)

A **Coastal Spring Rejuvenation** is on the mind of local writer Seve Cardosi. (Page 7.) Some late stories can be found in **News & Notes From The Peddler In Box** (Page 7.)

The Dolphin Gallery in Gualala features the drawings of **CC Case**, and the pottery of **Harald Eric Nordvold**. (Page 8.)

London's National Theater presents *Hangmen,* live from London. This on-screen live production is at **Arena Theater**. (Page 8.)

Photographs confirming the beauty of the **Cordell Bank National Marine Sanctuary** are on display at **Gualala Arts** in June. (Page 9.)

Roger Steffens' Bob Marley in a multi-media presentation at Gualala Arts. (Page 9.)

Find out who **the Flamingos** are and why they're on the Coast. (Page 10.)

This month's **Sudoku puzzle solution**. is here to confirm your answers. (Page 10.)

California-based hard rock band **Ampage performs at Arena Theater** on Saturday June 4. (Page 10).

The Mendonoma Chamber Chorus performs June 26 at Gualala Arts.

The travelers have checked in once more. Read **Scuttlebutt** to catch up with **Mitch McFarland** on the travels he and Madeline Kibbe are sharing. They are on the road with a report from America's Gulf Coast and the parts of the East Coast. (Page 11.)

For those of you looking up at the sky (instead of somewhere else), we have this month's **New Moon/Full Moon information**. (Page 11.)

Contributor **Karin Uphoff** checks in to remind us that going barefoot is not just for the beach in this month's **Words on Wellness**. (Page 12.)

The Peddler's **David Steffen** turns his thoughts to Politics, including his thoughts on **Mr. T** (not the actor.) (Page 13.)

Arena Theater Film Club ranges from under ground to the moon above with *Sliding Doors* (6th), *Moonstruck* (13th), and *Kontroll* (27th). (Page 14.)

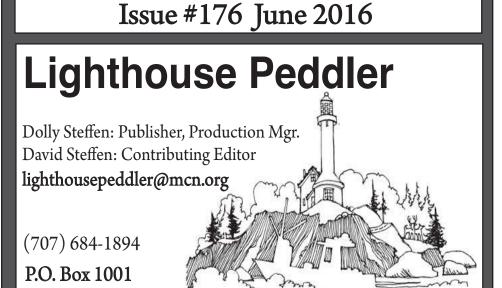
The June Crossword Puzzle is here. (Page 15).



ADVERTISERS INDEX

215 Main	7, 9	Little Green Bean	5
Action Network	10	Mar Vista	13
Anchor Bay Store	5	Mendocino Film Festival	Cover
Arena Frame	7	MTA	14
Arena Pharmacy	7	Office Source	12
Arena Market and Cafe	9	Outback Garden and Feed	back cover
Arena Tech Center	15	Oz Farm	7
Arena Theater	3, 11	Patty Craven	8
B Bryan Preserve	cover	Peter McCann P.T.	13
Banana Belt Properties	13	Phillips Insurance	4
Bed and Bone	12	Pier Chowder House	2
Cove Coffee	15	Pizzas & Cream	14
Denise Green	9	Point Arena Light Station	14
Dream Catcher Interiors	3	Red Stella	13
Four-Eyed Frog Bookstore	5	Redwood Coast Chamber of Comme	erce 4
Garcia River Casino	8	Redwood Credit Union	16
Green Room, The	4	Rollerville Café	5
Gualala Arts	6	Roots	5
Gualala Bldg. Supply	7	Sea Trader	12
Gualala Supermarket	12	Synergy Yoga/Surf Therapy Yoga	. 5
Healing Arts and Massage	13	The Loft	4
Ibis	10	Transformational Bodywork	3
Ignacio Health Insurance Services	10	UnedaEat	8
Jasper Brady	12	Wellness on the Coast	14
KGUA	14	Zen House Motorcycles	10
KTDE	12	Village Bootery	5
KZYX	15		

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I was thrown out of college for cheating on the metaphysics exam; I looked into the soul of the boy sitting next to me.

Woody Allen



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Solution to Crossword:

Tango? Tango! Forget What You Think You Know. (It's Goood)

A few years ago, my friend Mary was the Program Director of KZYX public radio. She told me that there would be a change in Wednesday afternoon program hosts. Joining the station was Larry Sawyer, and he would play two hours of tango music every other Wednesday afternoon. I wasn't that enthused. I immediately flashed to old scratchy 78 RPM records that my great aunt used to play. Over and Over. Much to my surprise, Mr. Sawyer convinced me

through the music he played that there was far more to Tango than I ever imagined. I bring that personal revelation to an upcoming event at Gualala Arts.

"A Taste of Tango" is an evening of dance and live music set for Satur-

day, June 18, 7:30pm at Coleman Hall. It begs the question: Have you ever wanted to explore the drama and passion of Tango but had your own reservations about telling anyone? The creators of this event invite us to "come imagine you're in Buenos Aires for just one day. Learn about this mesmerizing art form – both its music and dance." This two-part event culminates with an Evening of Dance for Tango lovers from all levels.

Participants all have the option of attending one or both of the Argentine experiences being offered. In addition to listening and dancing to the music of Trio Garufa, you can participate in an Argentine Tango Introductory Class for those wishing to learn

about the dance and music.

Without the music, you wouldn't be dancing, or swaying, or moving your feet. Fortunately, Milonga is a Tango Dance Party with Trio Garufa (an international ensemble dedicated to authenticity in Argentine music.) Based in San Francisco, they've toured across Argentina, Canada, Colombia and the United States since their 2001 debut, performing traditional Argentine tango as well as modern tango from Astor Piazzolla,

Argentine folk music, original compositions and electro-tango.

As a tantalizing option, there will also be an Introductory Class at Coleman Hall from 3:00pm to 5:00pm. Attend the two-hour introduction to

Argentine Tango Workshop taught by Albion's Larry M. Sawyer, co-author of "The Temptation to Tango." Learn about Tango's origins, evolution and varied music styles. Explore basic dance techniques and the unique culture of the Tango dance floor. You may not leave the dance floor moving like Juan Carlos Copes or Maria Nieves, but you'll have a solid foundation to work from and the ability to attend any future class or Milonga with confidence. Tickets are available at www.brownpapertickets.com at Gualala Arts or the Dolphin Gallery.

(P.S. Please. Don't tell Larry about my not wanting to hear Tango then, but please do tell him about my wanting to hear it now.)



VUCKOVICH from cover

He's recorded, toured, been influenced by some, and influenced others.

The Whale & Jazz Finale, Saturday June 25th should be one for the books. It's a little out of the ordinary to telegraph a play-by-play before the event, but it's detailed here to remind you that this will be a special event and not one to be missed.

The evening will begin with a moving film clip of "The Divine One," Sarah Vaughan, singing "Misty" in live performance. Then the concert will move to this revered composer of "Misty", pianist Erroll Garner, playing his classic composition live in Brussels. Next, Larry Vuckovich will take center spotlight of the Coleman Hall stage, performing Garner's masterpiece in the composer's original gorgeous and rhapsodic style. The unique concert will continue in this vein, includ-

ing live music demonstrations, coupled with archival clips of varied sounds and styles throughout the decades. A special tribute to the Nat King Cole trio will also be featured, among other surprises. Not to be overlooked, Vuchovich will be joined by amazing musicians: Josh Workman; guitar, and Jeff Chambers; upright bass, will bring to life highlights of the evolving styles of influential legends of their instruments. Festival coordinator, Fred Adler, will act as host and narrator.

Tickets are \$28 in advance, \$5 more day of performance; youth 7 – 17 admitted free. For advance purchase, visit Brown Paper Tickets or call them at 1-800-838-3006. To purchase in person, visit the Gualala Arts Center or Dolphin Gallery in Gualala.

When you read "historic finale", consider it truth. Emes.

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Short Films: Only Human

National Theatre Live

from London

Saturday June 25 1 PM

Hangmen

Arena Theater Film Club

Mondays 7 PM

214 Main Street Point Arena

June 6 *Sliding Doors*

June 13 *Moonstruck*

June 27 Kontroll

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To me, boxing is like a ballet, except there's no music, no choreography, and the dancers hit each other.

Jack Handey

the green

Cannabis Wellness on the

Mendocino Coast

Harrison Goldberg: Inspired By Music, Baseball, Art, And Life On The Coast

Musicians of all kinds can be impressive but it's clear I'm a sucker for the Saxophone. In the 1970s and 80s I worked with a long list of marvelous musicians in pop, Americana, R&B, AC (adult contemporary), jazz, classical and more. And I collected vinyl records and CDs for years. But like music lovers of all genres, I had my real favorites and surprisingly (to me) I had a respectable jazz collection of a couple of hundred titles. The appreciation for jazz began with a visit to a record store in Chicago's Old Town and the

random purchase of a used vinyl gem: Jazz Workshop Revisited, a live album by saxophonist Julian "Cannonball" Adderley on the Riverside label. Some weeks



lfred B. Hansted photo 2012

or months later there was the purchase of the new John Coltrane album, A Love Supreme. Music is at once both personal and social, and finding common ground as listeners or as performer and audience, plays on our emotional component. Moving to the coast I've made any number of new friends. And one of them is a particularly impressive musician.

On first glance, Harrison Goldberg appears to be like so many of us. On the Mendocino Coast we are all influenced by the environment, and I'm not just talking weather here. There's an effort to enjoy the coastal life: work, creativity, romance, intellect, and so on. In short, living. That being said, on closer inspection and getting to know Harrison, you can see that he savors life here and incorporates the influences into his creative gifts. Most obvious are his musical gifts. He's a multi-instrumentalist,

but the heart of his music is about the sax. He doesn't just perform. He writes, he records, he pushes himself to continue the creative journey.

There he was, on stage, during a recent performance at Point Arena's intimate pub 215 Main. As he started playing "Take Five" I wondered at first just why he'd elect to perform one of the most recognized songs on the planet. As he played, the familiarity was there, yet to his credit he made it sound fresh, and not clichéd.

Harrison Goldberg was much like other

impressive players I've known and heard. But it was, after all, a trio. Seeing him on stage, there appears to be a distinction between the extrovert composer-musician as a performer, and his slightly more understated role as em-

cee. Between songs he tends to defer intros and outros to those performing with him, making certain they each receive sufficient attention, before introducing himself with a bit less volume. Harrison has the chops, yet he doesn't work at making himself the single center of attention. For example, Goldberg placed a noted emphasis on the vocals and piano work of Rob Ellis, and bassist Joel Kruzic. And deservedly so. The result is that you listen to the whole, ultimately forming your own opinion as to which part of the performance, which one of the three musicians spoke most directly to you. This approach—at least as viewed through my observations at a recent show-make the performance far more enjoyable.

A surprising side of Harrison's creative output is his painting, which includes a gallery opening at Red Shoes Gallery, 1040 North Dutton Avenue, Santa Rosa this month. His use of color, texture, and inspiration are compelling and worth seeing in person. Samples of his art are on his website—www.harrisongoldbergarts.com. Opening receptions on Friday and Saturday June 24 and 25. The paintings will be on display through mid-July.

Recently Goldberg has been developing a project he's titled "Imagine If Jazz Were Like Baseball", and before you jump to any conclusions, this isn't a casual (or trivial) take on jazz and jazz musicians. And the work is certainly not meant to be a transposition of, for example, earlier cleverness like the 1910 baseball poem by Franklin Pierce Adams, "Tinker to Evers to Chance". Rather this is Goldberg flexing his creative muscle and

offering a thoughtful, enjoyable, and highlylistenable experience as he talks through his imagined game, supported with an appropriately-flavored jazz rhythm section.

Like professional athletes across multiple sports, jazz musicians have long had nicknames. Digging deep we might find that one or two were perhaps a little less than organic (created by a musician as a self indulgent sobriquet). But the vast majority were gifts from other players or fans or family members. Louis Armstrong, for example, was reportedly called Satchelmouth early on, some say due to his large mouth. Apparently even Satchelmouth needed a nickname, hence the abbreviated Satchmo. In addition to Armstrong, Goldberg brings numerous familiar nicknames to the project. Names like "Bird" (Charlie Parker), "Trane" (John

Coltrane), "Cannonball' (Julian Adderley), (Wil-"Count" liam James Basie), "Duke" (Edward Kennedy Ellington), and so on. Although you need the soft musical backdrop to fully appreciate the ef-



fort, here's a brief passage from "Imagine If Jazz were Like Baseball":

"It's bases loaded with two outs in the bottom of the ninth
Three to two count on the batter and the game is all tied up.
Then back up to the plate he steps,
Cannonball Adderley, his fearsome alto
Brushing a wide chest.
The crowd yells Mercy, Mercy!'
And you can hear that horn man blowing loud and steady,
Swinging mightily with his sax."

Goldberg's imagery is playful, thoughtful, evocative. In this brief excerpt from his creation we can easily see Adderley standing in the batter's box with his saxophone, not a bat. And the baseball-loving crowd knew immediately that "Mercy, Mercy!" was the perfect cheer. With luck this new creative work will find its way to a recording in the near future so that we can all savor it at home, without requiring a drive to the ballpark. After all, music and the images it conjures up are to be enjoyed wherever we are most comfortable. But Harrison knew that from the first moment he started creating "Imagine If Jazz were Like Baseball". Catch Harrison Goldberg at one of his regular performances on or near the Mendocino coast. You won't be disappointed. In fact, it might be the cure for what ails you.

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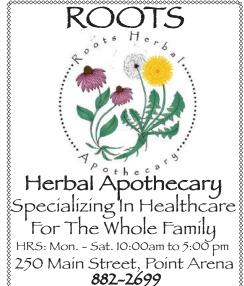


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Dance like it hurts, Love like you need money, Work when people are watching.

Scott Adams from The Way of the Weasel.

Mendocino Film Festival's Includes Arena Theater June 5th

Arena Theater continues to be an amazing place to see a film, or two, or nine. It's a theater transformed over the past two decades. Today's Arena Theater is a a warm, inviting, comfortable place to see a film. And for variety, or bragging rights, or absolute love of films, on the first Sunday in June you can see nine films in less than two hours.

Curated by Ann Walker and Kira Wojack and featuring two 2016 Academy Award Winners, the program offers a "sometimes touching, sometimes funny, always entertaining look at the triumphs and travails of being human, with all the messiness and glory that entails," Walker said. The lineup of shorts from around the world includes Right Person for the Job, Play Date, Bear Story, Stutterer, The Present, 5 Stone of Lead, Papa, Till Then, and Night Shift. All together the films have a total runtime of 88 minutes. Bear Story and Till Then screened at Arena Theater during the Manhattan Short Film Festival last year with the latter voted audience favorite.

The Eleventh Annual Mendocino Film Festival continues June 2 to 5. For more information and a complete festival program, visit www.MendocinoFilmFestival.org. For a brief overview of the films, keep reading.

SHORT FILMS PROGRAM: ONLY HUMAN

Right Person for the Job

Directed by Wilfried Méance. Recently unemployed 55-year-old Jean anxiously awaits his interview at an employment center. Little does he know that Rémi, his lazy 30-year-old advisor, just wants Jean out of his office so he can go home for the day. 7 min.

Play Date

Directed by Paige Morrow Kimball. A bright young girl who has trouble getting her busy parents to notice her befriends a homeless woman and invites her inside for a playdate. 16 min.

Stutterer

Directed by Benjamin Cleary. A lonely typographer with a cruel speech impediment

eloquent inner voice must face his greatest fear: meeting the woman he loves. 13 min. A c a d e m y * Award Winner (2016).

that obscures his

The Present

Directed by Jacob Frey. A boy receives a



puppy as a gift but is dismayed to discover that it's missing a paw. The puppy doesn't seem to notice the missing limb, however. Will this happy -go-lucky present be able to win his sullen new owner's heart? 4 min.



Bear Story

Directed by Gabriel Osorio. An o BEAR-STORY1_2016-2 ld bear sets up a small wooden diorama of his own invention on a busy street corner. For a coin, passersby can watch a story unfold inside the box: the story of a circus bear who longs to escape and return to his family. 11 min. 2016 Academy® Award Winner.

5 Stone of Lead

Directed by Jonny Madderson. On the west coast of Ireland, kids don't dream about winning the World Cup—they dream about being championship jockeys. This is the story of one such youngster, tiny and cheerful 12- year- old Dylan. Will he be able make a name for himself at the Glenbeigh Races? 6 min.

Papa

Directed by Natalie Labarre. An eccentric inventor realizes he's not a perfect father, so one day he builds one. 7 min.

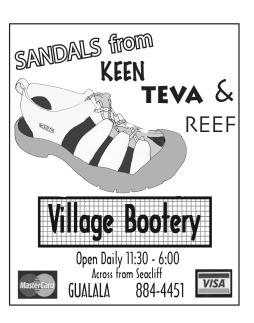
Till Then

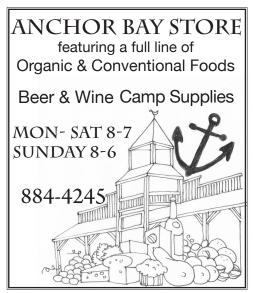
Directed by Benjamin Wolf. Albert and Marta, two neighbors in their 70s, share a daily ritual but have never actually spoken. Every morning, they meet in their respective windows to watch the world unfold below them. 20 min.

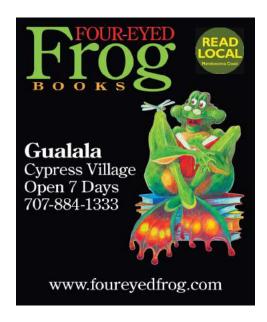
Night Shift

Directed by Againstallodds. A lonely security guard who works the graveyard shift at a mannequin factory spends his nights arranging the mannequins to surprise and delight the employees who work the day shift. 4 min.

Arena Theater is at 214 Main Street in Point Arena. Information is at www.arenatheater.org, and at (707) 882-3272. The theater regularly screens first run films, opera, theater, and live music and art events.











Saturday, June 4

5 pm

CC Case & Harald Eric NorvoldDolphin Gallery Opening Reception

Friday, June 10

5 pm

Scott Chieffo Retrospective Cordell Bank Marine Sanctuary

Opening Reception

Saturday, June 11

7:30 pm

Life of Bob Marley

Multimedia event w/Roger Steffens

Saturday, June 18

/:30 pm

A Taste of Tango w/Trio Garufa Tango Lessons, 3 pm

Saturday, June 25

pm

Whale & Jazz Fest Historic Finale!

Swing to Bop, A Jazz History

w/Larry Vuckovich & Friends

Sunday, June 26

4 nm

Mendonoma Chamber Chorus: Bugs, Birds, and Blooms

Friday, July 1

5 pm

Automobilia & White House to the Sea

Opening Reception

Saturday, July 2

SUDOKU

5 pm

Lin-Yen Jones & Barbara KelleyDolphin Gallery Opening Reception

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Ukiah Poet Michael Riedell At June's Third Thursday Poetry In Point Arena By Blake More

On Thursday, June 16, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature Ukiah Poet Michael Riedell. The reading will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Poet and teacher Michael Riedell grew up in San Diego County and now lives with his wife in Ukiah, California. He has read widely in Mendocino County and has been a featured poet in Ukiah and Willits. He is frequently heard on KZYX&Z's Rhythm Running River and has published in magazines such as Greenfuse, Lilliput Review, and Edgz, and in a regional anthology, Small Mirrors. He is a three-time first place winner of the ukiaHaiku contest, which he now helps judge, and is long standing member of the Ukiah Poet Laureate Committee. His one-act plays have been produced by the Willits Shakespeare Theater and at Mendocino College. His first book of poems, The Way of Water, was published in 2014 by Slow Mountain Press. His second book, tentatively titled Less Than Mountains, is planned for the spring of 2016.

— Guitar Man —

He played guitar like he could string sunset into a bright gift for an ageless child, each touch a brush with a heaven of sound, as if the ground beneath him were holy and

holding him expressly for this:
to announce with his soft song another
world here within this one, a bliss to be
found, with his voice and choice of each
sweet note, here on this lit corner of this
street, on this warm night in this city where
to be born means to be graced and every
passing face has a smile and a grateful bill

to toss into his open case,
but he would never play for the money,
never sell his art, his soul, for any part of
any quick dream. When he began each
evening he swore himself to the stars, to
the streetlights, to the bricks, to the bums,
to the sun and moon and all the gods that
ever were and from them drew all the favor
any minstrel ever knew.

Michael Riedell 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.

Cante Flamenco + Guitar at 215 Main in Point Arena June 25

It's been a pleasure watching the evolving offerings at 215 Main, a local pub and entertainment space in Point Arena. The past few months have seen Scottish music, jazz, pop music, and now they'll be bringing

in another change of pace. Cante Flamenco and Guitar will be the front and center on Saturday June 25.

Performing will be a duo, with Cantaora Melina Berkov-Rojas and guitarist El Oso (David Jenkins). Hailing Costa Rican roots on her mother's side, Melina Berkov-Rojas grew up surrounded by music, rhythm, and dance. Her father, an accomplished Flamenco guitarist and luthier, brought Flamenco into her heart. Over the years, she has studied with many renowned artists. More recently, she has focused her Flamenco studies on cante, and has pursued them with Roberto Zamora, Paco Albiac, and Martha Rodriguez-Salazar, and has performed at various theaters, restaurants, and other venues throughout California.

For the past 30+ years 'el Oso' has traveled and played throughout the United States, Canada, India, Spain, Romania, Mexico, Central & South America. And like Berkov-Rojas, El Oso is known throughout California. Music begins at 8:00pm, and there's an \$8 cover charge. The club is at 215 Main Street, across from Arena Theater in Point Arena.

"Taking the High Road: Comic Confessions from Behind the Cannabis Curtain" A Comedy Show with Sherry Glaser

Award-winning performance artist, author, and activist Sherry Glaser brings her latest dramatic comedy in two acts to



Arena Theater for one night only on Saturday, June 18, 8:00pm, doors at 7:30pm.

For the first act, Glaser resurrects three of her beloved characters: Bev and Grandma

Rose of "Family Secrets," and Miguel De'Cervantes of "Oh My Goddess!" In the second act, Glaser takes to the stage with new material derived from her life as a pot wife living behind the cannabis curtain.

Each character has a definite yet surprising relationship to marijuana giving the show a wide range of appeal from the hip crowd to patients facing life threatening diseases, and anyone struggling with mental health in a world gone mad.

Glaser's performances have been described as inspiring, nhilarious, emotional, progressive, ferocious, vulnerable. And that's for starters.

Born and raised in New York, Sherry Glaser is best known for her Off-Broadway performance in "Family Secrets" -- the longest running one woman show in Off-Broadway history-- and her autobiography, "Family Secrets: One Woman's Look at a Relatively Painful Subject," published by Simon & Schuster.

In 2011, she opened a medical cannabis dispensary in the Village of Mendocino. Her adventures in the world of Cannabis led to the creation of her latest one woman show.

Tickets are \$15, available in Gualala at The Four Eyed Frog Bookstore and The Sea Trader, at Arena Market in Point Arena, at Twist in Mendocino or online at www.arenatheater.org. The Arena Theater

Life may not be the party we hoped for, but while we're here we should dance.

Unknown

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HOW TO SOLVE:

Edited by Margie E. Burke

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)

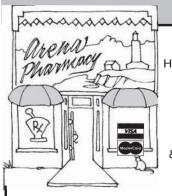
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News & Notes From The Peddler InBox

- The City of Point Arena's Independence Weekend Celebration will include an entrance charge and improvements in Parking coordination, Shuttle schedule, Security and Vendor services. The Fireworks display will be held the evening of Saturday, July 2 concluding the Street Fair during the day at Arena Cove. The Main Street Parade will be held at noon on Sunday, July 3rd.
- The Saturday, May 14th, **Whale & Jazz** event at the Annapolis Winery has been rescheduled for June 11. Come for the music, and try the wines. Bring a picnic! Call for details: 886-5460.
- The Farmers Markets have returned in most parts of the county, including the Gualala Farmers Market. Stop in for fresh vegetablesd, fruit, herbs, prepared foods, olive oil, breads, and more. Saturdays through September from 9:30am to 12::00 noon (or a little later) adjacent to the Gualala Community Center off Highway One.

Coastal Spring Rejuvenation Part 1 by Seve Cardosi

Springtime initiates the rejuvenation and revival of our natural world. Since we are an integral part of this natural world, the spring is a perfect time for us to focus on our personal revitalization: mind, body, and spirit. The passing of the rains and the extension of our daylight hours on the Mendonoma Coast offers us an excellent opportunity to move our bodies, break free from the stagnation of winter, and reacquaint ourselves with nature.

Margret Lindgren, owner and guide for Unbeaten Path Hiking Tours shares "When I am in nature I am deeply in tune (and in awe) with our interconnection to all things living. We are all one giant organism." There is a quote I love from Alan Watts: "Each one of us, not only human beings but every leaf, every weed, exists in the way it does, only because everything else around it does. The individual and the universe are inseparable." My recommendation is to take a moment each day to acknowledge an aspect of nature you love and enjoy and reflect on why it resonates with you. Is it the smell of fresh Earth after a cool rain? Or marveling at the distance a banana slug can travel in less than 5 minutes? Maybe it's seeing your soul reflected in the eyes of a curious harbor seal that catches your attention in the still of a morning's walk.

Ultimately, when we experience these moments we gain an understanding, appreciation and respect of our connection to all things living and thus comes the desire to protect this delicate balance. Truly, to love nature is to love ourselves. Through my work as tour guide as well as a volunteer with a coastal stewardship program called Beach Watch, I am able to share with my tour guests the things in nature that truly resonate with me and I find that this energy and appreciation exists in all of us! When we acknowledge and appreciate this relationship of interconnection, we have a deep respect for it. We care about it!"

The Beach Watch program for which

Margret volunteers is a long-term shoreline monitoring project founded in 1993 by Greater Farallones National Marine Sanctuary. This year-round ecosystem assessment program is conducted by dedicated volunteers who regularly survey an assigned beach within the Greater Farallones and Marine Sanctuaries, of which of our shoreline is now a part. Volunteers collect data on live and dead species of birds and marine mammals and human activities. They also report violations, detect oil pollution, and collect oil samples. This is an incredible program that truly connects volunteers to the life of our coast through hands-on training and education on identifying the many species of our region (both bird and sea mammal) and to properly conduct surveys of dedicated sections of our coastline. This data goes towards Sanctuary research which helps to identify and maintain our diverse wildlife habitats and marine ecology which ultimately helps to make our Sanctuary one of the more prolific and ecologically significant oceanic environments in the world! If you are interested in learning more about the Beach Watch program, please visit the www.beachwatch. farallones.org website for details. Training for volunteers is scheduled for Fall/Winter 2016. This program is great motivation to get on the coast and walk while helping monitor our precious ecosystem.

Peggy Berryhill of KGUA reminds us "before going to the ocean, check your tide books to avoid high tides and limited walking space" Tide books are available for free at the KGUA radio station in cypress village. Walking these amazing trails not only reconnects us to nature, but did you know that exercising in open air gives our skin an opportunity to manufacture Vitamin D, which is beneficial for bone health, cognitive function and immunity?` The sun shining through our eyes helps our brains produce more serotonin, and breathing fresh air increase the oxygenation of our blood. It's so very good for you.

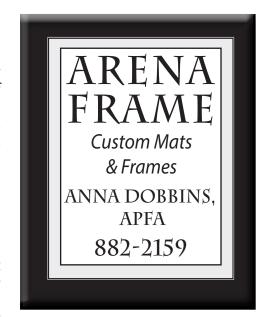
More from Seve next month.





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theck out our encased meats



I don't deserve this award, but I have arthritis and I don't deserve that either.

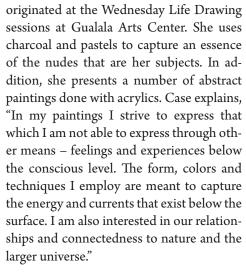
Jack Benny

The June Exhibit at the Dolphin Gallery CC Case and Harald Eric Nordvold.

There is something about a two-person show that I truly enjoy. Whether the artists compliment one another, or provide an obvious contrast, the stimulation of different artistic visions is one of those simple pleasures we are offered, and happily another such show awaits us at the Dolphin Gallery

in June. CC Case's Figures and Abstracts will be complimented by Harald Eric Nordvold's Pottery (and vice versa).

The figdraw-Case has selected



The blend of beautiful natural surroundings - inspiring ocean views and beaches, the redwood forests, a small town environment and the stimulation of fellow artists made the area irresistible for Case. Clearly she's not the first person to be able to expand her artistic horizons with the backdrop of the California Coastline.

The show is equally dynamic because of the work of potter Harald Eric Norvold. With a name that sounds as Nordic as it appears in print, Nordvold's art takes a different shape than Case's. Literally. His pottery draws on Asian influences as well as his Nordic heritage to create interesting and distinctive pieces of stoneware and porcelain that are both artistic and practical. (The familiarity is not lost on me, as "practicality" was a code word my mother appreciated and used when purchasing some of

her dishes and serving pieces. "If they're beautiful look at, the food will taste better.")

Nordvold has a better way to describe

the work: "My fascination with making functional pottery has always been about

the intimate experience of pottery being used for everyday activities along with being admired for its beauty. Functional pottery gives an intimate sensory experience as one explores its balance in the hand, its texture and color. With drinking vessels, one even explores with one's lips." For over thirty years Nordvold has honed his skills



in a complicated process that produces individually crafted pieces hand thrown on a potter's wheel or made from rolled out slabs of clay, and glazed without the use of lead or toxic materials.

Nordvold has long been fascinated with language symbols, particularly Chinese calligraphy, since his childhood in San Francisco, and he incorporates Nordic runes, Chinese, Sanskrit and Tibetan language symbols into his designs. He works out of his Santa Rosa studio.

For the record, Case and Nordvold are husband and wife. Opening Reception is Saturday June 4, 5:00pm to 7:00pm. Exhibit remains through June 26 at the Dolphin Gallery. Free.

JUNE AT GARCIA RIVER CASINO



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Friday June 10th, 8.30PM "Cutting Edge Rock"

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Arena Theater Presents 'Hangmen', June 25 **National Theater Live From London**

June brings many things to the Californai Coast, including the National Theater Live From London. This month the big screen at Arena Theater will offer Matthew

Dunster's awardwinning production of his deeply funny new play "Hangmen." The production will be broadcast live to an audience at Arena Theater on Saturday, June 25, at 1:00pm by National Theatre

In his small pub in the northern English town of Oldham, Harry (David Morrissey, "The Walking Dead," "State of Play") is something of a local celebrity. But what's the second-best hangman in England to do on the day they've abolished hanging?

Amongst the cub reporters and pub regulars dying to hear Harry's reaction to the news, his old assistant Syd (Andy Nyman, "Peaky Blinders," "Death at a Funeral") and the peculiar Mooney (Johnny Flynn, "Clouds of Sils Maria") lurk with very different motives for their visit.

Based on real life hangman Harry Allen,



the play is fictional. But the world of the play and its characters are grounded solidly in fact. The Murder Act was passed in Parliament in 1965, abolishing the death penalty for murder in Great Britain. The Act didn't include

four capital offenses: high treason, piracy with violence, arson in royal dockyards and espionage; and the death penalty was not completely abolished in the UK until 1998. Still, no one recommends treason any time soon.

Hangmen is Saturday June 25, 1:00pm. Doors open at 12:30pm. Tickets: \$18, \$5 youth (18 and under), online at www.arenatheater.org.

Cordell Bank National Marine Sanctuary:

Photographs On Display

We can be very proud of the successes in recent years, protecting our coastline, the coastal waters, and marine life. It's not often we can look some of the beneficiaries eye-to-eye and contemplate one another. Yet here's your chance. Immerse yourself in the waters of the Cordell Bank National Marine Sanctuary. It's our local treasure,



and we can take a close look this month (No wet suit required). Jennifer Stock,

Education and Outreach Coordinator for NOAA's Cordell Bank National Marine Sanctuary is the curator for this traveling exhibit.

Stock has had the

opportunity to see hundreds of thousands of images (note hundreds of thousands) taken by researchers and wildlife watchers that spent time either underwater or on the surface of this remote offshore sanctuary, adjacent to the Marin and Sonoma coasts. At a time when the media has reports of warming waters damaging treasures like Australia's Great Barrier Reef (see "Bleaching May Have Killed Half the Coral on the Northern Great Barrier Reef, Scientists Say" in the May 30, 2016 New York Times)

At Gualala Arts in June

we have an opportunity to explore a local treasure and consider ways to help protect

it as well.

This exhibit show-cases an assortment of invertebrate, fish, seabird, marine mammal, and beautiful rocky reef underwater images. Taken

during sanctuary research and wildlife watching expeditions, these images have been compiled into a traveling photography exhibit to highlight the incredible biodiversity off California's Marin/Sonoma coast. Explore this nationally recognized treasure without stepping foot on a boat! It's at the Burnett Gallery at Gualala Arts, June 3 through June 26. A reception is scheduled for Friday, June 10, 5:00pm - 7:00pm. Free.



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The Life of Bob Marley, by Roger Steffens Global Harmony presents A live multi-media lecture presentation on the life of Bob Marley

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decision-makers constantly impress with the breadth of the Center's offerings, and this is no exception. There are only a handful of artists in any genere of music that can command the ongoing respect and discovery of fans—

old and new. Bob Marley is clearly one of them.

For many it's hard to believe that he's been gone for 35 years, and of course there are so many new fans discovering him each week, month, year. The presentation is Saturday, June 11 at 7:30 p.m.

Two hours of unreleased videos and unseen photographs presented in person by award-winning Bob Marley biographer, Roger Steffens, who will share intimate stories of Marley's life and works based on his 43 years of research and six books about

Marley and reggae.

Steffens will tell Bob Marley's life story and share unseen

films, videos and photographs of the Reggae prophet's extraordinary accomplishments. His program has been presented since 1984 all over the world to soldout audiences ea-

ger for the inside

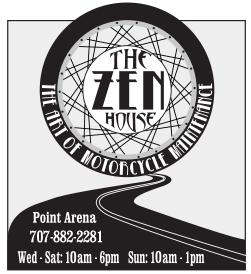
story. "If Bob Marley is Jesus in these times, Roger Steffens is Peter" – Carlos Santana.

Roger Steffens is an internationally renowned author, actor, broadcaster, lecturer, editor, photographer, curator and archivist whose Reggae Archives fill seven rooms of his home in Los Angeles. The Jamaica Observer has called him "One of the Top Ten Most Influential People in Reggae."

Tickets are \$18 Advance, \$5 more day of event



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Solution to Sudoku

KEEP

VANESSA

ignacio

Ampage To Perform At Arena Theater Saturday June 4

California-based hard rock band Ampage will celebrate their sixth album, "Bridge of Souls," with a CD release party at Arena Theater on Saturday, June 4, at 8:30 p.m., doors open 8 p.m., and tickets are \$10. The Arena Theater bar and snack stand will be open.

The current lineup features Mark Mason on lead vocals and guitar, Mark Pearce on lead guitar and vocals, Bill Stokem on bass and vocals, and Jason Fish on drums. "Bridge of Souls" is dedicated to long-time Ampage drummer Michael Kroeger who died from Leukemia in January of this year, shortly after he had finished his drum and backing vocals tracks.

Since its inception in the mid-eighties, the band has played in varied configurations but according to band leader Mason, "Ampage has remained strong and dedicated throughout the changes over the years to spite all the 'bumps' in the road of a touring hard rock band, bringing dynamic rock performances to our fans."

Some of the legendary performers who performed with Ampage include Rick Allen of Def Leppard, Michael Monarch of Steppenwolf, Earl Slick of Bowie and John



Lennon, John Easedale of Dramarama, and John Taylor of Duran Duran.

The show is at Arena Theater, 214 Main Street in Point Arena. Saturday, June 4, 8:30 p.m. Doors 8 p.m. Tickets: \$10 at the door.

Bugs, Birds, and Blooms The Mendonoma Chamber Chorus Concert Sunday, June 26

The Mendonoma Chamber Chorus enters its sixth year together with an eclectic program of a capella works spanning several continents and centuries, from 16th century madrigals to modern arrangements. Join them Sunday, June 26, 4:00pm for a program of Summer music about poets and lovers, crickets and fireflies, wilderness and flowers. The group will be joined, as in previous years, by professional mezzo-soprano Jennifer Beattie.

The Mendonoma Chamber Chorus began in 2010 with informal music sessions under the direction of choral director Michael Bierbaum. The members soon realized that sharing their music through performance would make the efforts more meaningful and more focused.

"These concerts have been well attended and much enjoyed for the excellent acoustics of the Gualala Arts Center Jacob Foyer and for the diverse high-quality music chosen in the programs," notes music director Roland Stoughton. Current members of the group are Marjie van Gunten, Linda Eastman, Jane Schuler-Repp, Pat Wilson, and Stoughton. Aspiring singers who enjoy classical music and can read music fairly well are encouraged to contact the group via van Gunten at (707) 785-3408.

Joining the chorus again for this performance will be a guest vocalist, the professional mezzo-soprano Jennifer Beattie, who has sung with the Chorus for the past three years. She holds a Master's Degree in Voice from the Manhattan School of Music, and has premiered many pieces written specifically for her by prominent composers.

Tickets are \$10 in advance, \$5 more day of performance; youth 7 – 17 admitted free with accompanying adult.

The Flamingos Are Coming! The Flamingos Are Coming! June 18 at Four-Eyed Frog Books

For those who like to write, those who like to read, and those who often find themselves in between these two spheres, The Four-Eyed Frog Bookstore wants you to know about their upcoming Flamingos event. This is not a reunion of lawn decorations from Florida, but rather the living breathing proof that IBM's "Watson" (or other computers) have not yet begun to compete for readers or for a Pulitzer Prize. This is the Flamingos' annual migration to the Mendonoma Coast from New Mexico, Massachusetts, Hawaii, and parts of California.

Our venerable (and newly reinvigorated) local bookstore presents The Flamingos, nine women: all writers, all published and recipients of literary awards. While they could just as easily stay home

and 'phone it in', they've chosen to share their writing, good food, great wine, and laughter. They also seem to embrace the beauty and inspiring views along this part of California's mighty coastline.

If we now have your attention, take note. The Frog will host a Meet and Greet on Saturday, June 18 beginning at 4:00pm at the Bookstore in Cypress Village. The mysteries of life—or at least writing—might very well be revealed. If your questions include anything or everything about the art of writing, why not join your friends and these respected women for what will undoubtedly be worth your time. While there, say hello to Barbara, Jayne, Lisa, Marcia, Michelle, Ruth, Sandra, Tania, and Barbara. (Not a typo-there are two Barbaras.)

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Scuttlebutt by Mitch McFarland

Our road trip around America continues. We made it to the New Orleans Jazz and Heritage Festival for its last day only to have the final acts of Stevie Wonder and Buddy Guy cancelled due to a tropical rainstorm that turned the grounds into a sea of mud. It seems the rain doesn't go well with electric instruments. We left somewhat disappointed and learned later that a friend of ours returned to her hotel only to head to the bar to mitigate her disappointment. Some guy came in and started playing the piano. His name: Stevie Wonder. We, of course, heard about this after the fact and were particularly burned when we learned he returned the next night with Trombone Shorty and some other players for a second night in the bar. Ho hum.

We are doing the Main Street America Tour and avoiding all the interstates. We hit all the old roads like the Old Spanish Trail, the Creole Highway, the Natchez Trace Parkway, Blue Ridge Parkway, the Lee Highway, and the Old York Road (connecting Philly with New York). This gives us the opportunity to see the states as they once were. Most towns' main drag includes the old courthouse, town square, multiple churches (often the nicest buildings in town) and a row of large old homes built by the original settlers who managed to get wealthy. Franklin, Mississippi, for example, has some beautiful huge antebellum homes in pristine condition on mature estate properties. These might sell in California for 3 – 5 million dollars depending on location, but they can be had there for the cost of a decent two-bedroom home in

Despite the obvious former glory of most small towns in America, many of them now consist of Dollar Stores, Pawn Shops, tattoo parlors and churches. While there are still *plenty* of people doing very well, there are plenty more struggling to get by. The definition of "middle class" may be difficult to ascertain anymore, so I can't say if there is one these days.

We stayed in Asheville, North Carolina with my old Academy buddy, Phil Thomas, who once lived at 300 Main Street in Point Arena. Asheville is totally hip and could easily be in Mendocino County. They even have a Whole Foods in addition to a really large and wonderful co-op food market. Madeline was able to stock up on kombucha and almond milk. Lots of artists, both struggling and otherwise, have relocated

here making this an oasis of modern culture in an otherwise not too liberal state. Asheville is what I think of as a "magnet town" where diversity and creativity are celebrated, attracting people from all over who appreciate positive change rather than resist it.

New York City. Though I went to college in Queens, I'm a country boy now and if I didn't think so before, I should know better by now. Several things are obvious. The history and culture is everywhere. We visited the Morris-Jumel Mansion, the oldest house in Manhattan built in 1765 by Tories, who, when the Revolution came, split for England. George Washington took it over as his headquarters before being chased out by the Brits, but after the revolution it was confiscated by the new U.S. government. We were able to walk literally in the footsteps of Washington, Jefferson, Madison, and several others who visited the mansion when Aaron Burr occupied the house as the widow Eliza Jumel's second husband.

Another thing about NYC is that the restaurants are very noisy. Most places are full all the time and discreet conversation is not on the menu. Traffic and parking are insane, but no worse than San Francisco. New York drivers are very focused and in a hurry, yet they also are quite cooperative (they will "let you in"), but if a light changes and you don't have your foot on the accelerator, you will hear a horn beep.

We spent nearly a week in Connecticut with Madeline's relatives. The nearby towns of Essex and Old Saybrook attract tourists eager to soak up colonial history. Many houses were built in the 19th century and most have signs by their front door saying the date of building and the original owner. Some were built in the 18th century and many are made of stone. Things seem sort of static to me, but that seems to be just fine to most who live there. Not to say that they are "behind the times". Madeline had no trouble finding restaurants serving glutenfree food, and tattoos and piercings abound.

Heading to Vermont we drive right through western Massachusetts. We stopped to see the impressive campus of Mount Holyoke where Madeline was a student but hurried on to Vermont. In Massachusetts you don't put a date on your house unless it was built in the 18th century. Deerfield was first "settled" in 1630 and today the whole small town is an historic district. It seems gleefully frozen in time and is surrounded with prep schools, which gives the whole place

something of a snooty vibe to me.

The Old Connecticut River Highway (Rte 5) north through Massachusetts into Vermont displays a very comfortable and well-to-do lifestyle, but only a few miles into Vermont it starts to look like the kind of countryside I'm used to where we live. There is an obvious greater interest in the true country lifestyle of independence and self-sufficiency. Also, more old trucks (not restored) and the artifacts of rural life can be seen lying around peoples' properties. I think I already like Vermont better than Connecticut or Massachusetts even though I have only been here one day. We are in Brattleboro, which is one of those very hip towns I mentioned earlier. They were just recovering from the Great Recession when, in 2011 Hurricane Irene sent the banks for the Connecticut River overflowing into the lower part of town and devastated a large portion of the commercial area. Recovery was slow, but what I see is a rapidly improving financial situation with new shops and restaurants opening all over the place.

After being glared at in Mississippi when wearing my "Feel the Bern" T-shirt, I'm wearing the Brattleboro uniform in this town.

Next, Maine and, hopefully, lobster.



A person can learn a lot from a dog.

John Grogan

Arf.

Unknown



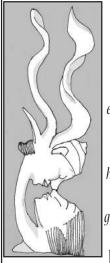


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"summer feet". The bottoms of our feet grew more hoof-like as we spent hours running barefoot through grass, streams, woodland edges and cement patios. There was plenty of complaining

when we went downtown and it was "time to put your shoes on"! Much later I learned how important barefoot-time is, especially as we age.

One of the more obvious benefits of walking barefoot is connection to the

earth and it's magnetic field. The earth is full of negative ions and we flood our body with these ions by walking barefoot, this is also known as 'earthing' or grounding, as outlined in Clinton Ober's book; Earthing. Anything with a power source, bluetooth, wifi, even electronics that don't emit a signal, emit positive ions. Too many positive ions cause inflammation in the body so barefoot on the beach is an anti-inflammatory activity.

Every summer when I was a kid, my

friends and I would develop what we called

When children first learn to walk barefoot, the connection of their feet to the ground, distribution of their weight plus amount of time on their feet, all set the shape of the pelvis. This in turn influences the quality of their hip mobility and muscle development in the feet, legs and core - all of which affect lung inflation. Shoes alter human movement and many of the ailments we suffer, on a musculoskeletal level, can be traced to our dependence on footwear and the strain shoes cause to ligaments

> and plantar fascia from decades of muscle atrophy. When we walk barefoot, run, jog and play with just our feet we strengthen our ankles, ligaments in our feet and toes again, which increase balance, stability and posture. Seniors can improve balance simply by

walking barefoot around the house or using barefoot shoes. Barefoot walking also tones the nervous system via acupressure points on the bottom of our feet. Try walking on small, smooth pebbles (for instance at the mouth of rivers and streams) to stimulate organs and the function of those organs. Summer weather presents the chance to break free from footwear.

What can be more enticing to our feet than a sandy beach or a patch of moss or grass? Next time the earth beckons you for a foot-rub – take it!

> More from Karin is at www.rainbowconnection.net



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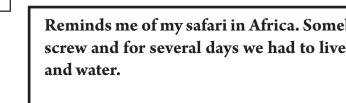
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Reminds me of my safari in Africa. Somebody forgot the corkscrew and for several days we had to live on nothing but food

Words On Wellness

by Karin Uphoff

W. C. Fields





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Good News: A Trump-oscopy For Everyone!

by David Steffen

I like the idea that I'm allowed to write just about whatever I wish in my monthly column, which is why it ranges through thoughts on music, the arts, life on the California coast, and occasionally politics. Of late I have been a bit reticent to write about politics in general, and Trump-mania in particular. While I'm not (yet) ready to apply for refugee status in Canada, I must admit I am a little concerned about the disproportionate fandom following Mr. Trump. And that's just the journalists and the media.

At first I thought it was simply the TV thing. The vision of Trump walking through the State Department, the Pentagon, or the White House kitchen pointing his orange-ish red finger at every third person and arbitrarily shouting "Your Fired" seemed unlikely. Then came the adulation of an unbridled press, following him around and waiting on his every word. Like Gollum, reporters seem to be constantly waiting for the appearance of The Precious. I actually wish I could say that as the primaries went on and on, his rhetoric became more and more distasteful. But that isn't true. His opening salvo in 2015 from the Vatican-like fortress known as Trump Tower signaled immediately that this person isn't just provocative. He is genuinely dangerous. His admiration for Vladimir Putin and Kim Jung Un knows no bounds. CNN's Carol Costello pressed Trump's seemingly idiotic press spokesperson Healy Baumgardner on the point. She reminded Ms. Baumgardner of the horrific deeds of Kim, and asked "... what [Mr. Trump] meant when he praised the dictator in January as "amazing" for killing his own family members." Baumgardner's programmed response was that Trump "wants to keep an open dialogue and repair relations with world leaders." Spoken

like a true automaton.

Let me be clear. Aside from the possibility that Trump will initiate a nuclear war on the Korean Peninsula, or use nuclear weapons in Europe, essentially provoking World War III, I don't see Trump as an immediate danger to me. I'm, as the saying goes, a man of a certain age. Nuclear holocausts aside (for the moment) there are few things that a megalomaniac like Trump can impose on me in one or two terms in the Oval Office that are going to destroy my life. If he wants to get rid of Social Security or Medicare, he'll be sleazy enough to propose that it doesn't go away tomorrow. Instead he'll help engineer its dissolution over time, say a couple of decades or so, at the end of which I'll be below the grass instead of walking on it. But my daughter and generations older and younger than she should take note. If you believe getting healthcare was difficult (or impossible) in the past, wait until Trump is in charge. That's when we'll learn what 'death panels' are really about.

And the GOP will sit by and let him do all of this. Let's not forget that the sixteen now defeated GOP candidates were uniform in their desire to repeal the Affordable Care Act, and replace it with something better. However, since "Obamacare" was passed and signed into law six years ago, no bill has been put forward by the GOP to replace the legislation. All of their energies have been focused on repealing the act. Forget the millions who have insurance today who were previously denied coverage by for-profit insurance companies for daring to show up with "Pre-existing Conditions".

Trump's unique perspective is born of never having to say please, thank you, or I'm sorry. Born (or hatched) into a millionaire's family, he is the antithesis of Oliver Twist. As a child—assuming he actually was once a child (although there remain rumors about his roots being extra-terrestrial)—

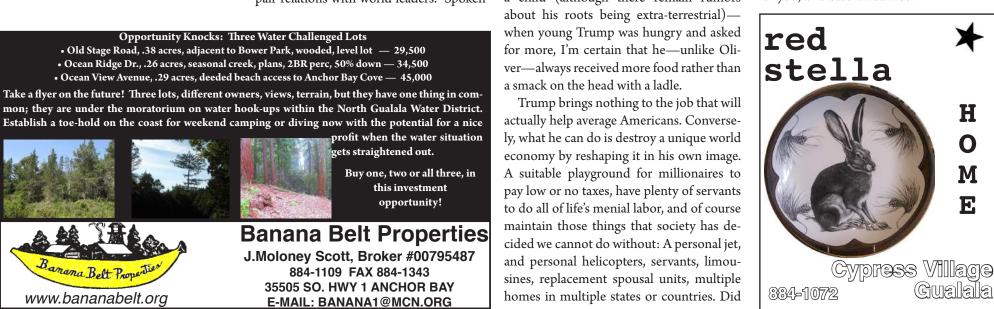
I mention servants? That is, after all, what we will all be in the new and great America. He'll turn this country into a new theme park known as TrumpWorld. It will be like WallyWorld but without the rides. Or the fun. Or even Wally the Moose.

Trump's ability to have his hair coiffed perfectly in that beautiful Tang-esque shade of orange, should be your first clue that reality is not the strong-suit of this reality TV star. What's in store in January if Trump is elected? A lack of affordable healthcare, women going to prison for abortion, a giant wall from the Rio Grande to Tijuana, a miraculous military, deportation of all undocumented workers, an exit from NATO, a foreign policy that is anti-British and anti-Europe, and simultaneously pro-Putin and pro North Korea, a default on America's debt triggering economic problems (or PROBLEMS), plus a new version of the Chinese Exclusion Act of 1882: for Muslims now, and later you can assume, anyone identifying as LGBT, abortion doctors, and the chronically ill. All these (and more) will need to leave in an effort to make America great. You get the picture.

Trump is dangerous. To you and me, to our friends and allies, to anyone that isn't wealthy. Sometime in January the increasingly inane Healy Baumgardner will announce that, "Top Line, Mr. Trump wants to provide America with a colonoscopy to identify and eliminate undesirables." A Trump-oscopy.

In closing, don't worry. Trump is planning to combine the Center for Disease Control with the Immigration and Customs Enforcement Department, and stick a probe up America's ass. In the end, America will be clean again, great again; and presumably very white. As Karl the greens-keeper in Caddyshack might say, "you got dat goin' for you, and dat's kinda nice."







I'll tell you, too, that's starting to depress me about UFO's, about the fact that they cross galaxies, or wherever they come from to visit us, and always end up in places like Fife, Alabama. Maybe these are not superintelligent beings, man.

Bill Hicks

Arena Theater Film Club in June: Two Subways and A Shot At The Moon.

In recent decades, British comedies have taken an increasingly serious turn. It's not that they haven't been funny. They have. But the light-comedy variety seems to have been in a bit of a decline. That's why the retro style plot line in *Sliding Doors* actually gets works, i.e., it's worth seeing this film from 1998. Helen's (Paltrow's) fortuitous

meeting w i t h J a m e s (J o h n H a n - nah, one of my favorite UK ac-



tors,) coincides with her cheating live-in boyfriend being caught in the act. Yes, as I said, this is a good film, not great, but it's worth contributing your Monday evening at the Film Club to see it on the big screen vs. the tube.

In his original *New York Times* review Stephen Holden wrote "In any case, there's no real doubt about Helen's rosy future. If you're a late-90's It Girl, a bird among birds, nothing really terrible can happen, at least nothing that can't be reversed in a quick-fix substitute future. It's "girl has Guy". British actor Peter Howitt wrote and directed this British romantic comedy-drama, and his storyline travels a well-worn road: Helen loses her job at a classy London PR firm, has

a run-in with a purse-snatcher, and catches her boyfriend in the act with his ex Lydia (Jeanne Tripplehorn). Things do get better both in and out of Helen's alternate reality. "Sliding Doors" screens Monday, June 6th 7:00pm. Rated PG-13, with a runtime of 100 minutes.

For the Film Club's second June offering, one has to look no farther than the *Moonstruck* title (it's a classic) and the name of the star. It's time for you to see this 1987 film starring Cher. Go ahead. Besides, it has multiple Oscars including Best Actress in a Leading Role (Cher), Best Actress in a Supporting Role (Olympia Dukakis), and Best

Writing, Screenplay Written Directly for the Screen (John Patrick Shanley). Plus nominations for Best Picture, Best Actor in a Supporting Role, and Best Director. Cher clearly solidified a post-Sonny & Cher career. In fact, no matter



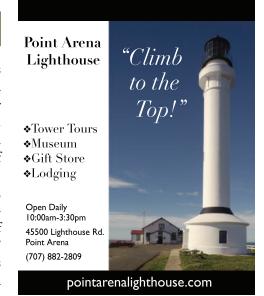
what she does, she'll always be remembered for *Moonstruck*. See this comedy. You can always pretend you didn't like it. But only you and I will know the truth. On the big screen Monday, June 13th at 7:00pm. 102 minutes.

Like the premise behind *Sliding Doors*, the club's 3rd film finds the subway useful as a prop, although this is Budapest's subway, not London's Underground, and while there is a romantic element, *Kontroll*

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is about deaths in the subway tunnel. A Hungarian production from 2003, Kontroll is a surreal, atmospheric thriller set in the world's second oldest subway system. Bulcsú (Sándor Csányi) is a subway enforcement officer working

in the oppressively gray underground transit system in Hungary. His job consists of ensuring commuters have paid to ride the train. A quirky young woman (Eszter Balla) catches his eye, and their relationship suggests that Bulcsú might escape from the drudgery of his subterranean life and finally see sunlight again. But first he needs to find out why passengers are jumping or being pushed or to their deaths onto the tracks. Get your popcorn and coke before you sit down. You won't want to leave your seat. Subtitled, rated R for language, some violence and brief sexuality. Runtime: 106 minutes.



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ACROSS

- 1. One who takes orders
- 5. Boorish
- 10. High-hatter
- 14. First-class
- 15. Indian coin
- 16. Distinctive atmosphere
- 17. "September ____" (Neil Diamond hit)
- 18. Attack
- 19. Civil War side, with "the"
- 20. Clear out
- 22. Unfriendliness
- 24. University VIP
- 25. Bygone political cause, briefly
- 26. Realtor's offering
- 28. "____ you kidding?"
- 29. Diplomatic document
- 33. Flat grassland
- 34. Multi-user OS
- 35. Kind of drive

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- 38. Kind of shot
- 39. Insiders' talk
- 40. Country dance
- 41. Catherine the Great, e.g.
- 43. Not qualified
- 45. Blue
- 48. "Humph!"
- 49. Balloon filler
- 50. Lab worker, at times
- 52. Slangy denial
- 54. Photographer's setting
- 56. Abrupt
- 57. Part of FDA: Abbr.
- 59. Battery contents
- 60. Drive
- 61. Sharp end
- 62. Heroin (slang)
- 63. Overflow
- 64. Beat around the Bush
- 65. Burrow

DOWN

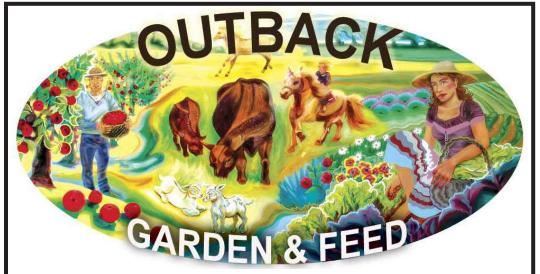
- 1. Hasselblad, for one
- 2. Coolidge follower
- 3. Bring to a boil?
- 4. Neutral position
- 5. Neighbor of Slovenia
- 6. Litter member
- 7. Orbital point
- 8. "Didn't I tell you"
- 9. Release
- 10. Kind of palm
- 11. One being cared for
- 12. Handel work
- 13. Aircraft compartment
- 21. Deprive of heat?
- 23. Battering device
- 25. Asylum seeker
- 27. Sermon basis
- 30. Certain light switch
- 31. Blow
- 32. "One of " (Willa Cather nov-
- el)
- 33. Game you can't play left-handed
- 35. Baby holder
- 36. Alter alcohol
- 37. Have another cup of coffee
- 39. Frostflower
- 41. Tombstone inscription
- 42. Accord
- 44. "Gee whiz!"
- 45. Building material
- 46. Type of photo
- 47. Change channels?
- 51. Hiding place
- 53. Big-ticket ____
- 54. Among
- 55. Engine knock
- 56. Edit out
- 58. -eyed











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