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October 2021



Mendocino Coast's **Lighthouse Peddler**

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

The Big Screen at Arena Theater has Big Plans in October:

- **First Run Films**
- **MET Opera Live**
- **Exhibition on Screen**
- **Arena Theater Film Club**

Arena Theater is one of the true treasures of the Mendocino Coast. Having pleased audiences during much of the 20th century, the building was lovingly restored and updated in 1996, to rave reviews from locals and visitors alike. As the film industry went digital, so did Arena Theater. The community—individual donors, groups and foundations—came together to upgrade power (to solar), as well as theater sound, light, screen images, and creature comforts. And the theater staff and volunteers have worked hard to create a safe environment during these difficult times. (And their soft drinks, candy and fresh-popped popcorn still make great treats!)

October appears to mark the beginning of Arena Theater's careful reopening. In this issue of the Peddler you'll find stories about First-run films, the Film Club, MET Opera, and more. Celebrate by attending one or more events as our coastal treasure is waiting for you.

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Jewelry And Paintings Inspired By Nature The October Exhibit at The Coast Highway Art Collective

The October opening reception at the Coast Highway Art Collective in Point Arena features the works of local artist, Andrea Allen, Chinese Brush artist, and Peter Bailey, jewelry artist. The opening reception is on Saturday, October 2 from noon to 5:00pm. Guests and staff are required to wear face masks during the event.



Allen has a unique style that combines the traditions of the Chinese Masters with a subtle, contemporary flair. She studied with a Chinese Master for six years and has been painting and teaching in this style for over 20 years. She utilizes many ancient Chinese techniques, such as grinding her own Sumi ink, often mixing it with watercolors, loading the calligraphy brush and applying it to handmade rice paper, with a minimal number of strokes to complete each painting. She carefully balances the unpainted and painted spaces in each composition, creating a tranquil flow throughout each painting. In addition to Allen's painting, she also creates ceramics, silk pillows and t-shirts.

"Ancient Chinese symbolism and philosophy influence my work," explains Allen "enhancing the feeling of vital energy and serenity. The inherent effect is for the viewer to be effortlessly invited into each painting, to experience a peaceful balance and harmony in a timeless continuum.

Bailey says he loves to emphasize the sculptural and sensual aspects of jewelry

making while at the same time creating a balance between a beautiful gemstone and a complimentary design. Much of his work incorporates images from nature that inspires him and gives him a sense of wonder.

"I love the lines of a dragonfly, an iris or



a trellis vine...even musical notations, Bailey explains. At the age of five my mother would take me to jewelry stores where I gazed in amazement at the shimmering colors of precious stones and the ageless luster of gold and silver. That moment in time ignited a creative desire to express myself in the art of jewelry making. I love to work with the entire range of gemstones, specializing in high quality and timeless gems. As a jewelry artist I am proud and honored to be a part of many people's lives, celebrations, special occasions, anniversaries, weddings, and birthdays."



The show runs from October 1st through the 29th. The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, located next to the Redwood Coast Credit Union. Regular hours are Friday through Sunday, 11:00am to 4:00pm. Visit the website at www.coast-highway-artists.com for information about the collective's artists, upcoming events and how to join.

Have Car-Sense? Want to Get it?

Join a Mechanic Shop Virtual Workshop October 30

How's your car-sense? Do you break into chills or a cold sweat when you think about car maintenance? You're not alone. On Saturday, October 30, there may be hope. The Mendocino County Library presents a "Mechanic Shop Virtual Workshop". This virtual workshop is set for Saturday, October 30, from 2:30pm to 4:00pm.

This is an opportunity to get an overview of car maintenance from Chaya Milchtein of Mechanic Shop Femme.

Learn when to perform specific main-

tenance tasks, a no course why, including changing oil and filters, tire pressure, coolant, and much more. Be a more dedicated consumer so you can protect your investment.

Questions are encouraged, so come prepared to learn maintenance in a way you never have before. Please email

Melissa Carr at carrm@mendocinocounty.org to sign up. All registrants will receive an email invite to participate via Zoom.



The Open Air • "MusicaLiving" • An Outdoor Concert At Gualala Arts Featuring Tim Mueller, Chris Doering, Karl Young, Gabriel Yañez

Gualala Arts and Local Eyes present "MusicaLiving," an outdoor concert by the Open Air, an improvising quartet, Saturday, October 2, from 4:00pm to 6:00pm at the Arts Center's JAMI Amphitheater. Advance Tickets are \$20 general admission, \$15 youth, and are available at Gualala Arts and the Dolphin Gallery. Tickets on the day of show, if available, will be \$25.

"The Open Air" includes shakuhachi master Karl Young, Tim Mueller and Chris Doering on guitars and basses and Gabriel Yañez on drums. "We chose the theme and title 'MusicaLiving' for this performance to emphasize that playing and listening to music is an essential part of life," says Chris Doering. "We're so glad that we can share the experience of music with a live audience in a safe environment, thanks to the support of Gualala Arts and the outdoor JAMI Amphitheater." The diverse program on October 2 ranges from jazz standards to world music, original compositions and adaptations of folk and pop forms. "The set list is chosen to reflect the open air that is home to all music," says Karl Young. "Listening is the thread that holds it all together, both for the players and for the audience."

The JAMI Amphitheater can seat up to

200 people, but will be limited to 50% capacity for this event in order to provide a safe environment. Masks are required everywhere on the grounds of Gualala Arts, both indoors and outdoors. Tickets are \$20 in advance, \$25 if available and purchased on Saturday, the day of the show. Youth tickets are \$15. All tickets are available at



Gualala Arts, open daily from 11:00am to 4:00pm and at the Dolphin Gallery in Cypress Village, open Thursday through Monday, 11:00am to 4:00pm. Tickets can be purchased by phone at 707-884-1138. Phone orders will be assessed a service charge of \$2.50. MusicaLiving is presented as part of the Local Eyes event series. Information is at GualalaArts.org. Tickets are also available at EventBrite.com.

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Our thanks to October contributors including Rozann Grunig, mai haiku, Mitch McFarland, Blake More, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

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"And I am not alone while my love is near me
I know it will be so until it's time to go
So come the storms of winter and then the birds in spring again
I have no fear of time

From "Who Knows Where The Time Goes" by Sandy Denny

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Issue #240 October 2021

Lighthouse Peddler

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Chico Poet Heather Altfeld
 Featured October 21
 At Virtual Third Thursday.
 Plus Open Mic Follows.

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, October 16. This month features Chico poet Heather Altfeld, with open mic to follow.



Heather Altfeld is a poet and essayist. Her two books of poetry are "Post-Mortem" (Orison Books, April 2021) and "The Disappearing Theatre" (Poets at Work, 2016). Her work is featured in the 2019 Best American Essays, Orion Magazine, Aeon Magazine, Narrative Magazine, and others. She was the 2017 recipient of the Robert H. Winner Award with the Poetry Society of America and the 2015 recipient of the Pablo Neruda Prize for Poetry. She teaches in the Department of Comparative Religion and Humanities and the Honors Program at CSU Chico.

To watch or participate as an open mic reader, please email blake@snakelyone.com.

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

"Flying Free" • Pacific Piecemakers Quilt Guild's
 Annual Call To Area Quilters Opens October 2

The Pacific Piecemakers Quilt Guild's annual call to area quilters, "Flying Free" becomes a public event on Saturday, October 2 at Gualala Arts. The exhibit is set for the Burnett Gallery and the Elaine Jacob Foyer with opening hours from 11:00am to 7:00pm. Members are invited to preview the quilts on Friday, October 1 from 11:00am to 4:00pm.

Pacific Piecemakers Quilt Guild has held an annual quilt Challenge Show at GAC for over 20 years. "Flying Free" promotes the art of quilting in our coastal community by displaying a wide variety of quilts related to a central theme. The exhibit will include various styles and sizes of quilts including landscape quilts, art quilts, traditional quilts and 3-D designs. The primary medium will be fabric but may also include other media and embellishments. In addition, PPQG has usually challenged its members to create a quilt that fits certain parameters.

The show is not juried nor judged, so it encourages creativity at all levels. It is always a great thrill to see someone new to quilting/art quilts show their work alongside long-time quilters. "Flying Free" will continue through November 7. Regular hours are 11:00am to 4:00pm daily.

Gualala Arts reminds visitors that masks are required and physical distancing will be maintained for all events, exhibits and activities at Gualala Arts, both inside and outdoors. Please follow the guidelines inside Gualala Arts, including direction arrows, limits on the number of people per room, hand washing, face masks, etc.

It's worth noting that another quilt exhibit will run concurrently with "Flying Free". You can read about "River Wild" on page 8.

Gualala Arts is at 46501 Old State Highway, Gualala. (About one-quarter mile east of Highway One). More information is available at GualalaArts.org.



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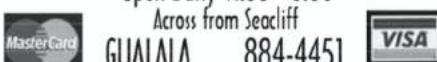
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The Fort Ross Harvest Festival Returns
 Saturday October 16 at Ft. Ross State Historic Park

The Fort Ross Harvest Festival returns on Saturday October 16, at Fort Ross State Historic Park on Highway 1. The festival is scheduled from 10:00am to 3:00pm and admission is Free! The California State Parks \$10/car parking fees apply. Come celebrate.

As the festival organizers said, "what better time to announce we will be hosting the Fort Ross Harvest Festival than on the first day of fall. It has been two years since we welcomed you to this event and we have missed you all! Join us in the historic orchard for a safe and joyful reunion for the Harvest Festival."

The Festival Friends from Russian House will tantalize your eyes and ears with their enchanting traditional Russian songs and dances and everyone's invited to join in.

As the health and happiness of visitors is paramount, this will be a low key version of the usual Harvest Festival celebration. They will not be organizing pumpkin carving, apple painting, or apple juicing

this year due to the close proximity these activities require. Visitors are encouraged to pack a picnic, bring an empty bag to collect fruit, and help us harvest the bounty of the orchard. "We encourage gentle harvest of all the fruit found in the orchard. Bake a pie and tag us @fortrossconservancy with the result! We'd love to see what you do with these beautiful fruits."

Visitors are encouraged to bring a hat and wear layers - weather on the coast can change quickly. Please note, there will not be an ADA shuttle this year so please park at the main parking lot and walk up to the orchard. (You may drive to the orchard to drop members of your group off who may not be able to walk up to the orchard, but cars must be parked in the main Fort Ross parking lot.)

More information is available by email or phone: info@fortross.org or (707) 847-3437. More details are at the website: <https://www.fortross.org/events.htm>.



Image credit: Grace O'Malley

Sunset & Jazz With Harrison Goldberg and Friends
 Live Music Returns To The Sea Ranch Lodge October 14

After an absence of three years, live music returns to the newly renovated Sea Ranch Lodge Thursday, October 14 from 6:00pm to 9:00pm. "Sunset & Jazz" features Mendonoma-Coast saxophonist, Harrison Goldberg, along with his group, Jazzin' 3, with Danny Barca on guitar and vocals, and Tom Shader on upright bass and vocals.

It will be an evening of instrumental and vocal musical selections from The Great American Songbook along with some originals penned by Barca and Goldberg.

The music will be at The Fireside Room, and the bar and restaurant will be open during the music performance. As the economy safely reopens, here's another opportunity to get out and hear live music.

The Sea Ranch Lodge is at 60 Sea Walk Drive, The Sea Ranch. The Lodge is just a short drive south of the Gualala River bridge.



"APOPTOSIS"
a poem by
Heather Altfeld



Don't be confused.
You're not dead yet.
The hollow gong has not yet been rung
in your ears by a withered Tibetan monk
who will chant you're dead, you're dead
when it's time for you to depart.
The trees are not confused —
they gossip all night long in a network of unintelligible fungi. The finch is not confused, he prattles
outside your window before dawn.
The heron you saw at sunrise
is not confused, he bursts the still water
at the bottom of the marsh, interrupting
a racket of minnows with his beak.
The elephants are not confused, they bellow
for days next to their children's graves
until they lumber down into the next world.
The human dead are bewildered;
they thought we wanted them gone
and now here we are with spades and tears.
The woman at the doctor's office
last week was confused — her arm bandaged,
a plastic rhizome poking from the tape,
seeking an infusion of longing.
She wept to the waiting room
where you read House Beautiful.
I don't want to go back to the hospital again.
She closed her wet eyes and then
her ears opened. The gong
never errs and she could hear it clearly
ringing in every single cell.
You tried to open your mouth
to say something but you were mute
to the racket of her dying.
Even as you waited with your polyps
and your cysts, your cells were not yet perplexed. They are pre-programmed
little sprinkler timers that fizzle and pop
with Swiss precision. So don't mistake
silence for disappearance,
it is only a lullaby that finds you in the dark. Sleep is a language you can't yet speak
but it translates to ten thousand doorways,
only one of which will forget
to return you. Crying is not a burial spoon
but a sign you might need to plant sweet peas. Listen, little ghost. Don't be confused.
You aren't haunting anyone yet
with the gong of those golden bells.

Welcome to the Latest
Events and Happenings for Jenner,
Timber Cove and Cazadero.

Here are some of the activities and events
happening in Coastal Sonoma County.

Lower Russian River Municipal Advisory
Council (virtual) Meeting is scheduled for
5:30pm, Thursday, October 21. The link to
join is at SonomaCounty.ca.gov. Except as
expressly authorized under the Ralph M.
Brown Act (the State's local agency open
meeting law), all meetings of the River Mu-
nicipal Advisory Council are open to atten-
dance by interested members of the public.

Fort Ross Harvest Festival is Saturday
October 16 at Fort Ross State Historic Park
from 10:00am to 3:00pm. Admission is Free!
(Note: California State Parks \$10/car park-
ing fees apply). See story on page 4.

Mendonoma Health Alliance offers regu-
lar (free) screening for A1C, Cholesterol,
and Blood Pressure at the Gualala office,
Monday-Thursday, 9:00am to 3:00pm. Call
for an appointment: 707-412-3176 x 102.

Timber Cove Inn is open for accom-
modations. For now their Coast Kitchen
restaurant is only open to serving in-house
guests of the resort, with reservations re-
quired. More information is available by
calling the hotel at 707-847-3231.

In an emergency it's good to know how
to leave, if necessary. Know your emergency
Evacuation Zones. Go to the SoCo website
for details: [https://socoemergency.org/
get-ready/evacuation-map/](https://socoemergency.org/get-ready/evacuation-map/)

CHCP Sunday Community Market con-
tinues at Fort Ross School every Sunday
from 10:00am to 12:00pm. NOTE: Rain
cancels and School COVID-19 protocols
are in place.

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Words on Wellness • Apples! by Karin Uphoff

Tis the season of harvest and the joy of crunching on fresh crisp apples in Northern California. Maybe you've attended the Mendocino County Fair and Apple Show held each September in Boonville. Every year an amazing variety of apples grown in Mendocino county are on display, with more being introduced each year. Some of the apple trees in the valley are over one hundred years old (only slightly older than the fair itself) and still sharing their food and medicine.



Packed with vitamins, flavonoids, and soluble fiber, *Malus spp* are one of the healthiest and most agreeable fruits to eat, and the source of apple cider vinegar, apple sauce, syrups and cider. Its readily available pectin improves bowel movement and detoxification and has been shown to reduce the risk of colon cancer while drawing out LDL cholesterol. This pectin is also excellent for grabbing heavy metals. Daily consumption of unsweetened apple sauce is a home treatment for reducing lead levels in children.

Apples are rich with phytochemicals, about 385 of them. Some of these are flavonoids, such as quercetin, kaempferol, and myricetin are highly antioxidant and scavenge on free radicals, which would otherwise damage cells and DNA. Quer-

Karin C. Uphoff, is a Master Herbalist, Iridologist, Bodyworker and author of Botanical Body Care: Herbs and Natural Healing for Your Whole Body. Learn more at: www.karinuphoff.com. Image by Angelo Esslinger from Pixabay

etin, in particular helps mitigate histamine reactions, cardio-vascular inflammation, regulate blood sugar, inhibit the build-up of cholesterol in the bloodstream, and may protect nerves.

Sour apples (usually green varieties) are considered more detoxifying, good for teeth and bone growth, and help with depression. Freshly juiced sour apples are excellent for cleansing the lymph system. The chief value lies in malic and tartaric acids that can neutralize stomach acid and quell indigestion, and are generally helpful in digesting rich foods like pork and goose. This is probably how eating apples with cheese got started. These acids also break down gallstones and kidney stones. A steady addition of apples and apple cider vinegar to one's diet has been shown to prevent calcium-oxalate stone build-up.

Don't forget seeds contain life force too, so eat the whole apple! Apple seeds are high in B17, a cancer-protective vitamin also found in strawberries, cashews, and apricot kernels. Chew them well (you can spit out the husk) or juice the whole apple with its core to get this benefit. In early spring young apple leaves can be eaten fresh in salads or dried for tea. The blossoms are edible too, but it's best to save those for the bees.

American Goldfinch: "Singing in Chorus"

In spring American Goldfinch definitely deserve their nickname, wild canary. The male is bright lemon yellow with a black cap, wings and tail. Females are olive-yellow with dusky wings. They both have white



wing-bars, a notched tail, and a thick, orange beak. For most of the year, males and females are hard to tell apart. Living in mixed flocks, they bound through the air with their roller coaster flight singing in chorus over orchards, fields, and roadsides.

American Goldfinches feed on the seeds of conifers and alder trees, thistles, golden rod, and dandelions. In the garden, they eat the flowering heads of zinnias, cosmos, and lettuce.

American Goldfinches commonly change mates between seasons. In most of the country they are known as late nesters, but in California they do things differently, and start nesting in May and June. Nests are

made out of woven plant fibers, and held together with spider and caterpillar webbing. The nest is so thick it can hold water and mother must shield it with her wings during a rainstorm or the chicks could drown. The female spends an incredible 95% of her time on the eggs and is fed by the male with much fancy flight and song.

American Goldfinches sometimes get hooked on burrs while feeding on burdock and can't escape. They also get caught in the web of orb-weaving spiders.

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Barred Owl. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Image: Miles Moody from Pixabay.

CDFW Reminds Public to Leave Young Wildlife Alone - Special from CDFW

Late spring and early summer is the peak time for California's wildlife to have their young, and the California Department of Fish and Wildlife (CDFW) is issuing a reminder to well-intentioned people to not interact with young wildlife – even if they find an animal that appears to be abandoned.

It may be hard to resist scooping up a young wild animal that looks vulnerable and alone but human intervention may cause more harm than good. Young animals removed from their natural environment typically do not survive or may not develop the appropriate survival skills needed to be released back into the wild.

"It is a common mistake to believe a young animal has been abandoned when it is found alone, even if the mother has not been observed in the area for a long period of time," said Nicole Carion, CDFW's statewide wildlife rehabilitation coordinator. "Chances are the mother is off foraging, or is nearby, waiting for you to leave."

Adult female deer often stash their fawns in tall grass or brush for many hours while they are out foraging for food. A female mountain lion may spend as much as 50 percent of her time away from her kittens.

After leaving the nest, fledgling birds spend significant time on the ground while learning to fly with their parents somewhere nearby.

If a young animal is in distress, or you are unsure, contact a wildlife rehabilitation facility and speak to personnel to determine the best course of action.

For an injured, orphaned or sick bear, elk, deer, bighorn sheep, pronghorn antelope, wild pig or mountain lion, contact CDFW directly, as most wildlife rehabilitators are only allowed to possess small mammals and birds. Although some wildlife rehabilitators are allowed to accept fawns, injured or sick adult deer should be reported directly to CDFW for public safety reasons.

Anyone who removes a young animal from the wild is required to notify CDFW or take the animal to a state and federally permitted wildlife rehabilitator within 48 hours. These animals may need specialized care and feeding that is best done by

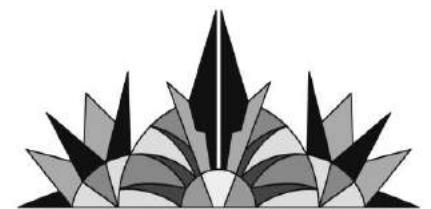
trained wildlife care specialists.

It is important to note that wild animals – even young ones – can cause serious injury with their sharp claws, hooves and teeth,

especially when injured and scared. They may also carry ticks, fleas and lice, and can transmit diseases to humans, including rabies and tularemia.

To learn more about how to live and recreate responsibly where wildlife is near, please visit CDFW's Keep Me Wild website at www.keepmewild.org.

Credit: Image by diane616 from Pixabay.



ARENA THEATER
arenatheater.org

**October 2021
Met Live in HD**

Boris Godunov

Saturday Oct. 9 10 AM

Coming: Bolshoi Ballet

Sunday, Nov. 21, 1 PM

Spartacus

**Met Opera Live in HD
Saturday Oct. 17 10 Am**

Fire Shut Up in My Bones

**Exhibition on Screen
Saturday Oct. 17 1 PM**

Raphael Revealed

Arena Theater Film Club

Mondays 7 PM

Oct. 4 Casablanca

Oct. 11 A Clockwork Orange

Oct. 25 Matewan

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"River Wild" • New Exhibit of Quilts at Gualala Arts Opens October 2 The Pointless Sisters Art Quilt Group of Sonoma County

What do you think of when a River runs Wild? How would you capture its wildness? The Pointless Sisters Art Quilt Group of Sonoma County will share their collective vision of the wildness of rivers in an exhibit at Gualala Arts' Coleman Hall, opening Saturday, October 2, from 11:00am to 7:00pm.

In addition to seeing the art quilts on Saturday, visitors can take advantage of the opportunity to meet some of the artists. They will be in Coleman Hall on Saturday from 2:00pm to 4:00pm to talk about their art. And, weather permitting, a guided forest walk with river views is scheduled to begin at 2:30pm. Members can preview the exhibit on Friday, October 1 from 11:00am to 4:00pm.

Remember those questions? What do you think of when a River runs Wild? How would you capture its wildness? Probably first is birds and fish. Next, floating through wilderness in the warm sun, over calm pools of clear water before embracing rocky, swirling water before the next sand bank; from its upper reaches where kingfishers and beavers

play, to the recent sightings of eagles mating on a tall spur near the river's opening to the Pacific Ocean at the Gualala River Estuary. Plus of course, frogs and toads, raccoons and otters, deer, heron and egrets.

Our Gualala River is designated a Wild and Scenic river and the Mendonoma Coast community is committed to keeping it wild and scenic. Our river is not so long, with its arms dividing its watershed, but encompasses mostly wild lands from the various hill-tops where it begins flowing down to the lagoon just before breaking through the sandbar that, for much of the year, lays across its entrance to the great Pacific Ocean.

How would you capture its wildness? The Pointless Sisters is an Art Quilt group whose members use a variety of traditional and nontraditional techniques and, in this exhibit, share their unique, artistic vision of wild rivers and the wildlife that depends on them.

Art quilts are not bedquilts! Since 2002, the 50-member Pointless Sisters have immersed themselves in fabric and thread in surface design and unusual techniques. They challenge each other to produce uncommon works with various, common themes using paints and dyes, surface design and stitching on fabrics from cottons and silks to brocades.

These beautiful pieces of art will hang in Coleman Hall through Sunday, November 7. Come and see what fabric and fiber artists can do with the theme of River Wild. At Gualala Arts.



"Spotted Owl"



"Serendipity"

"North Coast Live" & "Area 52" Two Exhibits at Dolphin Gallery Opening October 9

"North Coast Live" and "Area 52" are two new exhibits sharing the stage at the Dolphin Gallery in Gualala beginning Saturday, October 9. The exhibits feature Chris Grassano and Paula Haymond. Hours during the Saturday opening are 11:00 a.m. to 7:00 p.m. The Dolphin Gallery is at 39114 Ocean Drive, in Cypress Village, Gualala.



Chris Grassano has had an enduring passion: drawing and exploring nature. "My earliest subject matter was my dog and the flowers in my backyard. The beauty of the physical world in all its diversity inspires

me, whether it is the texture of a feather, the richness and harmony of the color of a flower petal or the rhythm of a waving branch in the wind."

Paula Haymond grew up in Indiana and attended Butler University, earning both a Bachelors and Master's degree in psychology and psychometric assessment. She later attended Indiana University, completing her Doctor of Education degree in counseling, and in 1982, moved to Houston, Texas.



In 2010, Haymond began working full time as a wood turner / sculptor, fulfilling a lifelong love of crafting and woodworking. In 2017, Haymond and her partner of 35 years moved to the Mendonoma coast.



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The Met's Live in HD Series Returns To Arena Theater

"Boris Godunov" October 9 • "Fire Shut Up in My Bones" October 23

The Met's Live in HD series returns to Arena Theater on October 9 with Modest Petrovich Mussorgsky's "Boris Godunov" followed by the historic Met premiere of Terence Blanchard's "Fire Shut Up in My Bones" on October 23.

Mussorgsky's "Boris Godunov" will screen on Saturday, October 10, at 10:00am; doors will open at 9:15am.

Bass René Pape (pictured right) reprises his tremendous portrayal of the tortured tsar caught between grasping ambition and crippling paranoia, kicking off the new Live in HD season. Conductor Sebastian Weigle leads Mussorgsky's masterwork, a pillar of the Russian repertoire, in its original 1869 version. Stephen Wadsworth's affecting production poignantly captures the hope and suffering of the Russian people, as well as the title ruler himself.

The second opera of the season, Terence Blanchard's "Fire Shut Up in My Bones" will screen on Saturday, October 23, at 10:00am, doors open at 9:15am.

Met Music Director Yannick Nézet-Séguin conducts Grammy Award-win-

ning jazz musician and composer Terence Blanchard's adaptation of Charles M. Blow's moving memoir. The first opera by a Black composer presented on the Met stage and featuring a libretto by filmmaker Kasi Lemmons, the opera tells a poignant and profound story about a young man's journey to overcome a life of trauma and hardship. James Robinson and Camille A. Brown—two of the creators of the recent production of the Gershwins' Porgy and Bess—co-direct this new staging. Baritone Will Liverman, stars as Charles, alongside



sopranos Angel Blue as Destiny/Loneliness/Greta and Latonia Moore as Billie.

Tickets are \$24 general, \$22 senior, and \$18 youth (18 and under), available at www.arenatheater.org. For season subscriptions please call the Arena Theater office at 707 882-3272 or download and print a subscription form at www.arenatheater.org. Season subscribers, who also become patrons may reserve their favorite seat for the season by calling our office. The Arena Theater snack bar will be open.

Please note: There are Vaccine Requirement for Met Opera attendees at Arena Theater. All Met Opera audience members must be fully vaccinated. You are considered fully vaccinated two weeks after you have received a second dose in a two-dose vaccine series or two weeks after you have received a single-dose vaccine. Please provide proof of vaccination through an original physical vaccination card or photograph of it upon arrival at the box office.



ing jazz musician and composer Terence Blanchard's adaptation of Charles M. Blow's moving memoir. The first opera by a Black composer presented on the Met

A Sound Imagination: The Mixed Media of

Harrison Goldberg & Paula Haymond at Think Visual • October 15

At Think Visual Gallery in Point Arena, saxophones without players will suddenly spring to life when Mendocino County artists Harrison Goldberg and Paula J. Haymond present their collaborative exhibit titled "A Sound Imagination." The exhibit opens with an artist reception Friday October 15 from 3:00pm to 7:00pm, and will continue through Saturday November 6th.

The exhibit features a selection of saxophones that Haymond acquired in mostly unplayable condition, yet she had a unique vision for their transformation, if not their full resurrection. First subjecting them to an acid bath, the instruments were subsequently submitted to the colorful painting and engraving magic of the artist. Though forever unplayable, the instruments remain alluring and beautiful.

And that's where Goldberg, a jazz saxophonist and visual artist, stepped in to provide a colorful selection of small framed abstract works on paper, that one could imagine to be a form of active colorful musical expression emanating from Haymond's mute instruments. Indeed, many have commented that Harrison's paintings, improvisational in character and execution, remind them of his music—both recorded and live—with its vibrant colors and strong and intentional emphasis on combining beauty and tone with lyrical expression.

The original seed for this creative collaboration germinated when Goldberg stopped in at Think Visual Gallery months earlier. An opening reception was in progress, featuring the wine barrel stave carving artistry

of Haymond in concert with the works of Chinese brush painter, Andrea Allen. Goldberg, a northern California wine industry veteran, was immediately drawn to the barrels, and the unique, imaginative and creative treatment the artist had rendered upon them. During a conversation that evening, Haymond and Goldberg grasped the serendipitous nature of their meeting: he was a jazz saxophonist and Haymond was working on a project featuring musical instruments. She produced some photos of trombones, saxophones, trumpets, even a copper timpani drum, and they all showed her clear passion for artistic innovation. It didn't take Goldberg long to imagine and suggest a joint exhibit featuring their respective works.

Paired with Goldberg's images, Haymond now engages a musical theme and discusses her interest in this medium and her artistic process. "Each instrument is named for a song, with several being dedicated to Goldberg's recordings which have served as an inspiration to 'A Sound Imagination.'"

To add yet another layer of interest to this already provocative exhibit, Goldberg has enlisted the contribution of his Santa Rosa-based friend, the musical instrument maker Andy Graham, who also designs and manufactures the machines used to make his instruments. Graham will be performing during their gallery opening October 15.

Think Visual Gallery is located at 240 Main Street, Pt. Arena, and is open Wednesday thru Saturday, 12:00noon to 6:00pm. More information is at (707) 882-4042.



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Haiku for October

"moon shadows fall between leafless branches graveyard walk"

by mai haiku

Who Knows Where The Time Goes

by David Steffen

The ability to travel in time has been a fanciful desire for centuries. While no one has yet—as far as we know—traveled to some point in the past or the future, the idea remains compelling, or at least fanciful. Go back in time one day, place a bet on an NFL game or a horserace, or buy a stock. In each case you return to your 'time' with the knowledge that your team will beat the spread, your horse will cross the finish line first, or your stock will go through the roof. Until (or if) we do achieve the gift (or curse) of time travel, we can generally journey only backward in time, and that's through the memories, the touchstones of our lives.

As I've grown older—you know, older than I was yesterday, I continue to have music as a central part of my life. No, I don't pick up my Fender Telecaster as much as I used to, I sold the piano years ago, and singing around the house, or singing while driving or walking along Ocean Ridge Drive seems like an intrusion on others. Nevertheless, songs are constantly buzzing through my brain.

Anyway, I was listening to some music from my iPod . . . you know, that state of the art iPod I bought in 2009? A random voice and song came into my ears and there I was, singing along. Actually, whisper-singing along so as not to frighten the cat or the publisher of this august monthly newspaper. The song I heard was written in 1968, and I was familiar with the songwriter but it wasn't her amazing

Records, and one of the albums I promoted was a new release titled, simply, "Sandy." This album (her second solo recording) connected with me on so many levels. In short, the album is wonderful. The song selection was almost all Denny's. Complimenting her amazing voice was a production that ranged from simple to complex, and all marvelous thanks to producer (and her love-interest at the time) Trevor George Lucas. The supporting cast of musicians included Lucas, Rich-



ard Thompson, Sneaky Pete Kleinow, Linda Thompson, Allen Toussaint and others. And then there was the packaging.

The cover photograph for "Sandy" was taken by British photographer David Bailey. He framed Denny's face beautifully, taking advantage of a pose with her eyes looking slightly upward and distant. The cut of her black v-neck dress—or was it a sweater?—suggested "style", and her hair was beautifully accented with a bit of "wind". Together, here was a highly respected artist, with a young couture look, and a solid collection of tracks on a new, and eponymously titled solo recording. The planets seemed to be lining up for her as this singer-songwriter was arriving right on time for FM radio, with a talent and style that was pitch-perfect. Yet her reported demons may have very well won the day. Alexandra Elene MacLean Lucas, Sandy Denny, died six years later in 1978 at age 31.

Of Denny's recorded tracks I have personal favorites. "It'll Take A Long Long Time" is a song that is both introspective and soul-baring. "Listen Listen" is my favorite track. Once again, it's personal and highly visual. Like "It'll Take A Long Long Time", her voice evokes her Scottish roots, and her lyrics paint a story in song. There are other tracks from "Sandy", but I'd be remiss if I also didn't mention "Tommy".

When Lou Reizner produced his orchestral version of The Who's rock opera, that album also fell into my hands as A&M distributed Ode Records, the American label releasing

Reizner's production. There is a 23-second vocal track by Denny. She sings "It's a boy, Mrs. Walker it's a boy, It's a boy, Mrs. Walker it's a boy". That's it. That's all she sings. Yet Denny's mini-performance was larger than it's 23 seconds. Her delivery is pure and clear. When a clip that short is a standout performance in an album with 25 tracks, and she's among other vocalists including Roger Daltrey, Ringo Starr, Merry Clayton, Pete Townshend, Maggie Bell, Rod Stewart and more, it speaks volumes. Sandy's A&M album holds up well these 50 years later.

While running BMG Video in the early 1990s, I had a chance meeting with another folk icon. I stepped into an elevator and found myself with three other people, one of whom was Judy Collins. At that time she would have been in her fifties. What followed was one of those "elevator moments". Recognizing her, and in the silence of the ride down a dozen floors, I offered a simple "Good afternoon." She turned—clearly not knowing who I was, smiled and replied "Hello". That was that. The doors opened into the lobby, Judy left with her handlers, and I headed for the train to Connecticut.

Over the years I've listened to many albums by Collins. Most think of her as the folksinger who caught a hit with "Both Sides Now," her cover version of Joni Mitchell's "Clouds". That recording catapulted her to a much wider audience and considerably more sales, and Collins has remained a favorite all these years. While I also love one of her later recordings—"Send in the Clowns", her recordings have been, paraphrasing a Mark James lyric, often on my mind.

A couple of weeks ago (on Monday, September 20, to be precise) Dolly and I drove to Jack London Square in Oakland to see Judy Collins perform at Yoshi's. When she stepped onto the stage at 8:00pm, the seemingly sold-out audience began a trip down memory lane. For 75 minutes she did exactly what we wanted her to do. She sang, and she talked about many of the songwriters whose works she recorded over the years. There were little anecdotes about her time with Bob Dylan and Leonard Cohen, Stephen



Stills and others. At some point, perhaps 20 minutes into her set, she talked about "Who Knows Where The Time Goes." She gave Sandy Denny the writing credit, spoke a bit

about hearing the song and wanting to record it which she did in 1968. Also on that album was Ian Tyson's "Someday Soon" and Collins' own classic, autobiographical song, "My Father".

It was a delightful evening. Judy Collins was personable. And she made the evening personal for everyone in the room. And contrary to some filmed performances of Judy Collins I'd seen over the years, her pitch seemed perfect. Yes, it was a bit of a trip down memory lane but, isn't that what memories are for? After all, who knows where the time goes?

Images:

Far Left: Sandy Denny. Near left: "Sandy" album cover. Original image by David Bailey. Below: Judy Collins at Yoshi's, 9/20/2021..

This world is full of conflicts and full of things that cannot be reconciled. But there are moments when we can... reconcile and embrace the whole mess, and that's what I mean by 'Hallelujah.'

Leonard Cohen (1934-2016)



voice I was hearing. At the time she wrote the song, her appearance—hair, clothes, etc.—suggested she could easily have been born in California and simply walked over to Golden Gate Park for 1967's Summer of Love.

In reality, though having proven herself as a songwriter, she continued to appear as part of other groups, and I knew the music simply because I had been playing records by those groups as part of my student job at the college radio station: WUWM. She sang with Fairport Convention and the Strawbs and that's how I first heard Sandy Denny's voice.

Some years later, after my initial college adventure was "concluded", my career and life changed. In 1972 I began working for A&M

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"Some Thoughts on the Art of Fiction: What About The Baby?"

A Book by Alice Mcdermott • Reviewed by Jennifer Bort Yacovissi

It's a briefly rendered sketch: three ram-bunctious children in the kitchen, "cranky with too much summer." An important phone call: "Tethered to the wall phone, I swiped violently at the air to silence them. Fingers to lips. Finger across the throat. Unholy motherly grimace."

The universality of the incident makes it immediately accessible, but it is Alice McDermott's description, her selection of detail, that makes the scene play before our eyes as though we were in the room with them.

The moment is captured in the acknowledgements at the end of *What About the Baby?*, a collection of essays containing McDermott's sage advice to writers. It's just one instance in which she shows us what she's been telling us throughout the book. Many of the pieces here came into being during her 20 years as an instructor at the Sewanee Writers' Conference.

The call that summer morning came from Robert Giroux, "editor of T.S. Eliot, George Orwell, Virginia Woolf, Flannery O'Connor," and much of the rest of the Who's Who of mid-20th-century American literature. He was asking permission to give McDermott's phone number to Sewanee's director, recommending her as an instructor there and saying, "I think you'll enjoy it."

Indeed. McDermott has enjoyed the kind of writing career that every starry-eyed would-be author dreams of, including a long-term relationship with that storied publishing house known for producing some of the best literary fiction around — Farrar, Straus and Giroux, publisher of this collection — as well as a National Book Award and multiple appearances on the Pulitzer Prize shortlist.

What's more, McDermott has built that successful career through the telling of quiet stories about the lives of ordinary people, in which she returns again and again to favorite locales, time periods, and social milieu. For those of us who read her closely, trying to channel her magic, marveling, "How does she do that?" it's a delight to have the author share her insights with us directly.

For the starry-eyed wannabes, this is a book to study, starting at the beginning with the essay, "What I Expect" — that is, what McDermott expects from fiction, which is

what those aspiring writers must learn to deliver.

McDermott expects much from herself and others when it comes to producing fiction that is worth our time: She expects it to be memorable, inspired, compelling, and a source of surprise and delight. She expects it to obliterate time because it is timeless, a never-obsolete reflection of humanity. She expects its characters to "insist on their own authenticity."

As with everything McDermott offers here, she tells us what she means while simultaneously, through extensive excerpts and entire stories, showing us.

In her essay "Story," in which McDermott deconstructs the elements of a simple tale in order to discuss its component parts and illustrate how and why those parts fit together seamlessly, a primary

point is that "from its first sentence, the novel has been, inevitably, heading toward this conclusion."

She explores this concept more closely in "Sentencing," and the criticality of a first sentence in determining and communicating where a story is going:

"The first sentence in a work of fiction places the first limitation on the utterly limitless world of the author's imagination. Before that first sentence is composed, anything is possible."

However, once chosen, the first sentence should carry us inexorably through to the final one, as though this had to have been the

story all along.

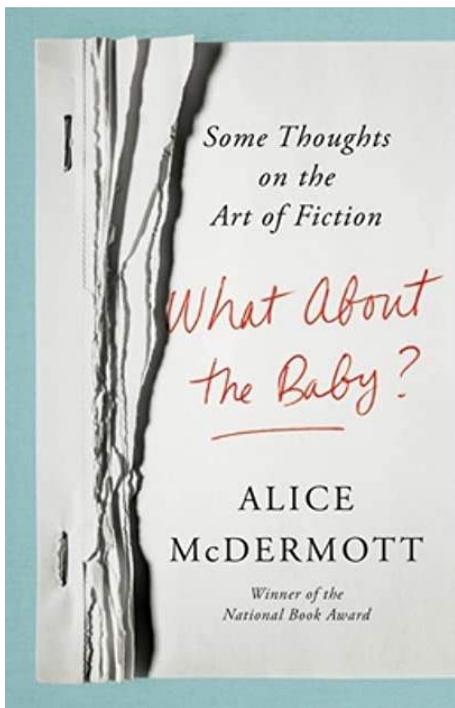
Once again, she comes back to this notion of inevitability and the importance of an opening sentence in "Only Connect (Eventually)." Of course, writers don't always — or even often — know how their story will end when they first sit down to write, or how they will get from the beginning to the end.

McDermott's advice is for writers to read and re-read their work as they are writing, to be attuned to emerging and recurring images, ideas, or characterizations, "looking for consequence, looking for pattern, sowing the psychological seeds in one scene that will blossom in another, as well as culling those seeds that fail to bloom." Finding those connections is crucial to a coherent, satisfying story that only feels inevitable once a reader reaches the end.

There is so much more here for authors to consider, study, practice, and return to: the ideas of clarity, of refining details again and again to ensure the reader can see the image the writer sees; of consequence, of ensuring the details included, down to word choice, are consequential; and of authenticity, of writers writing what matters to them, as truthfully as possible.

These are the verities that govern Alice McDermott's fiction — always indelibly her own — and that time and again capture readers' minds and hearts. Would-be and seasoned authors alike, take note.

Jennifer Bort Yacovissi grew up in Bethesda, MD, just a bit farther up the hill from Washington, DC, where her debut novel, Up the Hill to Home, takes place. The novel is a fictionalized account of her mother's family in DC from the Civil War to the Great Depression. In addition to writing and reading historical and contemporary literary fiction, Jenny reviews for both the Independent and the Historical Novel Society. She owns a small project-management and engineering consulting firm, and enjoys gardening and being on the water. Jenny lives with her husband, Jim, in Crownsville, MD.



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C.S. Lewis (1898-1963)

- **Billy Summers** by Stephen King
- **The Seven Husbands Of Evelyn Hugo** by Taylor Jenkins Reid
- **Untamed** by Glennon Doyle
- **The Boy, The Mole, The Fox And The Horse** by Charlie Mackesy
- **The Quiet Zone** by Stephen Kurcya
- **Refugee** by Alan Gratz
- **Spy School** by Stuart Gibbs
- **The Madness Of Crowds** by Louise Penny
- **The Subtle Art of Not Giving a F*ck** by Mark Manson
- **Refugee** by Alan Gratz
- **The Pigeon Has To Go To School** by Mo Willems
- **The Reason for the Darkness of the Night** by John Tresch
- **One of Us Is Lying** by Karen M. McManus
- **The Afghanistan Papers** by Craig Whitlock
- **The Sound of the Sea** by Cynthia Barnett
- **Born A Crime** by Trevor Noah
- **Sapiens** by Yuval Noah Harari

Another Book You Might Like*

*. **Some Thoughts on the Art of Fiction: What About The Baby?**

A Book by Alice McDermott
(See review on this page)

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

Solution to Sudoku

Scuttlebutt

by Mitch McFarland

If you read this column at all you probably realize I am something of a political junkie. It was dyed into my fiber from a young age. Not only was my father in local politics, but back in my youth civics was emphasized as an important subject in school. We had “social studies” classes every year from middle school on, and our history classes leaned heavily toward an understanding of how and why our system of government developed. Of course, my teachers had all fairly recently survived WWII and felt especially protective of democratic ideals.

My school took it even further and had mock elections for city council and mayor. Candidates presented positions on the real issues facing our town (should we build a new city hall, for example) and a debate was held in front of the student body. When the results were announced the actual city council adjourned one of their regular meetings, left their seats and were replaced by the winners of the student election. A matter was heard and a vote was taken as an advisory to the adult council.

My interest in politics continued to grow in college. College newspapers in those days were generally given subscriptions by the major newspapers. As an editor of our college rag I regularly read the NY times, Wall Street Journal, Havana Times (an excellent paper), Newsday, The Nation, New Republic, and others. TV news back then was serious, largely believable, broadcast only a few hours a day, and generally accepted as “real”.

Somewhere along the line that all changed. I guess I put a lot of the blame on Ted Turner and his creation of CNN. He turned “the news” into part of the entertainment realm of TV. Prior to that TV networks took a loss on their news departments. They weren't designed to be money-makers. It was considered part of their obligation to the public for the use of the public airwaves; but with only the news to support CNN it had to become more appealing to audiences than their competitors to attract the advertisers they needed. News had become entertainment.

Here we are many years later and look at what has evolved. We have Fox and MSNBC. Neither hides their political bias. Indeed, they are there to sell a show. Despite their widely different take on current events, Rachel Maddow and Tucker Carlson are entertainment cousins. Just as you

watch certain TV shows because you like the characters, so it is with much that we see presented as news.

There are, of course, news shows and channels that make an effort to not appear biased, but their style of presentation has morphed into the way sports events are programed. It's the blue team and the red team and there has to be competition. They

ing, but in their zeal to come off as objective they lean heavily toward equality. A government official who has spent their entire career studying a subject and whose professional reputation is at stake every time they make a public pronouncement is presented with equal time and gravitas as a publicity seeking politician whose statements are based on their ability to coordinate with a fund raising campaign.

That must be why so many young people say they get their news from folks like Jon Stewart and John Oliver. They aren't afraid to call BS on anyone regardless of party.

The whole thing reminded me of a time back in the earliest days of satellite TV. I got a

dish so that I could watch NBA games. In those days, your receiver picked up the raw live feed from the sound truck outside the auditorium before the studio added commercials. During time-outs the camera would freeze and sometimes the announcers' mics were left on.

One evening I was watching a game the NY Knicks were playing on the West Coast. The Knicks were getting killed by halftime. The drubbing continued into the second half and during a third quarter timeout you could hear one commentator telling his partner, “Can you imagine anyone back in New York staying up until midnight to watch a stinker of game like this!”

That is how I felt just before turning off the recall coverage.



use polls as their scoreboards and bring on experts to make predictions just like the halftime shows for sporting events. They use flashy graphics like the color commentators do at halftime. There needs to be tension in the news to keep viewers interested.

The most blatant and, to me, shameful example of this was the coverage of the recent recall election here in California. This was presented as a national issue as though somehow what happens in a useless vote in California will reflect onto the national stage. It doesn't. California, I am sorry to say, is not a microcosm of America in a political sense.

The recall was a joke from the day that it was announced and every newsperson worth a pencil knew it. That didn't prevent the networks from bringing out the big guns to “break down the ground game” of each side. With polls showing Newsom up an insurmountable 17 points (he won by 27 points), they kept grabbing at any little piece of information that might suggest there is actual competition: “the Yes vote is running strong in Siskiyou county, but, of course, they only have 8000 registered voters”.

They really worked hard to make this seem like a Trump thing. Just as some people have a morbid fascination with performers who bite the heads off of chickens, enough people have the same fascination with Trump that the media just can't let him go. He's money, as much as I hate to admit it. The media will suck up any little tidbit about him that they can, good or bad, knowing it has the same appeal as the supermarket tabloids.

Then there is PBS. I do think that they try to mimic the old style of news report-

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South Coast Halloween Fun!
 October 27th, a South Coast Halloween Carnival will take place for kids of all ages: 2:15-5:30pm. At Ocean Ridge Park. MCRPD will bring multiple carnival style games laid out apart from each other so that small groups can stay distanced and safe. Masks will be required. Come and bring your kids!

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)

Arena Theater Film Club Is Back With Three Films in October

"Casablanca", "A Clockwork Orange", "MateWan"

What better way to relaunch the Arena Theater Film Club than with Casablanca on the big screen? Michael Curtiz' Oscar-winning classic "Casablanca," a 1942 wartime adventure of romance and intrigue, comes to the Arena Theater Film Club on Monday, October 4, at 7:00pm.

Humphrey Bogart stars as Rick in his first truly romantic role opposite Ingrid Bergman as Ilsa Lund in a career-defining per-



formance. Film critic Roger Ebert called Bergman "luminous," and commented on the chemistry between her and Bogart, "she paints his face with her eyes".

In French occupied Morocco during World War II, "Rick's Cafe Americain", a bar and casino, serves as a way station for expatriates and political refugees. Rick (Bogart), the cynical cafe owner, refuses to take sides with any nationality, but when a former lover (Bergman) and her new husband (Paul Henried) arrive in Casablanca, desperate for visas, he is drawn into a volatile web of political and romantic espionage.

In the almost 80 years since its 1942 release, "Casablanca" has grown into such a legend that its lines of dialogue can be quoted by people who have not even seen the film: "Here's looking at you, kid," "I think this is the beginning of a beautiful friendship," and the often misquoted "Play it, Sam," the line most closely associated with the film. In his article, "Movie Misquotations," Fred R. Shapiro wrote, "When Ilsa first enters the Café Americain, she spots Sam [the piano player] and asks him to 'play it once, Sam, for old times' sake.' After he feigns ignorance, she responds, 'Play it, Sam. Play 'As Time Goes By.'"

"Casablanca" went on to win three Academy Awards—Best Picture, Director (Curtiz) and Adapted Screenplay (the Epsteins and Koch)—and gradually its reputation grew. Its lead characters, memorable lines, and pervasive theme song have all become iconic and the film consistently ranks near the top of lists of the greatest films in history. The film is rated PG at a runtime of

102 minutes.

One week later, on Monday, October 11 at 7:00pm, the Film Club presents Director Stanley Kubrick's "A Clockwork Orange" (1971).

In Kubrick's dark satire, set in a dismal dystopian England, classical music-loving proto-punk Alex (Malcolm McDowell) and his "Droogs" (friends) spend their nights embarking on "a little of the old ultraviolet," assaulting people in the streets and in their homes. Finally captured by the police, Alex undergoes rehabilitation in the form of aversion therapy as brutal and horrifying as any of his offenses. Based on the novel by Anthony Burgess.

Casting a coldly pessimistic view on the then-future of the late '70s-early '80s, Kubrick and production designer John Barry created a world of high-tech cultural decay, mixing old details like bowler hats with bizarrely alienating "new" environments like the Milkbar.

Released in late 1971 (within weeks of Sam Peckinpah's brutally violent "Straw Dogs"), the film sparked considerable controversy in the U.S. with its X-rated violence; after copycat crimes in England, Kubrick withdrew the film from British distribution until after his death. Opinion was divided on

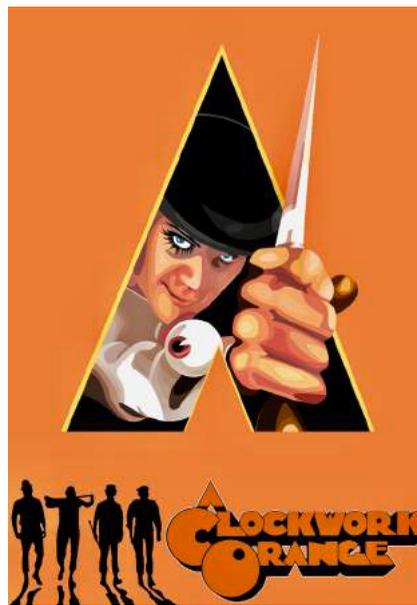
the meaning of Kubrick's detached view of this shocking future, but, whether the discord drew the curious or Kubrick's scathing diagnosis spoke to the chaotic cultural moment, "A Clockwork

Orange" became a hit. On the heels of New York Film Critics Circle awards as Best Film, Best Director, and Best Screenplay, Kubrick received Oscar nominations in all three categories. The film is rated R (adult situations/language, nudity, violence) and has a runtime of 131 minutes.

The Film Club's final selection this month is 1978's "Matewan". It's set for Monday, October 25, 7:00pm. The film is rated PG-13 and has runtime of 135 minutes. In short, the film chronicles a labor union organizer who comes to an embattled mining community brutally and violently dominated

and harassed by the mining company.

Written and directed by John Sayles



("Lone Star"), this wrenching historical drama recounts the true story of a West Virginia coal town where the local miners' struggle to form a union rose to the pitch of all-out war in 1920. When the town of Matewan's miners go on strike, organizer Joe Kenehan (Chris Cooper, in his screen debut) arrives to help them, uniting workers white and black, Appalachia-born and immigrant, while urging patience in the face of the coal company's violent provocations. With a crackerjack ensemble cast—including James Earl Jones, David Strathairn, Mary McDonnell, and Will Old-



ham—and Oscar-nominated cinematography by Haskell Wexler ("In the Heat of the Night"), "Matewan" taps into a rich vein of Americana with painstaking attention to local texture, issuing an impassioned cry for justice that still resounds today.

Film Club screenings are preceded by a movie trivia quiz and followed by an audience discussion. Admission \$7 for Arena Theater Association members, guests welcome at \$10. Cash at the door, please, maximum audience 55 people. Face coverings required except when seated while eating or drinking.

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"I'm taking my chances."

"Let's wait and see."

"I'm a free thinker."

"My body my choice."

"You can't fix stupid!"
Ron White

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Crossword

by Margie E. Burke

ACROSS

- 1 Splinter group
- 5 "Get ___ it!"
- 9 Right away
- 13 Hidden hoard
- 14 Poor, as excuses go
- 15 Cowboy's gadget
- 16 Imprudent
- 18 Medal recipient
- 19 Bygone autocrat
- 20 State firmly
- 21 Postgame summary
- 22 Fit to be taken in
- 24 SF slugger
- 26 Moon shape
- 28 Anagram for "tap"
- 31 Beach robe
- 34 UC Irvine mascot
- 36 Grimm beast
- 37 Old hat
- 39 Hardly the life of the party

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- 40 Arm-twisting
- 42 Radar may track them
- 44 Bio stat
- 45 Family tree listing
- 47 Green 2001 title hero
- 49 Act the clown
- 53 Misbehave
- 55 Heroic deed
- 57 No longer here
- 58 Weaver's apparatus
- 59 "Swan Lake" performers
- 61 Sandwich fish
- 62 Additionally
- 63 Like some gases
- 64 Pop the cork
- 65 Glitzy rock genre

- 66 Disease spreader

DOWN

- 1 It's hot stuff
- 2 Showy display
- 3 Barbie or Batman, e.g.
- 4 TV titan Turner
- 5 Pizza topping
- 6 Hibiscus holder
- 7 Up-and-coming
- 8 Cabernet, e.g.
- 9 White as a ghost
- 10 Fan at the game
- 11 That certain something
- 12 Play thing?
- 13 Quote, as a source

- 17 2010 Gosling film, "Blue ____"
- 21 Fixed charge
- 23 Undergarment
- 25 Not having made a will
- 27 Queeg's command
- 29 Make waves?
- 30 Uno + dos
- 31 Cola starter
- 32 All worked up
- 33 Masonry material
- 35 Australia native
- 38 Landslide of stones
- 41 Bony fish
- 43 Cameron's "Knight and Day" co-star

- 46 Jewish greeting
- 48 Bette Davis flick, "Of ____ Bondage"
- 50 Contents of some cartridges
- 51 Take a piece from
- 52 Exterminator's target
- 53 Kind of flute
- 54 ____ d'etat
- 56 Anna's sister in "Frozen"
- 59 Do a checkout chore
- 60 18-wheeler

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"Kiss of the Vampire Squid"

by Mary Jane Schramm, Freelance Writer, Naturalist

Silently, it drifted, carried by the sluggish, icy current through utter blackness. It encountered neither prey nor predator, for few life forms survive in the hostile deep-sea environment. Indeed, only the occasional giant grenadier-ratfish, Humboldt squid, seal, or sperm whale ever troubled its existence. But, suddenly, the creature became "trapped" in the blazing lights of a Remotely Operated Vehicle (ROV) tethered to a research vessel nearly 3,000 feet above.

The strange, football-shaped animal's sapphire eyes, transfixed, glowed brightly, its eight stubby tentacles trailing behind. Abruptly, the webbed arms swept outward and over its head and mantle, cloaking them in concealing black as it sprinted away from the intense cone of light into the semi-dark; it was curious. To the chortling glee of scientists in the ship's control van, an encounter with the rarely seen *Vampyroteuthis infernalis* - "the Vampire Squid from Hell" - was just beginning.

ing bright blue or intense red. Its eight arms are webbed, with suckers only on their far ends, and which are lined with fleshy, tooth-shaped spines called cirri.

HOME, DEEP HOME: The vampire squid occupies tropical and temperate regions of the Pacific, Atlantic and Indian oceans. Locally, it ranges north to around Cape Mendocino, CA, found primarily at depths from 2,000 ft. to at least 8,200 ft. in water temperatures just above freezing. Water pressure here is extreme, in what is called the Oxygen Minimum Zone (OMZ). But its body density is like that of jellies, immune to the crushing pressure.

NOT-SO-FAST FOOD: As voracious sea-monsters go, *V. infernalis* is mostly bluff. It combines scavenging with a relatively passive approach to predation. Researcher Bruce Robison of the Monterey Bay

Aquarium Research Institute (MBARI) has found that, although it may occasionally capture small floating prey like shrimp, engulfing it in its webbed arms, it primarily trolls with its two long, highly sensitized sticky filaments for bits of "marine snow" - nutritious organic matter that rains down continuously

onto the sea floor. (Recipe: decomposing dead things, the poop of living things, and their mucosal excreta).

ENERGY EFFICIENCY: Its extremely low metabolic rate and lack of predators allows an energy-efficient lifestyle. But, when threatened, *V. infernalis* can only sprint a short distance; it defends itself in place by swimming erratically, or inverting its webbed "cape" over its head and mantle, exposing barb-shaped but innocuous projections called cirri in the "pineapple posture." Fearsome to behold, but it's all an act.

THE SHINING: Unlike other cephalopods, this "squid" doesn't squirt ink: instead, it spurts a glowing mass of bioluminescence. Also, its body has photophores, light-emitting organs that can shine and blink as needed, including from its waving arm-tips, to confuse its attackers.

SAFE, FOR NOW?: Though neither listed as threatened nor endangered, it may be

impacted by marine pollution, oil exploration and development, climate disruption, noise pollution, and other human impacts.



LEARN MORE: MBARI offers several videos on this little-studied creature. See <https://youtu.be/SJ8eTT8xvaQ> Also, the nonprofit group Oceana offers an excellent short video on this unique creature; see <https://youtu.be/tdXe49aY6xQ>

Photo Credits:

Far Left: © MBARI. Our thanks to Monterey Bay Aquarium Research Institute.

Above: Marine snow—particles of decaying matter—rains down, constant sustenance for the filter feeders. Ocean Exploration Trust-NOAA.



Known to science for just over a century, the vampire squid remains little studied. Research entities, notably the Monterey Bay Aquarium Research Institute (MBARI), the National Oceanic and Atmospheric Administration (NOAA), and other groups, using remote technology, have gleaned information bit by bit, and pieced together a fascinating profile of this deep sea phenomenon.

DISPELLING THE MYTHS: The name "Vampire squid" is a double misnomer: it neither sucks blood nor is a squid. Though the octopus is its closest kin, *V. infernalis* is more ancient than both: it is a living fossil whose lineage dates back 165 million years. It is the single extant species in its unique order, "Vampyromorphida," a compact cephalopod (squids, octopuses and nautilus), a foot long and weighing only about a pound. Its skin color ranges from purple-black to blood red, its eyes a glow-

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Get Out! October Events. Poetry, Theater, Film, Art, Radio, Online and more.

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

- Friday 01: 7:00pm, "Pig" opens at Arena Theater. Also showing on 3rd, 6th, and 7th.
- Saturday 02: 11:00am, PPQG Quilt Exhibit "Flying Free" opens at Gualala Arts.
- Saturday 02: 11:00am, Pointless Sisters Art Quilt group bring "River Wild" to Gualala Arts.
- Saturday 02: 12:00noon, Coast Hwy Art Collective features Andrea Allen and Peter Bailey.
- Saturday 02: 4:00pm, "Musicaliving, featuring The Open Air at Gualala Arts.
- Monday 04: 7:00pm, ATFC presents "Casablanca" (1942) at Arena Theater.
- Friday 08: 7:00pm, "Respect" opens at Arena Theater. Also showing on 10th, 13th, 14th.
- Saturday 09: 10:00am, MET: Live in HD Presents "Boris Godunov" at Arena Theater
- Saturday 09: 11:00am, Chris Grassano & Paula Haymond exhibit their art at Dolphin Gallery.
- Sunday 10: 2:00pm, "Trio Celeste" Chamber Music Concert at Gualala Arts
- Sunday 10: 4:00pm, "Respect" opens at Arena Theater. Also showing on 13th, 14th.
- Monday 11: 7:00pm, ATFC presents "A Clockwork Orange" (1971) at Arena Theater.
- Thursday 14: 6:00pm, "Sunset Jazz" at Sea Ranch Lodge, feat. Harrison Goldberg & Friends
- Friday 15: 3:00pm, Mixed-Media: Harrison Goldberg & Paula Haymond. Think Visual, P.A.
- Friday 15: 7:00pm, "The Card Counter" opens at Arena Theater. Also on 17th, 20th, 21st.
- Saturday 16: 10:00am, Fort Ross Harvest Festival, Fort Ross.
- Sunday 17: 1:00pm, "Raphael Revealed". Exhibition on Screen at Arena Theater.
- Thursday 21: 5:30pm, Lower Russian River Municipal Advisory Council meeting. ◊◊
- Thursday 21: 7:00pm, 3rd Thursday Poetry features Heather Altfeld. ◊◊
- Friday 22: 7:00pm, "Shang Chi" or "Legend of the 10 Rings" opens at Arena Theater.
- Saturday 23: 10:00am, MET: Live in HD Presents "Fire Shut Up In My Bones". Arena Theater.
- Monday 25: 7:00pm, ATFC presents "Matewan" (1987) at Arena Theater.
- Tuesday 26: 11:00am, Pumpkin Carving Contest at Gualala Arts
- Tuesday 26: 6:00pm, Pt. Arena City Council Meet ◊◊. *Virtual: <https://Zoom.us/j/92924523393>*
- Wednesday 27: 2:15pm, South Coast Halloween Carnival at Ocean Ridge Park, Gualala
- Wednesday 27: 3:30pm, The Second Annual Trick or Treat Drive Thru at Gualala Arts
- Friday 29: 7:00pm, "The Many Saints of Newark" opens at Arena Theater.
- Saturday 30: 2:30pm, Mechanic Shop to help with your car's needs. ◊◊
- Sunday 31: 5:30pm, Downtown Pt. Arena Family Halloween and Trick or Treat

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

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