

**ALWAYS
FREE**



Lighthouse Peddler

Issue #177 July 2016

(707) 684-1894

(coming soon: the new Website)

The Annual Gualala Arts Auto Show • July 16 Memories, Love, Delights, Desires . . . Hey, We're Talkin' Cars Here!

Here we go again. There is nothing like the Annual Gualala Arts Auto Show to help you smell the burgers, fries, Cokes, and Chocolate Shakes at the nearest drive-in. These cars were cool then, but they are way-cooler today. Get your ducktail ready, wear a leatherjacket or a letter-sweater if you like, and keep a comb handy just in case. The Gualala Arts Center grounds will be filled with "hot cars under the cool redwoods" for the 8th Annual Gualala Arts Auto Show Saturday, July 16 from 10:00am to 4:00pm. The show will feature over one hundred custom/modified, hot rod, stock, sports, and display-only cars, plus the vintage dragsters which become a signature of the event. Admission to the show itself is free; there is a \$5 donation per car requested for on-site parking.



Gualala Arts will honor Auto Show Angel

Jim Grenwelge and feature special designer and artisan Kent Fuller, a veteran pioneer in the world of drag racing and hot rods. He will present his original cult classic 1962 Volksrod roadster in the Elaine Jacobs Foyer. The Auto Show will also feature a wide variety of food and drink, starting with breakfast items by Tanya Radtkey's Black Oak Catering beginning at 7:00am (until 10:00am;)

lunch will be served from 11:00am to 3:00pm and will feature wood-fired pizzas, hamburgers, salmon, chicken, and black bean burgers, hot dogs, side salads, whole fruit and chips.

In addition to the hot cars and cool vibes, several sanctioned supporting events will also take place over the weekend. On Friday, July 15 from noon to 6:00pm (and maybe later!) the Sundstrom Mall parking areas behind the Gua-

Continued on Page 4

**6th Annual BBQ Benefit for the
Manchester Union Elementary School
SATURDAY, JULY 23**

<p>Tri-tip & Chicken BBQ with all the fixin's 1 till 5 P.M.</p>	<p>GRECO FIELD (FARM CENTER), MANCHESTER</p>	<p>MEN'S SOCCER TOURNAMENT starts 9 am</p>
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FROM THE EDITOR'S DESK

Once again, Summer activities on the coast give us so many options; from films to music to dance to art and so much more.

The **Annual Gualala Arts Auto Show** is Saturday, July 16th at Gualala Arts. (Cover, and page 3.)

Seve Cardosi brings part 2 of her **Coastal Spring Rejuvenation**. (Page 3.)

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

The **San Francisco Mime Troupe** returns. (page 4.)

Blues on the Coast presents **Mitch Woods and his Rocket 88s at Arena Theater**. (Page 4.)

News and Notes from the Peddler In Box catches us up with some late breaking ideas. (Page 5.)

Rozann Grunig gives us a look at **La Cage aux Folles** which fills the stage at Gualala Arts, beginning July 22. (Page 5.)

New Zealander Jay Glubb brings his Qi Gong expertise to the South Coast July 24 and 25. (Page 6.)

The **Point Arena Lighthouse Night Tour** is Tuesday, July 19th. (Page 6.)

Cindy Gonzalez writes about the **Manchester Elementary School BBQ and Fundraiser**, scheduled for July 23. (Page 7.)

This month's **Sudoku** puzzle is here to challenge you. (Page 7.)

Local poet Philip Meshekey is the headliner at July's Third Thursday Poetry at **Point Arena's 215 Main**. (Page 8.)

A **1935 Steinway Piano** finds its way into the Peddler. (Page 8.)

Joel Crockett returns with a review of the book *The Girls* by Emma Cline. (Page 9.)

The **Dolphin Gallery** presents artists Ling-yen Jones and Barbara Kelley. (Page 10.)

The **Roy Bogas Chamber Ensemble** performs at Gualala Arts July 9 & 10. (Page 11.)

The Peddler's **David Steffen** offers the unlikely combination of "Ice Cream and Idiocracy". (Page 12.)

The July **Scuttlebutt** gives us a chance to catch up with **Mitch McFarland** and Madeline Kibbe on their 11,000 mile journey. (Page 13.)

Contributor **Karin Uphoff** remind us of the sun's importance to our overall health in this month's **Words on Wellness**. (Page 14.)

Consider this an introduction to "Happy Love Yourself Day", from writer **Caitie Steffen**. (Page 15.)

Planning on looking up? This month's **New Moon/Full Moon information** is here. (Page 16.)

This month's **Sudoku puzzle solution** is here to confirm your answers. (Page 16.)

RCMS offers an open letter to area residents and visitors. (Page 16.)

Lily Iona MacKenzie appears at Four-Eyed Frog Bookstore on Saturday July 9th. (Page 16.)

RCMS helps us **understand pain management** on July 13. (Page 17.)

Arena Theater Film Club has two films this month, including a classic: **The Philadelphia Story**. (Page 17.)

Local writer **Marghi Hagen** shares her thoughts with us. (Page 18.)

The **crossword puzzle** is here to challenge you or confirm your expertise. (Page 15.)

Our thanks to contributors Blake More, Karin Uphoff, Mitch McFarland, Rozann Grunig, Caitie Steffen, Seve Cardosi, and Marghi Hagen.

ADVERTISERS INDEX

215 Main	6	KTDE	14
Action Network	18	KZYY	19
Anchor Bay Store	7	Little Green Bean	7
Arena Frame	14	Manchester School	Cover
Arena Pharmacy	8	Mar Vista	10
Arena Market and Cafe	12	MendoNoma Moments	11
Arena Tech Center	18	MTA	18
Arena Theater	3, 16	Office Source	13
B Bryan Preserve	9	Outback Garden and Feed	back cover
Banana Belt Properties	13	Oz Farm	8
Bed and Bone	6	Peter McCann P.T.	8
Cove Coffee	19	Phillips Insurance	3
Denise Green	5	Pier Chowder House	6
Dream Catcher Interiors	3	Pizzas & Cream	14
Four-Eyed Frog Bookstore	7	Point Arena Light Station	13
Garcia River Casino	11	Red Stella	5
Glubb, Jay	9	Redwood Coast Chamber of Commerce	3
Grant's Glass Werks	10	Redwood Credit Union	20
Green Room, The	8	Rollerville Café	4
Gualala Arts	7, 10	Roots	4
Gualala Bldg. Supply	5	Sea Trader	5
Gualala Supermarket	14	The Loft	5
Healing Arts and Massage	8	Transformational Bodywork	15
Ibis	3	UnedaEat	10
Ignacio Health Insurance Services	2	Wellness on the Coast	4
Jasper Brady	16	Zen House Motorcycles	4
KGUA	18	Village Bootery	7

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*** New Website Coming August 1 ***

Issue #177 July 2016

Lighthouse Peddler

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David Steffen: Contributing Editor

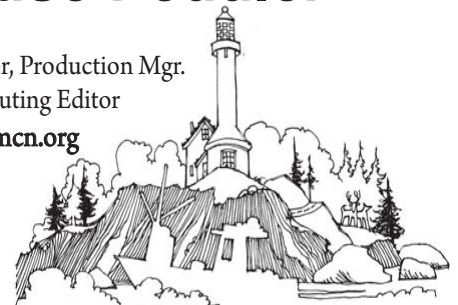
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Coastal Spring Rejuvenation Part 2 by Seve Cardosi

We are so fortunate to have such conscious individuals and businesses on our coast. I'm always looking for ways to remain healthy and full of energy. I've recently incorporated Yoga back into my routine. Research has found that Yoga reduces stress, increases flexibility, strength, and energy levels. I recently ventured back to my original stretching grounds, Synergy Yoga on HWY 1 in Point Arena. I happened to arrive on the weekend portion of one of their bi-annual ten day retreats. Peri DeFay, owner of Synergy Yoga has been leading yoga retreats for twenty seven years. This retreat included students from all over the world and many familiar local faces. The weekend included signature Synergy Yoga exercises, sharing circles, a beach walk meditation that evolved into this beautiful ocean side ceremony, and amazing Easter Sunday meditation. Charles DeFay of Synergy Yoga in Point Arena states "The postures promote the free flow of energy throughout the nervous system and assist in the elimination of toxins and poisons from the joints and other body parts, where these foreign elements tend otherwise to settle — sometimes permanently. These yoga postures exert a beneficial pressure on various glands and internal organs, flushing and stimulating them. Even a small amount of practice can produce amazing improvements in one's general health. Gentle yoga is offered for those just getting back to yoga or for those that have never had the experience. "If Point Arena is too far for you to give yoga a try, your options include Emily McConnell's classes in Anchor Bay at Sutras Yoga, and Arlene Guerrero holds classes biweekly at The Physical Gym in Gualala. Meditation is also a fabulous technique I use to clear my mind and create space for creative surges. Mary Star of the Sea offers a silent meditation at 11am every Friday.

I never had issues with allergies until the past three years. I personally try to do the most natural gentle remedies before I go the synthetic pharmaceutical route. After hosting a Holistic Healing TV show for two years, I discovered that more natural organic substances like herbs are much easier on your liver and organs. I ran into Jonathan Marestein of Wildgreen at Trinks and we went into deep conversation about the many natural remedies available in abundance on our coast. Jon told me that nettles, when processed correctly, are more nutrient dense than blue green alga. He added "I forage and cold-brew stinging nettles which is a common natural allergy relief remedy. It also helps get rid of arthritis pain, enhances your immune system, gives you energy, plus

a whole lot more. Never judge a plant by what's on the outside." I had the privilege to try his cold brewed nettle tea and now I'm hooked. The best way to try his nettle tea or order some fresh wild nettles is to email him at wildgreen.jm@gmail.com.

Roots Apothecary herbalists Gillian & Jacqueline recommend using our local Nettles to make a fresh nettle or chickweed pesto. They also mentioned that Simplers Botanicals Nettle/Radish compound can help boost your allergy immune response, and the Allergy Relief System products from Herbs Etc are very effective. The Herbalists suggest "adding turmeric to your diet to help reduce allergenic inflammation . . . or ginger and cayenne to support circulation and clear breathing." They also note "It's always a good time to tone our adrenal and nervous system response! Try some building and nutritive adaptogenic herbs like Ashwaganda, Astragalus, or Reishi mushroom. These herbs help support our deep health and well being." Gillian and Jacqueline remind us to be good to ourselves "Lots of us are getting outside and enjoying coastal activities...hiking, biking, gardening, etc. Treat yourself and your hard working body at the end of the day to a hot bath with aromatic bath salts and feed your dry skin with some nutritive oils, or one of Roots Originals' healing & moisturizing salves or body butters." Roots is located on Main Street in Point Arena and my go-to place for my favorite locally made health & skin care products.

Dr. Laura Franklin is another fabulous resource we have on our coast. In addition to her degrees in nutrition and biochemistry, she is a licensed acupuncturist and is a National Diplomate in Chinese Herbology. Dr. Laura schooled me on the Traditional Chinese Medicine (TCM) way of viewing health in accordance with the seasons. "As a TCM practitioner, I pay attention to the weather, especially extreme weather. Unusual weather can cause health imbalances and bring both emotional and physical challenges. TCM practitioners believe that a person should adjust his or her diet to the seasons. In addition to the various lifestyle adjustments anyone can make, acupuncture can help unblock stuck energy. There are hundreds of acupuncture points, each with their own special quality. A choice few can be selected that are most appropriate to each individual to assist in freeing energy blockages and correcting imbalances in the body and therefore allowing for a more harmonious engagement with life-our own and that all around us." If you would like to make an appointment with Dr. Laura for an

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Post-Fireworks Show
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Special appearance by
Flynn Creek Circus

Blues on the Coast
Saturday July 30 8:30 PM
Mitch Woods
& **His Rocket 88s**

Arena Theater Film Club
Mondays 7 PM

July 11 *The Philadelphia Story*
July 25 *Anomalisa*
214 Main Street Point Arena

Writing about music
is like dancing about
architecture.

Elvis Costello

A	I	N	E	Y	A	R	E	B	A	A
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Seve Cardosi is host of The Drift Radio Show & Marketing Director for Go Local Mendonoma Coast

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**Here Comes The San Francisco Mime Troupe
 Time For All Of Us To Get 'Schooled' July 13**

Like the seasons themselves, the San Francisco Mime Troupe returns to the coast each year, and we couldn't be happier. The Mime Troupe — not silent by a long shot—brings its unique brand of theater to Arena Theater on Wednesday July 13. This year's theme is education, and the production is titled *Schooled*. Given the subject matter and the expertise of the Mime Troupe, one can only imagine what the coast is in for. And familiar faces will be back performing the new play. *Schooled* features veteran San Francisco Mime Troupe collective members



Velina Brown (Lavinia Jones, Estelle), Rotimi Agbabiaka (Thomas Jones, Arthur Quisdedo), Keiko Shimosato-Carreiro (Ethel Orocuru), and Lisa Hori-Garcia (Michiko Chimlis, Fredersen. Babbit), along with writer Michael Gene Sullivan.

Education. It's like the weather: everyone has an opinion but nobody does anything about it. That's how Lavinia Jones (Brown) feels about her son Thomas' new school, Eleanor Roosevelt High. Decades of funding cuts have resulted in old textbooks, crumbling classrooms, and underpaid teachers, making Roosevelt exactly the sort of public school that has failed students time and time again. Isn't it time for something... efficient? And efficient is exactly what Fredersen Babbit (Hori-Garcia), from Learning Academy for Virtual Achievement, aka the LAVA Corp., promises to bring to the dis-

trict. New Technology, remote learning, computer-generated teachers —LAVA promises to put the "virtual" in achievement! But with kids learning from home, do we need all these empty schools? And with privatization on the line, a Wall Street heavy hitter on one side and a feisty octogenarian teacher Ethel Orocuru (Shimosato-Carreiro) on the other, suddenly the next School Board election is more about a hidden agenda than the open curriculum. Are schools the last chance for democracy, or is education the next frontier for profit? Can we trust a politician's public/private plan to replace an out-of-date system, or is there something even more sinister than privatization going on behind the doors of LAVA? And wait - when did the hall monitors start wearing brown shirts and arm bands? When it comes to the real plan for the future of education - and of our democracy - are we all about to get... Schooled?

There's a lot in each new season and that's one of the things that makes the San Francisco Mime Troupe unique in theater. It's always topical, dynamic, funny, prescient, and thoroughly entertaining. *Schooled* is written and directed by Michael Gene Sullivan, and written by Eugenie Chan, with music & lyrics by Ira Marlowe. And the coast's own Blake More—part of the Mime Troupe support network—served as this year's Costume Designer.

AUTOS from cover
 lala Hotel and in front of the former Jack's Gualala Pharmacy will host "Dirty Jack's" Drive In Car Show, presented by Jack Chladek. "All cool cars are welcome, whether they are in the Auto Show or not," says Chladek. "My team and I will be serving up free hot dogs, chips and soft drinks and the Gualala Hotel will be offering special event cocktails."
 New to this year's event is the "Surf the Coast" grand giveaway of a 40-inch flat screen TV thanks to "Dirty Jack." Free entry forms will be available at noon on Friday and must be turned in by noon the next day. Raffle tickets will be drawn at 3 p.m. at Saturday's award ceremony; you must be present to win!

And there's more. On Sunday, July 17, Point Arena Lighthouse Keepers, Inc. (PALKI) is sponsoring its first "Cruise the Coast" event. All Auto Show participants and guests are invited to make the drive to the lighthouse any time from 10 a.m. to 5 p.m. to take in the exhilarating roads and views which the coastline affords. More Auto Show information is at Gualala Arts, (707) 884-1138 or GualalaArts.org.
 This is a favorite event for many on the coast, and there are always visitors from other parts of the Golden State. We can't be certain just who will be here, but look around. If by any chance you see The Fonz, just smile and say "Heeyyyyyyyyyyyyyyyyyy".

**Mitch Woods & His Rocket 88s
 Blues on the Coast July 30**

Summer isn't summer on the coast unless there is a schedule of "Blues On The Coast" concerts at Arena Theater. This month it's Mitch Woods and His Rocket 88s. They arrive on the coast as the torchbearers of a great American blues heritage, doing their part for more than three decades. Taking inspiration from a genre known as "jump-boogie", and the celebrated jump n' boogie outfits of the late 40s and early 50s, they breathe fresh life into the music that gave birth to rock 'n' roll.



Woods styled his group after the jumpin' n' jivin', shoutin' n' honkin', pumpin' n' poundin' bands of Louis Jordan and his Tympany Five (made even more famous in *Five Guys Named Moe*), Wynonie Harris, Joe and Jimmy Liggins, Amos Milburn, and Roy Milton. Adding a healthy dose of New Orleans rhythm and blues, piledrivin' piano, and some of his own contemporary playful lyrics, Woods and His Rocket 88s forge their brand of music they call "rock-a-boogie".

Brooklyn born in '51, like many a musician, Woods began playing classical piano at eleven but the road to musicianship hit a crossroads when he took a turn onto the blues and boogie woogie highway. In fact, the seeds had been sown a few years earlier. His real initiation into blues and boogie piano began when his Mom "hired this superintendent of the building, a black man, Mr. Brown, to take him to school. "We stopped off at his cousin's house, where somebody was playing boogie-woogie piano. It really hit me."

The 2012 release *Blues Beyond Borders, Live in Istanbul* features the boogie woogie piano maestro Woods and his all-star Rocket 88s on a five-week tour of the Republic of Turkey. His latest CD, the 2015 *Jammin' On The High C's* perfectly captures the late nights and early mornings on the Legendary Rhythm & Blues Cruise hanging out in Club 88. You don't have to take a cruise, or go to New Orleans (or Turkey, for that matter.) Rock-A-Boogie" will be center stage on the 30th. Just follow the Coast Highway 'til you feel the beat or hear the 88s.

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News & Notes From The Peddler InBox

• The City of Point Arena's Independence Weekend Celebration will include an entrance fee 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.

• Voter registration is set for Saturday, July 2nd from 8:30am to 12pm at the Pay 'N' Take in Gualala. Volunteers will be available to help people register for Mendocino and Sonoma counties. Voter Registration forms are in English and in Spanish. The last day to register to vote for the November 8th election is Monday, October 24, 2016. You must be 18 years old by November 8, 2016 to vote in the November General Election. You must also be a United States citizen and a resident of Mendocino or Sonoma counties. Please bring your Drivers License and/or Social Security number. If you have moved or changed your name since you last voted, you must re-register. For more information: www.sos.ca.gov, or call 707-884-4703.

• **The Farmers Markets** have returned in most parts of the county, including the Gualala Farmers Market. Stop in for fresh vegetables, 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.

The idea of an election is much more interesting to me than the election itself...The act of voting is in itself the defining moment.

Jeff Melvoin

La Cage aux Folles at Gualala Arts • July 22-24 and 29-31 Come As You Are . . . Bring A Friend . . . Share the Fun

a preview by Rozann Grunig

Gualala Arts Theater presents the Musical Production *La Cage aux Folles*. It's rather gaudy but it's also rather grand. It's bad and beautiful; it's bawdy and bizarre!

Coming to the Coleman Auditorium at Gualala Arts Center this July. You'll be transported to St. Tropez, France at La Cage aux Folles nightclub. Enjoy a "French Picnic" small plate dinner while sitting at your own table, enjoying the show.

La Cage aux Folles is a musical with a book by Harvey Fierstein, lyrics and music by Jerry Herman. Based on the 1973 French play of the same name by Jean Poiret, it is fun and upbeat, hitting all the right notes for laughs, entertainment and spectacle. It infuses drama with levity seamlessly and offers more than its share of memorable tunes and moments.

La Cage aux Folles won six Tony Awards® in 1984, and both subsequent productions won the Tony for Best Revival. Centered in a bustling nightclub on the French Riviera teeming with song, dance, laughter and heart, it inspired the hit 1996 film "The Birdcage," starring Robin Williams and Nathan Lane. Featuring "The Best of Times," "I Am What I Am" and "Song on the Sand," Associated Press called the show "riotously



funny and emotionally affecting. It could not be more timely and enjoyable."

La Cage aux Folles is the story of Georges, the suave owner of a glitzy drag club, and his high-strung star performer (and romantic partner) Albin. After twenty years of unwedded bliss Georges and Albin, two men partnered for better-or-worse get a bit of both when Georges' son (fathered during a one-night fling), Jean-Michel announces his impending marriage to the daughter of a bigoted, right-wing politician.

Jean-Michel pleads with his father to have Albin retreat from the family for a night in order to hide the secret of who and what his parents really are, and invite his birth mother, who has barely seen him since birth, in-

stead of Albin. Georges reluctantly agrees to masquerade as "normal" when he meets the family of the bride-to-be. But Albin has other plans, with hilarious results...

In Gualala Arts Theater production of *La Cage aux Folles*, the role of Georges stars newcomer to the stage, Eric Wilder and starring as Albin/Zaza is veteran actor Teo Ariola. The Cast include Lloyd Cross as Jacob, Liam Ignacio as Jean-Michel, Scott Ignacio



as Monsieur Edouard Dindon, Kelley Kieve as Madame Marie Dindon, Kailey Schmidt as Anne Dindon, Pat Wilson as Jacqueline, Harm Wilkinson as Francis, and the beautiful and dangerous Les Cagelles - Bob Claf-lin, Michael Combs, Kim Ghezzi, Vanessa Ignacio, Cheryl Mitouer, Patricia Schwindt, Linda Weinstein, Karen Wilder and maybe more... you'll have to guess! Roxanne Claf-lin will make you feel welcome as our house hostess.

This production is being directed by co-directors Teo Ariola and Dayle Farina and the Musical Director is Don Krieger. *La Cage aux Folles* is presented by special arrangement with SAMUEL FRENCH, Inc.

Advanced tickets \$20 adults, \$10 youths 13 and under and doors open 30 minutes before the show. This show is rated PG-13: Parents strongly cautioned - some material may be inappropriate for children under 13.

Pre-show small plate dinner offers premium early seating at 6 p.m. for Friday and Saturday and 1 p.m. on Sundays, with best of the house seating for the show. Advanced small plate dinner tickets are \$8 and available for purchase up to one week in advance of the show. If available day of show, small plate dinner tickets are \$13.

Photos by Rozann Grunig.





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**Jay Glubb Comes To Mendonoma July 24 & 25
Two Opportunities to Explore QiGong**

We are always pleased to let our readers know about events and activities along the Mendonoma Coast. And we're not just talking about movies (althoguh I love movies) or live music (love that too) or theater, poetry, art, and more. Denizens of the Mendonoma Area will have a unique opportunity to learn a powerfully effective and fun self-healing practice: QiGong (Qi, pronounced Chee) in Yuan Gong style.

Much has been written in recent years about QiGong, a practice that works on and strengthens the body's life energy known as Qi. It deeply relaxes the mind and body, thereby reducing stress, strengthens both the body and the mind, increases vitality, balances emotional states, and much, much more. Like other aspects of Eastern wellness, QiGong has been practiced for thousands of years in China largely for its health benefits. Jay Glubb, a teacher from New Zealand visiting the U.S and traveling up the coast from San Francisco will lead a free introductory session on Sunday July 24th from 6:30-8:30pm at a private home in Gualala. This session will be suitable for any level of experience or health condition. Glubb, based in Dunedin in the lower South Island of New Zealand, has been practicing Qigong for over ten years, teaches regular classes and runs events to help spread the benefits of this practice.

QiGong has been the subject of many medical studies and has been found to improve overall health and sense of well-being such that major medical centers provide classes as part of their complementary

medicine programs. Glubb says, "when the mind is more fully relaxed, more present and more connected to the body, then I believe that naturally a person will be healthier. In fact many other areas of life will improve also. This has definitely been the case for me, and many others that I know."

He also says "Whilst I believe strongly in the mind-body connection, I also believe that people overlook the importance of Qi, your body's life energy. For example, if you are tired, stressed, or overworked, we could say you are 'low in Qi.' We would expect that this would have negative effects on your body and on your mind; on the other side of course is that if the mind is in the right place and the body is used correctly, then our energy levels will be much improved, this is the real secret to Qigong."

While QiGong has not been Glubb's only passion—he's been a working professional Magician for the last 15 years—his emphasis is changing. As he grows, learns and deepens his enjoyment of Qigong, he says he is pulled "more to focus on touring Qigong workshops rather than shows. A good show, can make people laugh, can cheer them up for a day; learning tools such as Yuan Gong and an awareness of the mind however can bring real, lasting change to a person's life."

Jay will only be in the area for a very short time: the Sunday introductory session July 24th 6:30-8:30 pm, in Gualala is free (call for details). That will be followed on Monday July 25th from 7-8:45pm at Sutras Yoga in Anchor Bay. The charge for the Monday session is \$20 in advance, \$25 at the door. Individual appointments are welcome during the day on Monday. Anyone who would like to meet him, come to the introductory session, or sign up in advance for Monday's class, can do so by contacting Roya Arasteh at email: rarasteh@lmi.net or phone 510-725-8184.



**Lighthouse Night Tour
Set For July 19**

The July Night Tour at the Point Arena Lighthouse is scheduled to coordinate with the full Buck Moon on Tuesday, July 19 at 8:30 p.m.

Gates to the Lighthouse will open at 8 p.m. and guests will meet in the Fog Signal Building for the tour. Tickets are \$30 per person or \$50 for two, and include champagne or sparkling juice, light refreshments and a souvenir etched champagne flute. Reservations are required and must be made by Saturday, July 16 by calling 707 882-2809. The Lighthouse is located at 45500 Lighthouse Road, Point Arena.

According to the Farmer's Almanac, in Native American lore the "Buck Moon" is so named because July is the month that the new antlers of buck deer push out of their foreheads, coated with velvety fur. It may also be called the "Thunder Moon", since thunderstorms are most frequent at that time.

For more information or to make reservations call 707-882-2809, ext. 1. The Lighthouse website is PointArenaLighthouse.com and it contains information on the Lighthouse and all upcoming events.

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Manchester Elem. School BBQ/Fundraiser Saturday, July 23

by Cindy Gonzalez

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." – Margaret Mead

We may not be changing the world, but our community is improving the financial stability of Manchester School, one Barbecue at a time! Each year the Barbecue gets better and more funding is raised for the education of our children!

Over the past two years, with the wonderful support of the community, the Alumni Association has been able to donate \$17,500 to the Manchester School. So far, the funds have been used to purchase textbooks (\$4000), provide staff development for the teachers (\$1500), complete the purchase of a bell/intercom system (\$2500) to replace the 40 year-old system currently in the school and provide additional funds to the teachers for student and classroom supplies (\$2500). In the new school year, computers for the classrooms will be purchased (\$7000) (replacing 10-12 year old computers).

As is true for most districts in Mendocino County, Manchester School District has been around for a long time, almost 150 years, having been granted existence by the County in 1867. Through the years, the small dedicated, creative and talented staff

has consistently provided a well-rounded education for the youth of our community, allowing them to pursue their chosen path in life. In recent years, the reduction of funding from the State has created financial obstacles to continuing this legacy, but our staff (with the amazing support of the community!) has persevered and continues to provide an excellent foundational education for our children.

What can you do to help continue this legacy? Volunteer! During the school year, volunteer to tutor students, assist in classrooms or, share your special talent/expertise with the students. Come give us a hand on "Work Days" with school facility projects.

RIGHT NOW, come enjoy a fun filled day at the 6th Annual Manchester School Barbecue Fundraiser at the Manchester Farm Center (Greco Field) on Saturday, July 23 from 1:00-5:00, hosted by the Manchester School Alumni Association.

Eat scrumptious BBQ, enjoy live music and volunteer for the many slots to be filled: Friday - set-up 5:00-7:00. Saturday during the BBQ -1:00-5:00 and clean-up- 5:00-7:00. Call Cindy at 877-1676, Maxine at 206-1518 or Ines at 684-0184 (Español). We look forward to seeing you at another successful fundraiser for our children!

**Point Arena's 215 Main Has
A Full Slate Of Events for
Holiday Weekend**

- Friday, July 1st: Please join us for a viewing of Bob Schwein's latest black and white photographs of California. 215 will be serving complimentary hors d'oeuvres from 4-6 PM. Bob's show will be up during the entire month of July. Later in the evening Chad Swimmer's Latin band Terapia will take the stage from 8-10 PM. \$8 cover.
 - Saturday, July 2nd 215 is hosting an after the fireworks party with Groove Factor. Music starts at 11 PM. Bar is open and serving food till 1 PM. No cover.
 - Sunday, July 3rd The East Bay's David Flores and Machina Sol play Latin funk from 8-11 PM. \$5 cover.
 - Monday, July 4th The incomparable Corwin Zekley brings his violin and a band of friends to play folk, blues, and swing from 8-10 PM. \$10 cover.
 - Tuesday, July 5th Special guests from Washington, D.C., Near Northeast play original indie/folk tunes with an Indian influence. No cover.
- 215 reminds everyone to please support our local music scene with your attendance. 215 Info is at 707-882-3215.



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Gualala, CA

Friday, July 1 5 pm
Automobilia
White House to the Sea
Opening Reception

Saturday, July 2 5 pm
Ling-Yen Jones Jewelry & Barbara Kelley Prints & Paintings
Dolphin Gallery Opening Reception

Saturday, July 9 4 pm
Sunday, July 10 4 pm
Summer Chamber Music Weekend
Ray Bogas & Friends

Saturday, July 16 10 am-4 pm
Gualala Arts Auto Show & Pinewood Derby

Fri & Sat, July 22-23 6 & 7 pm
Fri & Sat, July 29-30 6 & 7 pm
La Cage aux Folles
Musical & Small Plate "Dinner Picnic"
Dinner Picnic by reservation, 6 pm
Musical theater performance, 7 pm

Sun, July 24 & 31 1 & 2 pm
La Cage aux Folles
"Small Plate Picnic," 1 pm
Musical theater performance, 2 pm

Monday, Aug 1 through Thursday Aug 11
Gualala Arts closed in prep for Art in the Redwoods

Open 10 am – 4 pm weekdays
Noon – 4 pm weekends

SUDOKU Edited by Margie E. Burke

Difficulty : Easy

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

(Answer appears elsewhere in this issue)

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Local Poet Phillip Meshekey At Third Thursday Poetry In Point Arena July 21 By Blake More

On Thursday, July 21, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature local poet Phillip Meshekey. 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 resident of the North Coast, Phillip Meshekey is Waganakising Odawa of the Anishinaabek Nation, Kanawake Mohawk, and black Irish. He is a father, storyteller, writer, poet, youth advocate, and heArtivist. He got his start as an activist within the American Indian Movement and student occupier of tribal college D.Q. University in Davis Calif, but eventually he turned fulltime artist. He is the front man for backWordz Medicine, (poetry over hand drum songs) inspired by late mentor John Trudell. The group travels all over Turtle Island [the Earth] performing for grassroot Native community events, as well as music festivals like Earthdance, ROTR, and Oregon country fair.

Meshekey is widely known as one of "indian countries" most outspoken rabble rousers, and much of his poetry is based on decolonization versus reconciliation, the rebirth of Mother Earth, and his peoples prophecies. He will be reading poems

from his upcoming book called Rants Of A Deadbeat "indian".

[Untitled]

"Dream worlds returning from the vacation, mountain Finches sounding songs for us to happily re-enter & awaken, the zipping around of Hummingbirds yard duty type vibration, facing the giNew day greeting & giving thanks to Grandfather Sun's each & every relation, drop tobacco touch mother Earth & counter clock spin... as morning dew sparkles & drips from redwood tree limbs, Ravens fly by but not on a whim, Gramma Spider webs weaved in all directions but don't cringe, where i am... where i'm going...and where iv'e been... helping to shape & form yOur reality like day of the dead art made from tin, Know healing kNOw vendetta, Redwoods & west Wind spars like choreographed cappauetta, Turtle kNOw diamonds kNOw gold, Monarch falling feather flying bold, purpose &/ in days goal...watching dragon flies swimming upwind seeking to land on poppies & marigolds, he spiraled tobacco fused Lavender smoke into the West Wind as seasonal songs would unfold, Thunder crashed and Thunder rolled, the Cicada's sang in the heat and the Crickets sang in the cold"

Wanted: A Good Home For A Classic 1935 Steinway Piano

One of the friends I've made since moving to the coast is musician, artist, and entrepreneur Spencer Brewer. A talented and respected musician Spencer knows his way around a piano, and is often called in to evaluate an instrument. He told me about a piano he visited recently, and I was intrigued enough to pass along the story.

Last month, he was asked to check out a piano in Anderson Valley. The family was

selling everything and closing down the house as their father just passed and the house had sold. What he found was a 1931 Steinway M (5'7") walnut cabinet grand piano in unusually great condition. They needed his help moving it out and selling it for the estate.

The piano had been in the same family since it was bought by Elizabeth Allen in 1931 from Sherman & Clay in San Francisco. She and her sister Margaret owned a home in the city on California Street. At one time it was boarding house for musicians who worked in the SF Opera and/or SF Ballet. Many great musicians we were told played this piano while in the city. When the aunts passed their niece inherited it and moved it to Mendocino County where her husband, a classical pianist as well, took care of it until his recent passing.

Most of the fingers caressing the piano were classical players. This is not surprising as the family and friends were all classical musicians which, according to Spencer, explains why the ivories are pristine (clean hands), no chips and the tone is warm and beautiful. "It is hard to describe how nice



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the keys feel when playing; it's like the ivories are almost soft to the touch. Kind of unusual actually. The piano was not 'overplayed' and there is no verdigris (patina... I had to look it up) on the action parts." This Steinway has all it's original parts, which normally is not a good thing, yet on this piano, Spencer assures me it is just that. He cleaned & polished it, tuned it and adjusted the action back to the original factory specs. The piano had been loved and truly taken care of all it's life.

One of the benefits is it comes with its original manual from 1930, the original Steinway Booklet from the 20's and both keys for the cabinet. Both books are in fantastic condition as they were kept in the bench their entire life. Asking price is \$9500, which is a good deal for a Steinway in this condition. They have not yet posted the piano for sale nationally as they'd prefer to sell it locally. Spencer Brewer can be reached at (707) 621-0493 and at sbrewer@pacific.net. If you play, would like to learn to play, or just want to have a piano in the perfect niche in your home, it may be worth a call or email.

The Girls by Emma Cline

A Book Review by Joel Crockett, Four-Eyed Frog Books

This is a book I really wanted, and expected, to enjoy. Perhaps to devour. Why? Because before even picking it up I knew that it was a first novel. Written by a 27-year-old in something like 3-months. That she sold the movie rights and then received a two-million dollar three-book advance from Random House after a spirited bidding war by several large publishers. If they loved it, I'd love it. Right?

The Girls presents a stark, honest and believable struggle of an insecure teen from a broken family, a young lady who's no longer a girl but not yet an adult. Much of it is set in Northern California; areas familiar to readers of the Lighthouse Peddler. Early on there is a strong portent of what's to come; a Charles Manson sort of event.

Fourteen-year old Evie Boyd is needy, desperate for attention. Dad has deserted her and mom for a new relationship. Her Ozzie & Harriet mother, lost herself, abandons her responsibilities: "Gone was the mother who'd made sure I bought new underwear every season, the mother who'd rolled my white bobby socks as sweetly as eggs. Who'd sewn my dolls pajamas that matched mine, down to the exact pearly buttons. She was ready to attend to her own life with the eagerness of a schoolgirl at a difficult math problem."

Destined to be shipped off at the end of summer to boarding school, the impending departure forces a "newly critical distance" on her friendship with Connie; her only friend. The relationship has started to bore, even annoy her. In her confusion and depression, she starts questioning the very essence of life.

When Evie sees three long-haired, shabbily-dressed, comfortably self-possessed girls in the park with obvious affection for each other, she takes notice. She's curious. She wonders how it might feel to be like them. Free. Bound in friendship. And she is immediately attracted to one of the older girls, Suzanne.

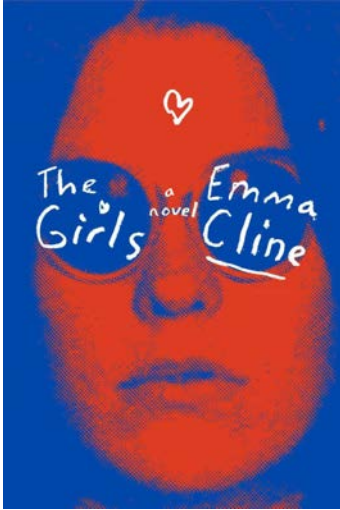
It's not unusual to experience uncertainty and angst in our early teens. We explore. We experiment. Inside, often silently, we suffer. Most of us work our way through those

times. Some seek ways to escape — running away, marrying too early, joining the military. Evie willingly, eagerly, finds her escape in a commune. She and the other girls are entranced with Russell, whose charisma has them convinced that he is virtually god-like. But this isn't Russell's story. This is a novel about the women, their thoughts and needs, their reasons for being there. This is Evie's memoir-like story. How she seeks approval and affection from Suzanne. How quickly and completely she fools herself. How willfully she ignores the increasing but obvious disparities and dangers lurking in the dynamics of the group. How easily she could have become a murderer.

Emma Cline is an outstanding writer. She sees and shares minute details. Some of her sentences almost breath-taking. How can you not appreciate descriptions like, "She was pretty in the youthful way of hometown beauties, snub-nosed, her features accessible, though with an obvious expiration date." Or, "So much of desire at that age was a willful act. Trying so hard to slur the rough, disappointing edges of boys into the shape of someone we could love."

It's not hard to imagine that an introspective writer in her mid-twenties could reasonably recall in great detail the emotions of her early years. Cline gets into Evie's head so completely that it makes me wonder if my daughters had similar thoughts, traumas and insecurities in their early teens. Her ability to observe, understand and write about Evie as a less than satisfied lady in mid-life, her sense of fruitlessness and continued struggle with loss, are spot on. With all that said, this was not exactly a book I couldn't put down. There are places where it drags. We learn more about commune life than perhaps we need to. The ending isn't happy; it's not really sad either. It's just a real ending in what could've been a real life. It's inevitable.

I stayed with this novel not so much for the story as for the writing. This young, gifted writer has two more books coming. Emma Cline is worth getting to know. The Girls is a good place to start following her career.



The Peddler Website

Some of you may have noticed that the Lighthouse Peddler website hasn't been updated in awhile. A funny thing happened on the way to the April issue. Our primary computer for design and layout decided that it was time to, oh what's the word, ah, yes, CRASH. We were able to get the April issue out of the severely incapacitated desktop computer and to the printer.

Just before we began to do the design and layout work for May, we decided to update all backed-up data. Unlike Murphy's Law, which would suggest that "following the backing up of data, the backup drive would die in sympathy with the desktop computer", surprise, Murphy's law didn't win.

We began to make changes, including moving all of the layout and design work to a laptop. That too seemed to be fine, except all of our software for updating the website was on the now dead computer. Bottom line: Murphy won, or at least it was a tie. So we've continued to produce the Peddler on a laptop, and for the most part we're doing OK. However, that pesky website—www.lighthousepeddler.net—has not been updated since March 1. So what is there to do?

Our solution was to create a parallel website (as opposed to a parallel universe, parallel circuits, a pair of Els.) I enlisted the help of my friend Joel Chaban to help me understand what we needed to do to get the website back up and running. And in our spare time we've been getting it ready to go. We expect to have the new site up and running on August 1st and start bragging about how great the new site is.

We thank you for your patience and support, and will continue to improve the Lighthouse Peddler, keeping it the most useful guide to events of all kinds on the South Coast.

One more thing. Please stay in touch regarding your events. Whether it's an art gallery, museum, concert venue, film or other activity, let us know. Email us at lighthousepeddler@mcn.org. Call us at (707) 684-1894 and we're not around leave a message. Write to us at PO Box 1001, Point Arena, CA 95468. We want your ideas, and of course we hope for your continued support. Until then, as my old friend Han Solo might say, may the Peddler be with you. Always.

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The Dolphin Gallery In July Ling-yen Jones and Barbara Kelley

The July 2016 exhibit at the Dolphin Gallery features Barbara Kelley and Ling-Yen Jones. An opening night reception is planned for Saturday, July 2 from 5:00 p.m. to 7:00 p.m.

This show marks the fifth time Barbara Kelley has exhibited her monotype prints and original paintings at the Dolphin, paintings that she's created at her Moon Catcher Studio on The Sea Ranch or at her second work space in Sonoma wine country. Talking about her pieces, Kelley says, "The central intention of my work is to create visual reflections of universal themes. I strive to create a visual language that is both evocative and straightforward."

Kelley grew up in remote Alaska where her first bassinet was the top drawer of a dresser which may explain her search for new frontiers to explore and her desire for experimentation. Kelley's work may employ found objects such as leaves, sea



weeds, bird feathers, even snake skins in her prints. She also creates encaustic paintings, employing a hot wax technique that dates to ancient Egypt and is difficult to master.

Her experiences living in Alaska, New Mexico and along the Pacific coast as well as contacts with other cultures, particularly Japanese and Chinese experiences, inform her artistic vision. Critics have noted that her prints exude "the simplicity reminiscent of Chinese and Japanese art, frequently evoking a meditative sense of inner calm." This influence can be seen not only in her landscapes but even in her "Shorebird" collection.

Joining Barbara Kelley in a two-person show for the second time in three years, Ling-Yen Jones shares her personal vision of jewelry as not just ornamentation, but also as an artistic statement and symbolic representation of both the personal and the universal experience we all share. Each hand-crafted piece is a one of a kind creation, even when it is part of a series with repeated motifs.

Jones defines jewelry as creations "which are useful, artistic, symbolic expressions of

a personal idea." She wants her work to represent various themes such as new beginnings, changes, hope and personal growth. A brief survey of her extensive collection at her online virtual gallery confirms that she lives up to that ideal.



Jones works with sterling silver, copper, gold, pearls and colored stones. Her reasonably priced work is immediately recognizable to many because of the clean shapes and repeated motifs including leaves, birds

and windows. The effect of the jewelry when worn is subtle and dramatic at the same time.

Although many pieces incorporate traditional Asian influences, such as the cranes and Chinese chops, she also echoes the modern emphasis on simplicity and abstract lines. For example, the feminine, graceful and romantic scenes of Ukiyo-E Japanese art inspire the Asian-like faces that incorporate both elements. In their understated simplicity, they also echo some of Picasso's use of primitive art.

The Opening Reception is Saturday, July 2, 5 p.m. to 7 p.m. Exhibit remains through July 31.



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Roy Bogas & Friends
14th Annual Summer Chamber Music Weekend

The Roy Bogas and Friends Ensemble returns as the performers at the Gualala Arts Chamber Music Series 14th annual Summer Chamber Music Weekend on Saturday, July 9 and Sunday, July 10 at 4 p.m. in the Gualala Arts Center Coleman Hall.

Pianist Bogas is a regular performer at many Chamber Music Series concerts, both as a featured artist and as an accompanist to other chamber musicians. He is being joined at this year's weekend by his "friends" from the San Francisco Symphony, Axel Strauss and Amy Hiraga on violin, Nancy Ellis on viola and Peter Wyrick on cello. "Music lovers are invited to hear either one or both performances, for a fulfilling weekend of superb music performed by top artists," says Steve Chell of the Chamber Music Committee. "This weekend continues the long tradition of top quality chamber music on the coast, in the intimate setting of the



Gualala Arts Center Coleman Hall."

Saturday's program will feature String Quartet (the Bird), Op. 33, No. 3 by Haydn, Cello Sonata No. 3 in A Major by Beethoven, "Nigun" from "Baal Shem" for Violin & Piano by Bloch and Piano Quintet by Elgar. Sunday's selections are Piano Quartet No. 1 in G Minor by Mozart, Violin Sonata No. 10 in G Major by Beethoven, "Night" for String Quartet by Bloch and Piano Quintet by Brahms.

For more information contact Gualala Arts at (707) 884-1138 or visit GualalaArts.org. Tickets are \$30 advance for each concert; \$5 more day of performance. \$50 advance for BOTH concerts, available at the Arts Center only. Young people ages 7 through 17 admitted free with adult. 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.

Global Harmony Summer Adventure Camp
Gualala Arts presents:
Colors, Colors, Colors: An Olympic Adventure

All children from 1st through 8th grade are invited to participate in the Global Harmony Summer Adventure Camp sponsored by Gualala Arts. The Camp will be held starting July 5 and continuing Tuesdays - Fridays through July 15, from 9:30 a.m. - 12:30 p.m. (9:15 a.m. first day).

Children will participate in all art classes. Classes in the past have included: culinary arts, beading, drumming, mask making, portrait painting and much, much more. They try to offer some new each year!

Colorful Creations in Mosaics: Students will learn about colors and how they relate to each other. Over the course of eight sessions, students will be engaged in designing and creating a take-home mosaic project incorporating tile and stained glass. In addition, participants will create a community mosaic project to be given to Gualala Arts. Each student will create their own art piece by: creating the design, priming the surface, adhering glass and tile and grouting the piece. The pieces might be inspired by Olympic sports, country flags



or their own colorful ideas.

Global Music Making: Katrina's class this year will focus on music and rhythm as she helps each group create their own "country" - from the title to the terrain and the music they make. Each group will develop their own unique national anthem that represents their country's culture, rhythm and grooves.

Painting with the Body: Using our bodies like any other artistic medium, we'll use movement in lieu of pencils or paints to paint pictures, tell stories and communicate. Students will seek out new and creative ways to move through space. The class will culminate with a dance, choreographed by the dancers, that showcases their findings.

Wild and Creative Things: Students will use science and art to explore their surroundings - painting, building and eating our way through the week. We will identify, draw and eat local plants finding beauty and wonder right outside our door.

An Evening Of Music at Sea Ranch Lodge
With Harrison Goldberg, Chris Doering, Don Watanabe, and Gabe Yanez

On Thursday, July 14th, from 6:00-9:00pm, in the Fireside Room at The Sea Ranch Lodge, Quartet Enchantment swings into the 2016 Summer Sunset & Jazz Series. The group, comprised of saxophonist, Harrison Goldberg, Chris Doering on 7 string guitar, Don Watanabe, upright bass, and Gabe Yanez, drums, will showcase tunes from The Great American Songbook, bossa novas, blues, classics from jazz composer/performers such as Duke Ellington, Paul Desmond, Charles Mingus, Wayne Shorter and Miles Davis, and will also perform arrangements of popular tunes along with some originals penned by guitarist/composer, Doering and Goldberg.

All four musicians play in other groups up and down the coast, and such creative diversity informs the high quality of musical interaction and the enchanting sense of discovery that occurs when they perform together, hence the selection of the "Quartet Enchantment" name.

Admission to this event is free and delicious small plate offerings and a wide assortment of beverages are available.

The Sea Ranch Lodge is about 10 minutes south of the Gualala River Bridge. Information is at (800) 732-7262 and at www.searanchlodge.com.


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Ice Cream and Idiocracy

by David Steffen

The Fourth of July is one of those holidays I can't ignore. Like Christmas, the 4th was always a special day when I was growing up, and to some degree it remains special. I remember the parades—both watching and marching, although the latter was more of a walk along with other kids from my elementary school. But I did appreciate the little ice cream cup we were all given as we arrived in the park, and of course, on more than one Independence Day, my small group of friends would race back to the groups still marching and join them just to receive another ice cream cup. Ah, petty-crime in Milwaukee.

As I began working in the music industry (1970), I had no idea it would become a career. I promoted new records released by the RCA Records label (and others), and my timing couldn't have been much better. RCA was enjoying a renaissance with Elvis Presley's return to making hit records, Jose Feliciano had become a star with a remake of the Doors' "Light My Fire", the Friends of Distinction were on the charts with "Grazing In The Grass", Guess Who was about to release *American Woman*, and the Jefferson Airplane continued to soar. Even Perry Como was back on the charts with an appropriately titled hit single: "It's Impossible". Of the artists I worked with in those early years, Jose Feliciano remains a favorite. He was talented, pleasant, smart, articulate, and friendly.

His 1968 breakthrough hit cover of the Doors' classic peaked at #2. As almost always happened following a hit single, opportunities arose for the twenty-three year old Feliciano to parlay his success with "Light My Fire" into something greater. Publicists often consider every opportunity to put their artist in the spotlight . . . any spotlight. And one of those publicity moments was presented to the star. Based on the suggestion of Detroit sportscaster Ernie Harwell, Feliciano was offered the chance to sing "The Star-Spangled Banner" at a baseball game. And not just any game. There were 53,000 fans at Tiger Stadium for game 5 of the 1968 World Series; and millions watching or listening around the world. It was Detroit vs. Saint Louis. For the record, the pitchers were Mickey Lolich of the Tigers, who earned the win—final score was 5-3—and Joe Hoernes of the Cardinals, who was handed the loss. In almost every respect it was a publicist's dream. I said "almost". Feliciano sang the anthem as he sang almost everything, with an honest, genuine, heartfelt soul. And that's where the trouble began.

Anyone following American politics since 1994 knows what polarization is, and in 1968 those who heard Feliciano sing were polarized. Half of the people loved Feliciano's performance, and half hated it. To take advantage of the half-public who loved the performance, RCA Records released a 45-RPM single. It may have been the first time in recorded music history that the National Anthem was on the Billboard charts. The downside of this publicity opportunity was the half-public who hated the performance. According to the *New York Times*, (October 8, 1968), when asked about the moment, the blind, Puerto Rican born American said "America is young now, and I thought maybe the anthem could be revived now. This country has given me so many opportunities. I owe everything I have to this country. I wanted to contribute something to this country, express my gratification for what it has done for me." Baseball great Tony Kubek liked it: "I think he did one heckuva job". A Tigers fan had a different take: "It was a disgrace. An Insult." She said she would be writing her senator.

Two weeks later the RCA Records single arrived at radio stations and in record stores. Radio stations followed the public divide. Many stations played it. However, many others, like Milwaukee's WOKY did not. That station's Program Director George Wilson told me a couple of years later that he believed "the performance was inappropriate and unacceptable."

As a college student and programmer at the University of Wisconsin Milwaukee's WUWM radio station at the time, everyone would agree that 1968 was a most turbulent year. Consider some of the events of the year: • January: North Korea captured the patrol boat USS Pueblo. • The Tet Offensive was launched. • February: Richard Nixon began his political comeback. • The American military in Vietnam declared that it had destroyed a town in order to save it. A phrase that cannot be erased from our memories. • Walter Cronkite, anchor of the CBS Evening News, and dubbed "the most trusted man in America", urged President Johnson to throw in the towel in Vietnam. • March: Senator Eugene McCarthy came within 230 votes of beating a sitting president in the New Hampshire primary. • Senator Robert Kennedy entered the presidential race. • The U.S. Army's Charlie Company rampaged through the Vietnamese village of My Lai. • Martin Luther King led a march through Memphis. • April: Lyndon Johnson announced his decision to not stand for reelection. Martin Luther King was assassi-

nated. • May: Peace Talks were begun between the U.S. and Vietnam. • June: Robert F. Kennedy was assassinated. • August: The Soviet Union invaded Czechoslovakia. • The Democratic National Convention in Chicago, helped along by the Chicago Police, turned into a riot—a disaster for the Democrats, but fascinating viewing on television. • September: Senator Hubert Humphrey received the Democratic nomination for president.

There was so much more that fateful year, but time and space is limited. And what of Jose Feliciano? After the release of "The Star Spangled Banner" and its five weeks on the Billboard chart, Feliciano continued to record and tour. His 1970 Christmas album, *Feliz Navidad* is considered a classic of the genre. He even returned to Detroit in May 2010 to reprise his 1968 performance in honor of Ernie Harwell, who died that week. No one contacted their senator, governor, or anyone else to complain. I guess forty-two years was a sufficient amount of time for America's haters of 1968 to get over Feliciano's original performance, or maybe they just died with a grudge.

The Fourth of July is always worth time to reflect. Whether it's the memories of ice cream as a child, of a parade, or a unique and memorable performance, or a performer with whom we connected—literally, personally, emotionally, or even viscerally.

Politics today is, as some say, not for sissies or wimps. You've got to have a belief system that will overcome any idiocy, or worse, an idiocracy.

Joel Stein wrote in May 2016's *Time Magazine*, that "We Have Become an Idiocracy. . . And it only took two-and-a-half centuries. Eight years ago, with the publication of Susan Jacoby's *The Age of American Unreason*, our country had a debate about whether its citizens were becoming less intelligent. This year, we had a debate about how big Donald Trump's penis is. While we have not resolved the latter, we have answered the former. Former means first, and latter means second."

From bitching about a wonderful, authentic, performance of the song set to Francis Scott Key's poem, we have arrived at July 4, 2016. The election isn't until November 7th. May God have mercy on our souls. And by the way, Thank You Jose. If you get to Mendonoma, I'll be there. I'll probably even have some ice cream for you.



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Scuttlebutt

by Mitch McFarland

Having just completed an 11,000 mile drive around the perimeter of America and visiting 20 states, I found, as should be expected, that there are some similarities to be found wherever you go. Of course, the corporatization of American commerce is very obvious and well known and I discovered no evidence to dispute that. A town's size and population can easily be judged by which corporate enterprises have chosen to move in.

The first to arrive is a Dollar Store. Actually, one should know that there is no such business as The Dollar Store. They are either Family Dollar, Dollar General, or Dollar Tree (my favorite). Any town big enough to have an elementary school will have at the entrance to town one of these retail giants. And I mean giants. These three discount behemoths have upwards of 40,000 outlets all across America. Any town big enough to have a high school probably has a Dollar General at one end of town and a Family Dollar at the other end.

Next to move in is, oddly enough, Subway. Tiny towns with no other "fast food" or diner are likely to have a Subway. Don't ask why. You would think anyone could make a sandwich, but I think many small towns seem to be enthralled with the idea that a corporation, any corporation, would choose to grace their town.

Naturally (naturally?) McDonald's is right up there and signals that town has finally made it. Being deprived of a quick Big Mac and fries is one of the prices you pay for living in a town too small to merit this honor.

You are probably wondering about Starbucks as they have a reputation of being everywhere. If only. Trying to find a cup of coffee that was not made with grounds swept from the floor of a corporate coffee roaster can be a challenge. With a mere 6700 outlets, Starbucks left me to the mercy of Farmer's Bros in a styrofoam cup far too often (I carry a ceramic cup in the van, but often I forgot to bring it in the store).

Once a town reaches entropy in the eyes of the corporate pencil pushers, the whole melange of familiar logos assault the senses with their oversized and generally garish signs. Former local business properties line the old downtown streets of many small towns like the storm-beaten hulls of grounded ships.

Other similarities can be noticed across the home of the brave, such as the fact that once you leave California virtually every motorcycle that you see is a Harley David-

son. "Rice rockets" as Harley guys are likely to call Japanese bikes, are rarely seen unless it is a model that attempts to copy the Harley look. While many riders have achieved the dream of Harley ownership, it must be noted that every town of any size at all had at least one, and generally several, Harleys set out by the road with a For Sale sign on them. Those bikes aren't cheap and appear to be the first thing on the chopping block when the creditors come knocking.

One of the nicer things to be commonly found appears in towns that chose to celebrate their history, diversity, or simply their commerce, by encouraging the painting of murals on buildings and public structures. Whole coffee-table books could be (and probably have been) assembled from the beautiful, and sometimes, humorous murals to be found on walls of old buildings. Some are depictions of historical events, some show workers in the industries of the town, while others might be beautifully done scenes of the surrounding landscape. Some of my favorites are optical illusions, often made to look three-dimensional. One I recall was on a building connected to an old brick factory. The newer building that was attached to the old factory was painted to look like a part of the old factory, except refreshed. The owners appear to be painting the old building to match.

One commonality that I found quite refreshing is that virtually every town with a sufficient number of beer drinkers has a brew pub. The one-time novelty is now commonplace. I find this a wonderful development. It has always seemed crazy to me that beer should be shipped thousands, or at least, hundreds of miles to the consumer. Buying beer from Asia or Europe really seems nuts, although in the past, that might have been the only way to get a good beer. That, fortunately, is rarely necessary anymore. Lots of places even sell growlers for take home and can be refilled. This all has multiple environmental benefits and it is a great Go Local item for many reasons.

Please don't be concerned if you happen to leave on a trip and didn't have time for a manicure. I'm pretty sure nail salons outnumber auto parts stores in America. And if you don't have the immediate cash to get those nails cleaned up, fear not; no matter where you go, you will find a pawn shop. Often several of them. Many also feature gun sales.

Small towns seem particularly taken with the idea of cute or otherwise clever signs. While this is especially true of hair

salons, my favorite was a roadside business in a popular fishing area. They had a lunch counter, a fuel pump, and a bait shop. The sign out front said, "Eat Here, Get Gas and Worms."

The day we left someone gave me an article to read in The Atlantic magazine. The authors had traveled the nation to gauge the general attitude of the American people. What they found was that people almost everywhere thought things in their town were pretty good. They usually had a positive attitude regarding where they lived, yet almost universally they thought the country as a whole was going to hell. I found that to be very accurate. After all, in order to get through this life successfully, one basically needs a positive attitude. While it is always easy to point out problems in your town, most people felt that where they live is as good or better than most other places where they might live. On the other hand, it is almost impossible to avoid the national news and it is pretty much universally bad news. People who get hurt or are angry get far more coverage than the person who is simply kind and gentle and generally content. Is it any wonder, then, that Congress has an all-time low approval rating, but districts almost always re-elect their own representative to that body?

When I am home here on the coast I might tend to think of people in Ukiah as "others", not like us coastal folk, but as we came into Ukiah from Hwy 20 after our two-months of travel, we stopped at the Ukiah Co-op to pick up some groceries. As I walked in the store and took a look around at everybody, the thought crossed my mind, "These are my people".

It's good to be home.

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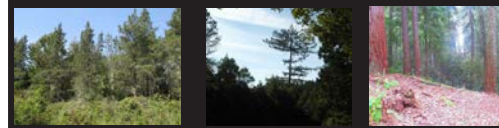
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Words On Wellness

by Karin Uphoff

Ah the sun! Whether boldly embracing us from a bright-blue sky or a glaring scatter through millions of fog drops, ultraviolet rays are a strong medicine to the skin. Strong medicines can cure or kill so knowing your 'dose' and how to protect yourself from over-exposure is key. When UV radiation alters our skin cell's DNA, those altered cells create mutations that can lead to skin cancer. The appearance of dark spots (sun spots), caused by an overproduction of melanin, and hardened scabby spots (keratosis) are ways the skin tries to protect itself, typically triggered by long-term sun exposure that has effected the cells. Sunscreen and protective clothing are important!

All flora and fauna are subject to UV damage and that's one reason the skins of fruits and leaves have such amazing colors. They are packed with bioflavonoid pigments that protect the surface cells from breaking down in UV light. When animals eat these bioflavonoids it keeps their own body's supply of vitamin C from oxidation, enhancing cell protection. Bioflavonoids are present in all plants and have been shown to be anti-mutagenic, anti-carcinogenic, anti-aging, and promote structure and function in the circulatory system.

Lucky for us, when we consume nature's colors, we too, receive protection from the oxidative stress caused by sun. Some of the top protectors are cherries and berries, especially our local huckleberries – even the leaves can be made into tea! Green tea is a popular skin rejuvenator, whether sipped or put in a spray bottle and misted on sun-kissed skin, but any

fresh herbal tea will be abundant in bioflavonoids. Flowers are packed with powerful pigments so add a few to your salads; calendula, chrysanthemum,

mustard, kale, violets, self heal, nasturtium, rose and lavender to name a few! Some of these flowers like lavender, calendula and rose have essential oils that heal sunburned skin. You can mist hydrosols or even strong teas made from them, onto your skin after a day in the sun. You can also place fresh lavender, calendula and rose petals in a dark-glass jar, cover flowers completely with a high vitamin E oil like sunflower or almond, and let sit for a month before you strain the oil. Then use this as power-plant body oil after a day out in the sun to rejuvenate sun-exposed skin.



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Steven Wright



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Happy Love Yourself Day by Caitie Steffen

I recently watched the movie *How To Be Single*. Before you roll your eyes and throw up in your mouth a little, I wavered about purchasing this rental. I am a huge Rebel Wilson fan, because she is not only hilarious but also perfectly fabulous. However, even I was skeptical of this potential “chick flick” catastrophe. But coming from a place of “singlewomanhood” relatively recently and then falling into a long-term relationship suddenly, I found parts of this movie refreshingly realistic. And not only did the clichés hit home but the unexpected left me smiling.

I very much believe in the wise advice of being comfortable being alone and knowing who you really are before you can find anyone to truly love or be with for the long haul. Because whomever you end up finding they are not a static or permanent entity. And no matter how depressing it may feel to think about, at the end of the day you are left with yourself. If you don't know what you like or who you are without someone else there you will feel like you are drowning in quicksand or as quoted in *How To Be Single*, “dick sand.”

On a day-to-day basis I feel bombarded with images of marriage, children, family, relationships, engagements, forever after, true love and soul mates. These not so subliminal messages come from sitcoms, social media, advertisements, movies and so on. Alternatively, being single is portrayed in such a negative light that dating sites, algorithms and swiping right have become customary. Everyone seems to be so unsatisfied with a single status that they rush forth searching for a relationship. No one just lets things happen anymore. In an on-demand economy with everything at one's fingertips I wonder if patience is becoming a foreign concept. Finding someone to love is now in the users' control and there is such a goal-oriented mindset behind it that I question if people have wisely embraced being single sufficiently. So many revelations come when one is alone and able to just think for his or her self. Figuring sh*t out on “me” time shouldn't be undervalued and the ability to decide for oneself by ones' self is essential.

I don't mean to shout down from my soapbox. I too have become wrapped up in committed relationship foes falling into the rabbit holes of brunch on Sundays and his/her monogrammed towels, but I snap back to reality when my expectations of relationship “do's and don'ts” are shattered. I remember that we are our own people, and we share different interests. Expecta-

tions fail because they are based on falsities, fantasies and perfect squares outlined with constraining rules. The best aspects of being with another person are the chaos that ensues. It's a bit like EDM (Electronic Dance Music). I'm not a huge electronica fan, but I appreciate the genre's organization, anticipation, nuances and surprises. You think you know where the beat will lead, but then the DJ throws in some drops and pauses that completely change where it was originally headed. And I personally love the excitement and irrationality that builds from a great mix. Monotonous routine is like a noose fraying at the edges and yet still cinching tightly and straggling you slowly and surely. Because following someone else's lead without knowing where you want to go will lead you right off a cliff and you'll be left abandoned and struggling to climb back to comfort. Choosing to pave your path and cherishing those special parts of your life that are your own will create a healthy balance within your relationship.

There's a song by Hailee Steinfeld called *Love Myself*, and what I love about this song is the memory I have so strongly associated with it. This song began playing at the end of *How To Be Single* as the closing credits began to scroll, and my soul warmed as I was thrown back to that unique moment in my life when I first heard this song. I recently went out with some coworkers in the Castro district of San Francisco after work one night, and not even knowing my coworkers very well at the time, we all just danced our hearts out that night, to this song in particular. And I vividly remember dancing like I truly did not care who was watching, because I was just dancing for myself by myself, and I felt Hailee Steinfeld's words, “Gonna love myself, no, I don't need anybody else” course through my body. It is one of those moments that I'll never experience again, but I'll also never forget. I was not single at the time that this happened and my boyfriend wasn't there. I went stag to this social event. And it's important to remember that finding someone to spend your spare time with does not have to be a period at the end of your sentence, it can be a semicolon. As half of a couple you can continue to add to your sentence and edit its structure. And having someone else in your life to share moments with and see you change is one of the greatest gifts to receive. If they are your better half they will help you enhance your already brilliant aspects.



Fireworks, Foxtails Brigade, and Members of Flynn Creek Circus Make Saturday July 2 in Point Arena A Most Memorable Night

Arena Theater and co-producer Chris Campbell will present the annual post-fireworks show on Saturday, July 2, at 10:30 p.m., featuring Foxtails Brigade and a special appearance by Flynn Creek Circus.

Hailing from the Bay Area, Foxtails Brigade is categorized as indie pop, but they're unique—a complex electro-acoustic alchemy crafted around Laura Weinbach's lovely voice and snappy, articulate acoustic guitar playing. Foxtails Brigade is made up of an A-list ensemble featuring members of Bright Eyes, Van Dyke Parks, Electro Sonic Chamber and John Kale with a sound that is “somewhat akin to Kate Bush meets King Crimson with the warped pop sensibilities of St. Vincent, Joanna Newsom, The Smiths, and Spoon,” Campbell says.

Besides front girl Weinbach with her trademark voice and classical guitar intricacies the lineup includes bassist Joe Lewis, percussionist Dominic Mercurio, violinist Anton Patzner, and multi-instrumentalist Josh Pollock, forming a group of musicians that will amaze and delight with the freshest new music to come out in a very long time. Foxtails Brigade will perform tracks from all three of their albums.

Also on the bill is the internationally acclaimed Flynn Creek Circus presenting Shem on aerial rope and Italian sensation Selyna Bogino with Hula hoops. “If you were here for the circus last year, you'll know the level of excitement and professionalism they bring,” Campbell says. “If you missed them, now is your chance to get a glimpse of what to expect when they come back this year.” For more information visit flynncreekcircus.com.

“So whatever sparkle you have after the fireworks show at the pier, bring it to the theater and join us for a great night!” Doors open at 10 p.m. and tickets are \$15 (over 21) and \$10 (under 21). The Arena Theater snack stand and a full bar for everyone over 21 will be open.

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When I was in therapy about two years ago, one day I noticed that I hadn't had any children.

And I like children at a distance. I wondered if I'd like them up close.

I wondered why I didn't have any.

I wondered if it was a mistake, or if I'd done it on purpose, or what.

And I noticed my therapist didn't have any children either.

He had pictures of his cats on the wall. Framed.

Spalding Gray, from *Swimming to Cambodia: The collected works of Spalding Gray*



I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals.

Sir Winston Churchill

Oink.

Unknown

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Solution to Sudokun

Open Letter to Healthcare Healers, Providers, and Complimentary Practitioners

As you are aware, there is a nation-wide epidemic of opioid use, and it has not spared our community. All of us in health-care see patients or clients struggling with physical or psychological pain. One of our fundamental responsibilities is to treat that pain, but ethical standards demand that we first "do no harm."

Opioids certainly have their place and, when used appropriately in cases of acute trauma or injury, cancer, or end-of-life care, can be an effective treatment. Unfortunately, the overuse of opioids has led to misuse, abuse, addiction, and overdose. Forty-five people die every day in the U.S. from prescription overdoses, with Prince being a recent victim.

As a community, we need to do something about this epidemic, and we believe that it will take a collaborative effort from the local community of healers and health-care providers for that to happen.

Providers at RCMS are developing a new program and policies that will use multiple treatment modalities to help patients manage their pain. Traditionally, Western, allopathic medicine is practiced at RCMS, and we believe that it reduces suffering and increases function for most of our patients. However, in addition to using safer prescription drugs, we recognize the value to pain management of incorporating other treatment methods, as well, such as: physical therapy, pain education, acupuncture, chiropractic care, yoga, tai chi, massage therapy, meditation, cognitive behavioral therapy, biofeedback training, regular exercise, mindfulness training, nutritional education, autogenic training, progressive relaxation, and other safe methods of reducing stress, pain, and suffering.

Each of us, in the community of healers and providers, seeks to develop, maintain, or restore health within our patients and clients. By working together, we can create a healthier community for us all.

We cannot meet this challenge without your help. If you are interested in joining us in this effort, please contact Deborah Lane at RCMS, 884-4005, ext. 107, email dlane@rcms-healthcare.org.

Thank you,

Redwood Coast Medical Services
Integrated Health Team

Lily Iona MacKenzie July 9 at Four-Eyed Frog Books

Lily Iona MacKenzie will be stopping in at the Four-Eyed Frog on Saturday, July 9, at 4:00PM. She'll talk about how she came to write her novel *Fling!*, whose characters include the irrepressible 90 year-old Bubbles and her 57 year-old daughter Feather. They travel to Mexico City to claim Bubbles' mother's ashes, left there 70 years earlier. On the way they find romance, mystery, and redemption. According to Lewis Buzbee, author and professor of creative writing at the University of San Francisco, "*Fling!* is both hilarious and touching, the madcap journey of an aging mother and her adult daughter from cold Protestant Canada into the hallucinogenic heart of Mexico's magic, where the past literally comes to life. Every page is a surprise... A scintillating read." Lily will give an overview of the book and will read a short section from it as well. The book is available in paperback. There also will be a discussion period.



States). She also was a cocktail waitress at the Fairmont Hotel in San Francisco, briefly broke into the male-dominated world of the docks as a longshoreman (she was the first woman to work on the SF docks and almost got her legs broken), founded and managed a homeless shelter in Marin County, co-created *The Story Shoppe*, a weekly radio program for children that aired on KTIM in Marin County, CA, and eventually earned two Master's degrees (one in Creative writing and one in the Humanities). She has published reviews, interviews, short fiction, poetry, travel pieces, essays, and memoir in over 150 American and Canadian venues. *Bone Songs*, another novel, will be published in November 2016. Her poetry collection *All This* was published in 2011. She also



taught writing at the University of San Francisco for over 30 years, and blogs at <https://lilyionamackenzie.wordpress.com>.



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Arena Theater Film Club in July: George Cukor vs Charlie Kauffman.

Among the actors, directors, writers, and producers that come to mind when one thinks about classic Hollywood, there will always be a dozen names that make the short list. And within that dozen are four people who were the nucleus of the 1940 film, *The Philadelphia Story*. It's a classic romantic comedy-farce (part screwball comedy) of love and marriage, human growth and class distinctions. Philip Barry, who created the hit Broadway play and who is uncredited as the screenwriter, wrote the stage part specifically for the talents of Katharine Hepburn who played the hit role in the theatre. Given the talent assembled for the film, it's hard to imagine the final product being anything other than the hit it was. There's chemistry on the screen with Hepburn, Cary Grant, and James Stewart, along with the lesser known but durable (four decades of screen time) John Howard. And director George Cukor has his own long list of memorable film credits including *A Star Is Born* (1954), *It Should Happen to You* (1953), *Pat and Mike* (1952), *Born Yesterday* (1950), *Adam's Rib* (1949), *Winged Victory* (1944), and *Gaslight* (1944).

When codified using the "1% vs 99%" we're familiar with today, this is a film centered around some of those in the 1% of Philadelphia society. Hepburn's character, a self-willed young aristocratic heiress (nicknamed 'Red' by her ex-husband), is on the verge of a second marriage. The Philadelphia socialite has divorced her dashing, colorful, pompous, playboyish husband (Grant) and become involved with a chilly, solitary, self-made and dull business tycoon/millionaire (Howard). The plot thickens and becomes complicated when her irresponsible ex-husband appears on the eve of the wedding, with intentions to keep her shielded from an overly-ambitious, cynical tabloid new-

principal who is also vying for Hepburn's love on the day (and night) leading up to the ceremony.

The film earned six major Academy Award nominations including Best Director, Best Picture, Best Actor, Best Actress and Supporting Actress, and Best Adapted Screenplay. Jimmy Stewart won the Academy Award for Best Actor (his sole career Best Actor Oscar) for his role as Macaulay Connor - a tabloid reporter for 'Spy' Magazine. While actors like Barbra Streisand, Ryan O'neil, and others delivered "screwball comedy" films, the original mold came right out of classic Hollywood. Don't miss this one. *The Philadelphia Story* screens at Arena Theater Monday, July 11, 7:00pm. Not rated. Runtime: 112 minutes.



Confessions of a Dangerous Mind (2002), *Adaptation* (2001), and *Being John Malkovich* (1999). In this case the underpinning of the film is Kauffman's screenplay and shared direction (along with stop-motion animator Duke Johnson,) and of course a standout performance by Jennifer Jason Keigh.

The storyline focuses on a motivational speaker and customer services guru Michael Stone (Thewlis), whose anxieties have robbed him of all joy. On a speaking tour he checks into the Hotel Fregoli and immediately retreats to his room in search of peace. Although most often a banana is just a banana, the hotel's name is to place emphasis on the "Fregoli delusion," the psychiatric disorder that causes the sufferer to believe everyone in the world but them is somehow the same person. But then he meets Lisa (Leigh), an exuberant sales rep who has her share of hard-luck stories, of loves lost and opportunities missed. Michael relates to her loneliness, but admires her resilience, which is clearly something he lacks. And when she sings for Michael—

a slowed-down, seriously heartbreaking take on Cyndi Lauper's "Girls Just Want to Have Fun"—Stone is, as they say, "toast". He's a goner. As *Rolling Stone* pointed out, "The bracing humor and aching tenderness Leigh brings to the role deserves the highest praise. Just don't go hoping for lasting love, though Michael briefly believes the anomaly in his life that is Lisa will be his salvation." *Anomalisa* is done in realistic-looking stop-motion animation with marionettes. Also it is set in 2005 when it was originally written, as a radio play. It stars the voices of Jennifer Jason Leigh, Tom Noonan, David Thewlis, and screens Monday, July 25, 7:00pm. Rated: R for pervasive language, some sexuality and nudity. Runtime is 90 minutes.



<http://www.jkayedesigns.com/patriotic.html>

Garcia River Casino Presents Brad Wilson and the Rhythm Drivers

The traveling blues musician (playing within a group, touring solo, or playing pick-up gigs with other traveling musicians) was, for decades, a common sight to be seen and heard at particular beer joints and bars. As live performance has become even more important in an era of diminishing radio influence, bands and musicians are finding themselves on the road, in some cases all the time. To some that might sound less than desirable, but to most musicians, playing is the thing. It's what they are about. We're fortunate to have a enough performance spaces in Mendocino County that it seems there's never a shortage of good musicians. Which brings us to Brad Wilson.

Brad Wilson established the Rhythm Drivers more than a decade ago with an intent to play blues infused with a vintage rock edge. His vocals and blues harp lead the band and define the sound with influences of Texas, west coast, swamp, and Chicago style blues. Brad is committed to the tradition and has been influenced by his older brother Kim Wilson, James Cotton, Otis Rush, Sonny

Boy Williamson, Lazy Lester, Slim Harpo, and others, exemplary bluesmen all.

Inspired at an early age to sing and emulate other musicians both vocally and harmonica styles, his obsession with the blues is apparent. Born in Detroit in 1956, his father sang on the radio in the 1950's then Brad was exposed to the records of Little Walter, Muddy Waters, James Cotton, and others by his older brother Kim Wilson of the Fabulous Thunderbirds. His attraction was

about the soulful and emotional qualities of the music. He cultivated his harmonica and vocal styles over the years and has created a unique style of his own. The band is Brad Wilson, Jim Stice, David French, and Carl Assmus.

You'll enjoy Brad Wilson and the Rhythm Drivers on stage at the Garcia River Casino in Point Arena, Friday, July 15, 8:30pm.



Pg 17 Lighthouse Peddler, July 2016

**RCMS Presents
Healthy Habits Class July 13th
Understanding Pain Management**

The next FREE Healthy Habits class on Wednesday July 13th will focus on understanding the current theories and practices of pain management with guest speaker Dr. Jeff Nerney, RCMS psychologist and Director of Behavioral Health.

Do you know the difference between pain and suffering? Do you understand how your stress level can intensify pain? Come to the next Healthy Habits class and learn about the elements of pain and current techniques and treatments for chronic pain. As Dr. Nerney's says, "Pain is real, and it is intensified by stress."

Healthy Habits meetings are held monthly, April-December, at the Elaine Jacob Center in Gualala. Due to the Fourth of July holiday, the July meeting will take place on Wednesday, July 13th, rather than the regularly scheduled first Wednesday of the month. The hour-long meeting will start at 5:30 p.m. on July 13th, everyone's welcome, and there are always healthy snacks and door prizes. And, as always, Jacquie Lappé and Trish Miller, RN Educators at RCMS, will be there to welcome you.

Please join us at the FREE Health Habits monthly meeting on Wednesday July 13th to learn about healthy pain management. More information is at 707-884-4005 and www.rcms-healthcare.org. RCMS and Healthy Habits – helping us all lead healthier lives.

**Not So Random Thoughts . . .
by Marghi Hagen**

Supreme Court justice Louis Brandeis once said, "We can have wealth in the hands of a few or we can have democracy. We can't have both." So we now find ourselves with the wealth in the hands of a few.

The reality is that Americans have the right, even an obligation, to be angry- at the status quo, at our government, our representatives, but especially at ourselves because we sat by complacently and let our government be bought out from under us. It's been so easy to be apathetic for the past thirty years, but now we're paying the price for our complacency.

The decline started in the early 1980s, I think, with the Reagan administration and the creation of the Federalist Society and organizations of its ilk. You've all heard of Reagan and either love him or hate what he did to this country, but have you heard of the Federalist Society? If not, check it out, but please don't go the Federalist Society web site. You'll just get a repeat of the rubbish you've been handed for the past thirty years by the wealthy and powerful who think most of us aren't smart enough to vote or wealthy enough to matter. By the way, Supreme Court Justices Roberts, Thomas and Alioto are all members, as was Scalia.

But the real death knoll for U.S. democracy took place, I think, in 2010 when the Supreme court ruled that corporations have the right to spend as much money as they want on elections because corporations are

the same as individual people, and we can't take that right from individuals. There is no real logic behind Citizens United, an ironic name for a law that takes the vote from the people and hands it to over to big business, but enough Justices voted for it, so here we are. If you want to get into public office in the U.S., your best chance at success is to take corporate money and then operate with their best interests in mind.

Since 2014 the Koch brothers purportedly spent \$889 million to defeat Democratic candidates in the 2016 elections. The good news is that much of that money has been wasted on the losing Republican candidates, but that number illustrates the amount of money the big corporations are willing to spend to assure that they maintain control. The Koch brothers even go so far as to buy school board candidates in certain parts of the country, while the Federalist Society has invaded just about every law school in the United States.

But there's good news. Seventeen states are working on legislation to repeal Citizen's United -including New York which has one chamber under Republican control. I guess even some Republicans are realizing how insightful Louis Brandeis was one hundred years ago. You can't undo thirty years of bad legislation quickly or easily, but if we the people start paying attention again maybe we can get back our country and make our votes count again without the interference of corporate dollars.

If you are feeling the frustration, there are ways to help start the process of change; I think one of the best ways is to check out the non-profit political watchdog, Public Citizen, and End Citizens United. Complaining hasn't been very productive, but lots of people paying attention and making small efforts has. Bernie is proof of that. Make a small effort.

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- **Playgroups 0-5 with Adult**—FREE, Gualala & Point Arena
- **Summer Softball** — 3-5 pm, Tuesdays & Fridays, June 17-Aug. 2. Small fee. For 6th–12th graders
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The Crossword by Margie E. Burke

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ACROSS

- 1. Alaska worker
- 6. Elm's job
- 11. Gear tooth
- 14. Around the bend
- 15. Peony or aster, e.g.
- 17. Sleek swimmer
- 18. Light up
- 19. Functioned as
- 20. Stellar
- 22. Leave in the dust
- 23. Genetic stuff
- 24. Digging, so to speak
- 26. Type of surgery
- 30. Torah teacher
- 35. Average guy?
- 36. Torah teacher
- 37. Sentimental song
- 38. Slight trace

- 40. Soap ingredient
- 41. Win over
- 42. Pillbox, e.g.
- 43. Exude
- 44. Parenting challenges
- 45. Spirits server
- 47. Astute
- 49. Chaired
- 50. Move a muscle
- 54. Hierarchy
- 56. Dash
- 59. City statute
- 61. Consummate
- 63. Pumper mascot
- 64. Like pocket change
- 65. Affirmative vote
- 66. Drunken
- 67. Meddlesome sort

DOWN

- 1. Farm equipment
- 2. Jot
- 3. They may be drawn
- 4. "___ moment"
- 5. Autocrat
- 6. Narrow strip of land
- 7. Kippered fish
- 8. Consummate
- 9. Passed out
- 10. It may be bitter
- 11. Benito's "bye"
- 12. Feedbag fill
- 13. Elation
- 16. Goose egg
- 21. Hand on deck
- 23. Muffle, in a way
- 25. Kind of history
- 26. Atlas enlargement
- 27. Whom a leader follows
- 28. Victorian, maybe
- 29. Many, many moons
- 31. Pale tan
- 32. Bank deposit?
- 33. Pool-table cloth
- 34. Do-nothing
- 37. Waterloo event
- 39. Wine holder
- 40. When it's broken, that's good
- 42. Railroad worker transport
- 45. Brimless cap
- 46. With an air of mystery
- 48. Put on cloud nine
- 50. Fountain order
- 51. Highchair feature
- 52. Groundless



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- 53. Canyon feature
- 55. Declare untrue
- 56. Lowly worker
- 57. Point in the right direction?
- 58. "Guilty," e.g.
- 60. Bag
- 62. Female antelope

A man and a woman are dancing in a bright, modern kitchen. The man is wearing a grey t-shirt and the woman is wearing a striped shirt. They are both smiling and looking at each other. The kitchen has white cabinets, a window with plants on the sill, and a stove.

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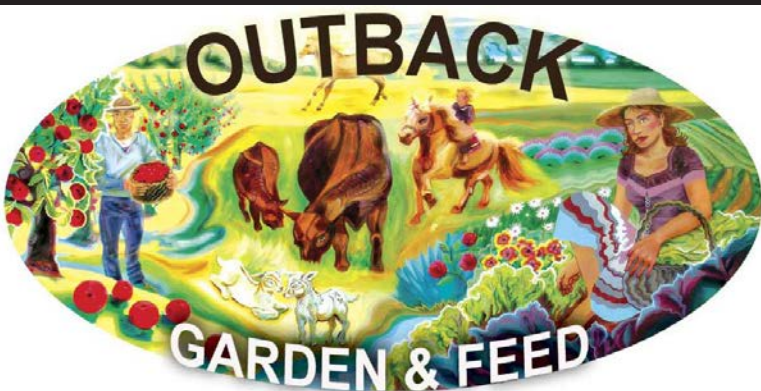
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