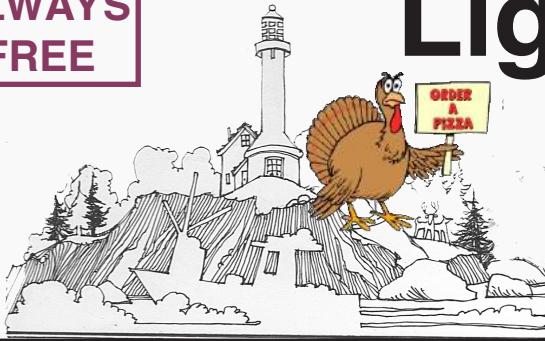


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Lighthouse Peddler

Issue #193 November 2017

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An Evening With Iris DeMent November 25 • Arena Theater

One of the most celebrated singer-songwriters from the world of Americana, Country, and Folk music takes the stage at Arena Theater for one performance, Saturday, November 25. The doors open at 7:00pm, and music starts at 7:30pm. This is a special event on the Mendocino coast and is not to be missed. Tickets are available locally and online. The theater's bar and snack stand will be open.



DeMent grew up singing gospel music; during her teenage years, however, she was first exposed to country, folk, and R&B, drawing influence from Loretta Lynn, Johnny Cash, Bob

Dylan, and Joni Mitchell. Beginning with her 1992 debut, 'Infamous Angel,' which was hailed as "an essential album of the 1990s" by Rolling Stone, DeMent released a series of critically acclaimed records that established her as "one of the finest singer-songwriters in America" according to The Guardian. The music earned her multiple Grammy nominations, as well as the respect of peers like John Prine, Steve Earle, and Emmylou Harris, who all invited her to collaborate. Merle Haggard dubbed her "the best singer . . .

CONT'D on Page 10

MENDOCINO COAST BOTANICAL GARDENS

*Dazzling Lights * Live Music * Drinks * Sweet Treats*

festival of lights

**EACH FRI-SUN * NOVEMBER 24 – DECEMBER 17
WWW.GARDENBYTHESEA.ORG**

Author Jaimal Yogis and Film Saltwater Buddha at Arena Theater A Family Friendly Author, Book, and Film Event November 19

Two of our coastal treasures—Four-Eyed Frog Books and Arena Theater—along with the Surfrider Foundation, are teaming up to present a unique and wonderful event. It's an afternoon of oceanic images and storytelling Sunday, November 19 at 1:00pm at Arena Theater in Point Arena.

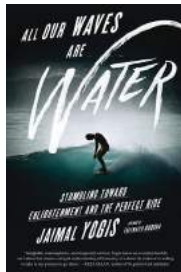
First up will be a screening of *Saltwater Buddha*, a 60-minute feature documentary based on the award-winning, and hit book by author Jaimal Yogis (pictured below). After the screening, Yogis will discuss the film and his new book *All Our Waves Are Water*, his memoir that the BBC calls a "Best Beach Read of 2017" and Publishers Weekly calls "captivating" and "beautiful." Yogis' book is about running away to far-flung islands, Zen monasteries, and eventually finding his way home.

This community event is a great (and highly enjoyable) way to support your local



community owned bookstore, local non-profit theater, and The Surfrider Foundation, a grassroots non-profit environmental organization that works to protect and preserve the world's oceans, waves and beaches.

Tickets for the book and film event are available at Four-Eyed Frog Books for \$36. The ticket price includes a copy of the new hardback book *All Our Waves are Water* and viewing of the film *Saltwater Buddha*. Tickets are also available online at Brown Paper Tickets*. If you'd prefer to attend only the screening of *Saltwater Buddha*, Brown Paper Tickets has a \$10 option. The combination ticket will be \$38 at the door.



The event is underwritten by Four-Eyed Frog Books, and net proceeds will benefit The Surfrider Foundation. The Arena Theater snack bar will be open. Arena Theater is at 214 Main

Street (Highway One) in downtown Point Arena. Information is at (707) 882-3272, and at Four-Eyed Frog Books, (707) 884-1333, and at www.arenatheater.org.

*<https://www.brownpapertickets.com/event/3114247>.



National Theater Live Presents "Yerma" By Garcia Lorca Saturday November 4 • Arena Theater

Once again Arena Theater brings the world of great theater to the Mendonoma Coast with a contemporary production of *Yerma*, from National Theatre Live, Satur-

to conceive builds to a shocking climax. The play sold out at London's Young Vic and critics called it "shatteringly powerful" (*Independent*) and "an extraordinary theatrical triumph" (*The Times*). At a runtime of 120 minutes this broadcast does not have an intermission and the performance contains strobe lighting. Tickets are \$18, \$5 youth (18 and under), at the door or online at www.arenatheater.org.

Arena Theater is a 501C3 non-profit organization. The theater is



day, November 4, 1:00pm., Doors open at 12:30 p.m.

Billie Piper's Olivier Award-winning performance in *Yerma*, directed by Simon Stone is part of the National Theatre Live from London series.

A young woman is driven to the unthinkable by her desperate desire to have a child, in Stone's production of Federico García Lorca's powerful masterpiece. Set in contemporary London, Piper's portrayal of a woman in her thirties struggling



at 214 Main Street (Highway One) in Point Arena.

Daedalus Quartet to play Gualala Arts Center Concert Sunday, November 12

The string ensemble The Daedalus Quartet, made up of members Min-Young Kim and Matilda Kaul on violins; Jessica Thompson on viola; and Thomas Kraines, cello, will perform for the November Chamber Series concert at Gualala Arts Center.

The program for the Sunday, November 12, performance at 4:00pm includes Janacek "Kreutzer sonata", Anna Weesner, "The Space Between" (2008), and Beethoven, Op. 18, No. 4. Tickets are available online at BrownPaperTickets.com, by calling (800) 838-3006, or in person at Gualala Arts Center and Dolphin Gallery. Tickets are \$25 in advance, plus \$5 the day of the performance.



Praised by *The New Yorker* as "a fresh and vital young participant in what is a golden age of American string quartets," the Daedalus Quartet has established itself as a leader among the new generation of string ensembles. Since winning the top prize in the Banff International String Quartet Com-

petition in 2001, the Daedalus Quartet has impressed critics and listeners alike with the security, technical finish, interpretive unity, and sheer gusto of its performances.

The Quartet has collaborated with some of the world's finest instrumentalists: these include pianists Marc-André Hamelin, Simone Dinnerstein, Awadagin Pratt, Joyce Yang, and Benjamin Hochman; clarinetists Paquito D'Rivera, Ricardo Morales, and Alexander Fiterstein; and violists Roger Tapping and Donald Weilerstein.

Since its founding the Daedalus Quartet has performed in many of the world's leading musical venues; in the United States and Canada these include Carnegie Hall, Lincoln Center, the Library of Congress, the Corcoran Gallery in Washington, D.C., and Boston's Gardner Museum, as well as on major series in Montreal, Toronto, Calgary, Winnipeg, Vancouver, Vienna, Salzburg, Amsterdam, Paris, and Japan.



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ADVERTISERS INDEX

• 215 Main	4	• Little Green Bean	10
• Anchor Bay Store	15	• Loft, The	16
• Arena Frame	3	• Mar Vista	4
• Arena Pharmacy	13	• McCann, Peter P.T.	14
• Arena Tech Center	18	• Mendo Viné	10
• Arena Theater	5	• Mend. Coast Bot. Gardens	front cover
• Arff Feed and Pet	13	• MTA	17
• B Bryan Preserve	9	• Office Source	4
• Banana Belt Properties	12	• Oz Farm	5
• Bed and Bone	16	• Pacific Coast Herb Compaany	2
• Cove Coffee	18	• PAMA Hometown Holidays	10
• Denise Green	8	• Phillips Insurance	17
• Dream Catcher Interiors	3	• Pier Chowder House & Tap Roo m	4
• Four-Eyed Frog Bookstore	19	• Point Arena Light Station	8
• Garcia River Casino	11	• Red Stella	8
• Green Room, The	7	• Redwood Coast Chamber of Com.	10
• Gualala Arts	back cover, 7	• Rollerville Cafe	16
• Gualala Building Supply	13	• Roots	19
• Gualala Supermarket	6	• Sea Trader, The	15
• Healing Arts and Massage	14	• Sonoma Clean Power	20
• Ignacio Health Insurance	14	• Transformational Bodywork	2
• Jaspar Brady	7	• Uneda Eat	19
• KGUA	17	• Village Bootery	14
• KTDE	15	• Wellness On The Coast	14
• KZYX	18	• Zen House Motorcycles	5

Our thanks to November contributors Joel Crockett, Rozann Grunig, Mitch McFarland, Blake More, Paula Ray Power, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

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Issue #193 November 2017

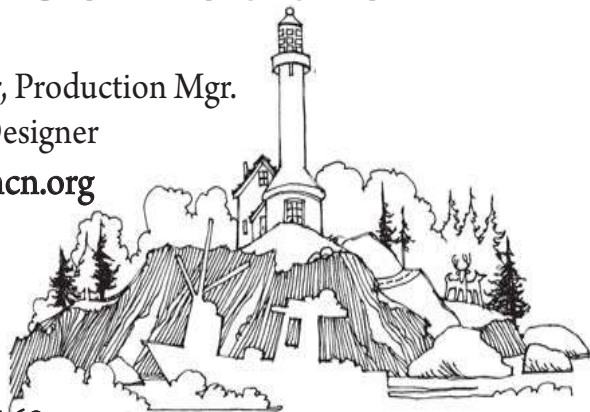
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FROM THE EDITOR'S DESK

Iris DeMent's first appearance at Arena Theater, November 25. (Cover, Page 10).
Daedalus Quartet at Gualala Arts November 12. (Page 2).
National Theater Live's "Yerma" at Arena Theater November 4. (Page 2).
Author Jaimal Yogis & film Saltwater Buddha • Arena Theater, November 19. (Page 2).
"The Exterminating Angel", MET Opera November 18 at Arena Theater. (Page 4).
Hometown Holidays in Point Arena. (Page 4).
Brandybuck's Bizarre Bazaar returns December 2 & 3. (Page 4).
Festival of the Trees at Gualala Arts, November 24 & 25. (Page 5).
The November Crossword Puzzle answers here. (Page 5).
Exhibition on Screen; "Michelangelo: Love and Death, Arena Theater Nov 5. (Page 5)
5th Annual Salon and Salon des Refuses at Gualala Arts, December 1. (Page 6).
Hungry? Let Them Eat Cake is here for you, Gualala Arts. (Page 6).
3rd Thursday Poetry with Berkeley's Fred Dodsworth at 215 Main, Nov 16. (Page 7).
Point Arena Lighthouse. Full Moon tours and more. (Page 8).
Superunloader travels from San Diego to play Arena Theater. (Page 8).
Karin Uphoff considers the proud turkey. (Page 9).
The California Quail is Audubon's bird of the month. (Page 9).
Animal Care & Welfare Offers Ideas on Protecting Pets from Holiday food. (Page 9).
A unique film documentary, and two classic films. Arena Theater Film Club. (Page 10).
Thanks to the people of this county. (Page 11).
Coast Highway Art Collective gives us the brush. . . . In Point Arena. (Page 11).
David Steffen writes about the value of things.... (Page 12).
The Sudoku Answer key is here. (Page 12).
Mendocino Coast Botanical Gardens enlightens us. (Page 13).
A march to support veterans is set for Friday November 10. (Page 13).
Some additional music events you'll want to know about. (Page 13).
Point Arena Mushroom Festival will be all over town. (Page 14).
Redwood Credit Union wants to help our residents. (Page 14).
Mitch McFarland gives some thoughts on a road trip. (Page 15).
The Sudoku Puzzle is here. (Page 15).
Feel like mooning? Check the phases. (Page 16).
Planning for MLK's Birthday Celebration? Join the group. (Page 16).
Joel Crockett offers us an original short story. (Page 16).
Mary Jane Schramm tells the story of the Come Back Kids. . . sort of. (Page 17).
The November Crossword Puzzle is here. (Page 18).
Improbable Destinies. A Book review by author Jennifer Bort Yacovissi. (Page 19).
Get Out!. Our listing of things to do. (Back cover).

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The Met Opera At Arena Theater

"The Exterminating Angel" • Saturday, November 18
"If you go to a single production this season, make it this one." NYT

Leave it to the Metropolitan Opera to outdo itself. This performance reminds all of us just how special these MET performances are.

Following the rapturous response to his last opera, *The Tempest*, the Met presents the American premiere of Thomas Adès's *The Exterminating Angel*, inspired by the classic Luis Buñuel film of the same name. Hailed by the New York Times at its 2016 Salzburg Festival premiere as "inventive and audacious ... a major event," *The Exterminating Angel* is a surreal fantasy about a dinner party from which



the guests can't escape. Tom Cairns, who wrote the libretto, directs the new production, and Adès conducts his own adventurous new opera. Music by Thomas Adès, li-

breto by Tom Cairns in collaboration with the composer, based on the screenplay by Luis Buñuel and Luis Alcoriza

The New York Times left us with this: "If you go to a single production this season, make it this one."

This performance of the Met Opera Live in HD is Saturday, November 18. Doors open at 9:15am, and the opera begins at 9:55am.

The runtime is 160 minutes, with one intermission. Tickets are \$24 general, \$22 senior, \$18 youth (18 and under) and are available in advance online and at the box office the day of the opera

Arena Theater is a 501C3 non-profit organization. The theater is at 214 Main Street (Highway One) in Point Arena.

Celebrate 'Hometown Holidays' in Point Arena!
Saturday, December 2, 4-7 pm

Back for a second year is the Hometown Holidays celebration. Sponsored by the Point Arena Merchants Association, stores and galleries will offer holiday shopping specials and festive snacks. Restaurants are offering discounts for diners with a purchase receipt from the event.

Other activities on Main Street include tree lighting, Carolers, Casari Ranch "Charlie Brown" Christmas tree giveaways, holi-

day 'pawtraits' and music. Action Network expects a visit from Santa and Mrs. Claus, and will host children's activities so parents can shop child-free.

Hometown Holidays

215 Main will offer holiday hors d'oeuvres and host

live music following the event. Arena Theater will host the Community Film Festival, sponsored by ACORN Partners in Education, with films at 2:00, 4:00 and 7:00. Take advantage of the spirit of the merchants and the people of Point Arena and enjoy a day in Point Arena. Saturday, Xdecember 2, 4:00pm to 7:00pm.

The Return Of Brandybuck's Bizarre Bazaar December 2 & 3

Getting up and running (or walking, or driving) often takes some motivation. When it comes to shopping for gifts, finding those gifts a little off the beaten path can be rewarding and may be all the motivation you need. (And when you live or work near the Mendonoma Coast the drive can be beautiful as well.) Happily, it's that time of year when you can go for a drive and do some shopping too!

Once again there's Holiday shopping to be had about 10 minutes—12 minutes in rush hour—from Gualala, Sea Ranch, or Point Arena. South Coast Mendonomans will feel right at home. I'm speaking, of course, about the return of the Annual Brandybuck Bizarre Bazaar. This 13th time may be the luckiest yet.

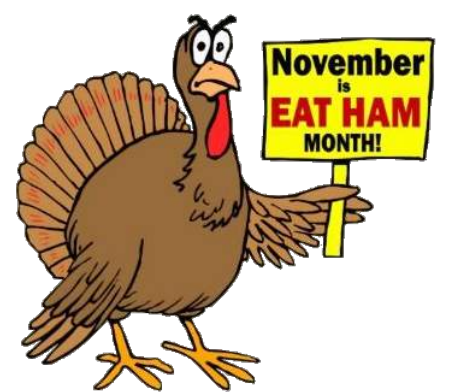
Hosted by the Brandybuck Ranch Pottery Studio, the Bazaar will be open from 10:00am to 4:00pm on Saturday and Sunday, December 2 and 3. They've invited their numerous artisans on the coast to display and sell their items for your gift giving pleasure. First-time and veteran shoppers will find unique, funny, thoughtful, practical and affordable items. Your gift-giving ideas will support the wonderful local artists, and your special person will (I'm certain) be suitably impressed. Once again the Grand Raffle, a basket of donated goods by participating sellers, is always a treasured delight. Enjoy a wide variety of sweet and savory hors d'oeuvres, hot apple cider, music and community!

This year's artists will include enough of a selection for even the most finicky recipient: jewelry, pottery, woodwork, soap, leather, farm raised products and fiber. Come and go or spend the day.

Brandybuck Ranch is located east of Point Arena at Schooner Gulch and Ten Mile Cutoff. Best routes are Riverside and Eureka Hill from Point Arena, or Old Stage, Pacific Woods, or the newly paved Fish Rock Road. Watch for the signs and festive decorations. More information- 882-2269.

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5th Annual Gualala Salon & Salon des Refusés Reception December 1 At Gualala Arts

Some will be selected, some will be refused, but all will be chosen at the Gualala Salon and Salon de Refusés exhibit opening Friday, December 1, at Gualala Arts Center. The opening reception from 5:00pm to 7:00pm for the Salon is preceded by judging of the Let Them Eat Cake! Fine Arts Cake Decorating Contest (see story at right). All in all, it's a great night of fine arts and fun.

This is the fifth anniversary of the Gualala Salon exhibit, which is the largest Gualala Arts show in terms of artwork and prizes outside of Art in the Redwoods in August. The Salon and cake contest is presented by the North Coast Artists Guild. Artists Donnalynn Chase, Doric Jemison-Ball II, and Jane Head (pictured) collaborate and curate the event. Artists are encouraged to enter and applications can be found online at GualalaArts.org and in the Elaine Jacob Foyer at the Gualala Arts Center. The entry deadline for both the exhibit and the cake decorating contest is November 20.

The Gualala Salon and Salon de Refusés is a judged and juried exhibit. Prizes this year are raised in honor of the anniversary and will be first prize of \$1,250, second prize of \$1,000, and third prize of \$750. In addition, the People's Choice awards in the Salon des Refusés is also increased to first prize of \$125, second \$100 and third \$75. The award for Emerging Artist Under 18 years of age is \$100.

As per tradition, the judges decide what artwork is accepted into the Salon exhibited in the Burnett Gallery. The art not juried

into the Salon by the judges is displayed in the Salon des Refusés (Rejected) located in the Elaine Jacob Foyer. Thus, all artwork submitted into the show will be exhibited at Gualala Arts. Which artists are selected into the Salon is a tightly kept secret until the opening night.

Judges for this year's special anniversary event are artist Karen Shapiro, of Gallery 391 in Cypress Village, and April and Ronald Dammann. This year Stendahl Gallery owner Ronald Dammann and his wife April, the gallery's archivist, sold the historic Hillside Avenue Stendahl Galleries and property in Hollywood and moved to Men-

docino County. In 2016, the Stendahl Galleries celebrated one hundred five years of continuous operation in Los Angeles—a remarkable feat. Three generations of dealers, have been instrumental in forging an aesthetic identity for the West Coast and beyond: a legacy of unsurpassed connoisseurship. Visit aprildammann.com and stendahl-galleries.com for more information about the Dammann's work. Artist Karen Shapiro shows in several galleries in California, Arizona and Texas. Find out more about her art and sculpture at rakukaren.com.



above: *Le Salon de 1824*, by François-Joseph Heim

left: *Symphony in White, No. 1: The White Girl*, by James Whistler

Let Them Eat Cake! Fine Arts Cake Decorating Contest Gualala Arts Deadline For Entries Is November 20

If you like to decorate and eat cake, it's time to put Gualala Arts' "Let Them Eat Cake!" fine art cake decorating contest on your holiday list of things to do!

The theme for this year's fun, edible art competition is "A Night at the Movies." All entries must be 40% edible, but size and building materials are wide open. Last year's contest had about 20 entries and each year the competition increases as people enter from Jenner to Fort Bragg.

Although the reception (and associated festivities) for this event does not take place until December 1, we thought it important to let our readers know a month early so that they will have plenty of time to submit their paperwork in order to compete and, more importantly, get their cake baked. Registration for the fine arts cake decorating contest is due Friday, November 20. Judging of the cakes take place the night of the reception at 4:00pm. Cakes are exhibited beginning at 5:00pm (until 6:00pm) and the tasting and champagne toast begins at 6:00pm.

First prize is \$250, second prize is \$175, and third prize is \$100. In addition there is an Emerging Artist Award of \$100 for the

best cake by an artist under 18 years of age. Last year's First Place winner was Corinna Peña from Fort Bragg with her multi-layered and fondant covered "The Coast – Our Community, Our Home and Our Hearts."

This year's judge is Shani Christenson of Shani's Sweet Creations in Mendocino. Shani will have a cake on display at Gualala Arts Center to inspire cake artists and is willing to take questions from bakers if they need some expertise. Artists can call her at (707) 397-1949.

Artists are encouraged to use any ingredients for their cakes, remembering that they will be judged

on artistic merit and not taste – although taste can be a tie breaker. There is no size requirement or limitation with respect to the size of the cake and all artists must be present to cut their cake(s).

Registration forms for Let Them Eat Cake! can be found online at GualalaArts.org/Call to Artists or picked up in person at Gualala Arts Center in the Elaine Jacob Foyer.

Pictured: 2016 Judge Franny Burkey



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No Safe Spaces

by Fred Dodsworth

Standing midst the flames
like wolves' tongues
surrounded by shattered lives,
the sun sets in the East this time,
a dark orange pallor
casting its sickly shadow
over dreams once offered
it's a republic, if you can keep it,
said an old white dead guy
while a child,
incandescent like the stars,
burns through the night
her eyes the color of embers
an abyss beckoning to a future
too like the past,
another season turn, turn, turning,
Guernica, guerre, resistance ...
is inevitable,
art is an act of war.
You Must Apologize! Apologize!
...for the art you never birthed!
for the smiles you made instead,
there are no safe spaces
when the playwright writes
"whenever I hear the word culture,
I release the safety..."
It matters not which safety,
there is no safety in such a storm,
the sibilant hissing sounds
Hanns' made
are as silent or loud
as the starbursts of guns,
the blossom of bombs.
The bird, victim to its falconer
blinded,
its talons torn out,
its powerful beak broken,
this beast knows no center,
only a night of broken glass beckons
such things as happen
in the darkness
and still the child stands
in the flames,
her burning eyes on you,
on what you knew,
what you know,
what you failed to do
in these times
the whole world must be rude,
even to the best of men
artists, poets, musicians,
such soldiers in such a war,
seize up your arms
make no safe spaces for those
who would enchant or enchain us
stand with that child incandescent
like the stars
Make your art hard.

The author will appear at 215 Main in Pt. Arena on Thursday November 16. (see story, right)

Berkeley Poet Fred Dodsworth Featured At Third Thursday Poetry November 16 At 215 Main in Point Arena • by Blake More

On Thursday, November 16, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature Berkeley poet Fred Dodsworth. The reading will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

An ink stained wretch, Fred Dodsworth spent most of the last 30 years in newsrooms picking fights with mayors, police chiefs, congress critters and editors. Eventually he lost most of those fights, but the notches on his belt include at least one police chief, one mayor, and numerous politicians. Now he writes poetry and fiction because there's more truth to be found in fiction than in any news story ever printed.

Fred Dodsworth has launched and or edited or published more than a dozen magazines and newspapers and three books on California Indians. Six years ago he decided to go to college, graduating magna cum laude from SFSU in 2013 with a bachelors in Creative Writing (concentration in Gender Studies). Now he's finishing his Masters in Poetry and his MFA in Fiction simultaneously.

Formerly a high-school drop out, front-page daily columnist (SF Examiner), award winning art director, sandal maker, and truck driver (not in that order), in his professional career Fred was fortunate enough to work with renown designer Roger Black and to publish work by Alan Ginsberg, June Jordan, Kim Addonizio, Amy Wallace, Garrison Keillor, Corby Kummer, Ginu Kamani and many other accomplished and beginning writers.

Co-host of the 8th 9th & 10th Annual SF Beat Poetry Festival, board member of the 20th 21st & 22nd Annual Watershed Ecological Poetry Festival, co-organizer of the Northern California Book Awards for the

prior three years, collective member of the Beast Crawl Collective for the first five years (now retired), founding board member of Bay Area Generations—A Reading Series For The Ages (now retired); for the past six years Fred Dodsworth has worked with Sharon Coleman producing Milvia Street, the venerable Peralta Colleges literary magazine.

He is also publications advisor to Joyce Jenkins of Poetry Flash.

Fred has been a featured reader at the 2014 Annual Berkeley Poetry Festival, East Bay Alternative Book and Zine Fest, Art of the Muse, Broken Concrete,

Literary Speakeasy, Red Light Lit at the Battery, Red Light Lit at McClaren Plaza, Pandemonium Press at the Spice Monkey, Pandemonium Press at the Octopus, Moe's Books (twice), Writing Without Walls, the MFA Reading Series, Velvet Revolution, Rolling Writers, Nomadic Press, Get Lit, riverbabble, the Aesthetic Union, XYZ at the Stork, the SF Beat Poetry Festival, Rolling Writers, Heart of the Muse, Black Health Matters, Naked Bulb, and many other reading series events.

His stories and poems have been published in Red Light Lit, Rag Mag, Troop, Oakland Review #3, riverbabble, Transfer, Milvia Street, Bay Area Generations, Writing Without Walls, Saturday Night Special, Something Worth Revising, US Represented, 11-9 the Fall of Democracy, RISE!, and others. He's currently finishing a book of poems, a book of short stories, and his first novel.

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



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**Superunloader Takes Stage At Arena Theater November 11
A San Diego Band Delivering An Evening Of Rock n Roll**

Moore and Moore Production presents an evening of rock'n roll with Superunloader, a 3-piece rock band from San Diego, CA, comprised of Jimmy Lewis on guitar and vocals, Chris McGreal on bass and Chad Farran on drums.

Often evoking comparisons to the timeless pioneers in Zeppelin, Hendrix and Free, Jimmy Lewis and Superunloader are hardly retro, classic rock throwbacks. Their postmodern mix of primal roots and progressive aesthetics actually have more in common with the likes of Primus, The Mars Volta, Audioslave or White Stripes.

Superunloader takes stage Saturday, No-

The group's enigmatic, charismatic live sound has carried them to sharing the stage with the likes of Bob Dylan, Carlos Santana, Gregg Allman, Fishbone and Les Claypool, among others.



Since their inception in 1994, the three have added solo projects (Lewis' acoustic sets; Farran's two solo discs) and branched out to play in other San Diego acts such as Transfer and Old Man Hands. Superunloader released four discs on their own imprint (Superunloader

reCorDs), winning two San Diego Music Awards for Best Rock Album (1994s self-titled debut, and the "Live & Unfashionable"

disc in '99). Their latest release was the casually brilliant and stripped performance "Live & Small" (at Lestast's) in 2007. The new studio tracks will be the band's first since 1997's "Goes #2. The Arena Theater bar and snack stand will be open



November 11, 8:00pm, doors open 7:30pm. Tickets are \$20 and are available at The Sea Trader and Four-Eyed Frog Books in Gualala; and Arena Market in Point Arena.

Arena Theater is at 214 Main Street, Highway One, Point Arena CA 95468. The theater is a non-profit, 501C3 organization. Information is at www.arenatheater.org.

**Pt. Arena Lighthouse • Events & Tours Starting November 3
Full Beaver / Full Frost Moon On View This Month**

Every month we are reminded that looking up into the Mendonoma sky can be a treat. Whether it's the stars or the moon or an eclipse or a meteor shower, our skies provide a great alternative to sitting inside. Plus, visiting the Point Arena Lighthouse during the day can, at the very least, leave with memories of an inspirational view of the Pacific. This month we'll once again be reminded to pay attention to the moon and, as always, there are multiple names for that beautiful light in the sky.

Algonquin Native American tribes as well as American colonists called the November full moon the Beaver Moon because "this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs," according to the Old Farmer's Almanac. An alternative name for November's full moon is the Frost Moon, which was also coined by Native Americans, according to the Almanac. As always it's a busy month at the Point Arena Lighthouse.

On Friday, November 3 Full Beaver Moon will shine on the Point Arena High School Students' "Moonlight Tour of the Dead". The Point Arena Lighthouse, Point Arena Union High School and the Pacific Community Charter High School are partnering to present a student art exhibit celebrating Dia de los Muertos (Day of the Dead). The festivities will open at 5:30pm in the Fog Signal Building, where the students will be selling food and drink to raise funds for a field trip to the De Young Museum in Golden Gate Park. The exhibit of student art inspired by the popular Dia de los Muertos celebration will be displayed in the Buttress Room in the base of the Lighthouse Tower, with special pieces voted on by the student in the Lantern Room at the top of the Tower.

Admission to the Light Station grounds,

the Fog Signal Building Gift Store and Museum, and the art exhibit in the Buttress Room is FREE to everyone. Tower Tours under the full moon will be offered free to all students, and at a discounted \$5 for adults.

On Saturday, November 4, the Gate Opens at 6:00pm and the tour starts at 6:30pm. Why not come experience a spectacular night time view? How about from



atop the Point Arena Lighthouse? The Lighthouse staff invite you to "enjoy a panoramic view of the sea and coast from the lantern room at the top of the Tower, and if the weather cooperates it will be illuminated by the full moon! Our docents and guides will help you experience what it was

like to be a Lighthouse

Keeper and climb the Tower at night. They will guide you on your journey into the past and explain the unique history of this historic landmark, the tallest lighthouse on the West Coast. Champagne, sparkling juice and snacks will be served as part of the tour, and you get to take home an etched Point Arena Lighthouse champagne flute as a souvenir of this unique experience!" Reservations must be made by phone at (877) 725-4448 ext. 1 or (707) 882-2809 ext. 1 or in person no later than 3:30 p.m. three (3) days before the date of the event.

Point Arena Lighthouse

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EPICETUS (55 AD - 135 AD)

Words on Wellness

by Karin Uphoff

Most Americans associate November with that 'turkey time' of year and the celebration of Thanksgiving feast. Whole menus are planned around the bird, who is a direct descendant of the wild turkeys we enjoy watching in our fields and woodlands. If you every wondered what wild turkeys eat, you should know that they are some of the most diverse feeders in the bird world.

If turkeys planned a thanksgiving feast, it would include: acorns, hickory nuts, walnuts, all seeds and grains, huckleberries, blackberries, thimbleberries, raspberries, strawberries (they love berries), wild grapes, crabapples and other small fruits, small lizards, slugs, snails, snakes, flower heads, buds, roots, bulbs, succulents and cacti, worms, grasshoppers, caterpillars, tender greens, plus sand and small gravel for grit to aid proper digestion. Basically a nutrient-rich diet with enough roughage to process it – exemplars of sound nutritional practice.

They naturally adapt their diet to what is available in the season but must swallow their food whole. The material is stored in the bird's crop to be digested little by little with the help of the gravel-filled gizzard.



This means after eating, turkeys will usually roost quietly for several hours while they digest their meal. That's what most of us need to do after a holiday meal as well. We have a much different digestive tract, which works faster, but even so, our digestion is always improved by slowing down after eating. Resting in quiet activity or even a nap, for at least 20 minutes after a meal, can boost the initial digestion in your stomach and allow the contents to pass along easier into the small intestine. This reduces any tendency towards hiatal hernia, heartburn and indigestion. Relaxed activity for the two hours after eating facilitates better absorption of nutrients and more efficient passage of waste.

Turkeys also demonstrate how eating with family can be a mellow and joyful experience if we keep it simple. Just listen for their water-flowing-over-rocks call in the early mornings and around sundown as the group leisurely grazes and talk with each other while doing so. It's easy to get caught up in the rush of this season, but you might consider letting turkey medicine slow you down.

Photo by Michael L. Baird.

Karin is at <http://rainbowconnection.net>.

They Prefer Running. California Quail

The call of the California Quail might be the one we most recognize. Appropriately it's our state bird. This habitat generalist lives in many parts of the state and is usually a year-round resident. The male has a black forehead and chin with a white stripe over its eyes and under the chin. He also has that great teardrop plume of five feathers poking straight out from his forehead like a pompadour. The male serves as the sentry for the flock or covey of quail. You see him perched on a fencepost or some other lookout ready to sound the alarm at the first sign of danger.

Instead of flying, quail prefer to run. They've been clocked at twelve miles per



hour. California Quail habitually feed for a few hours after sunrise and a few before sunset. Their diet is mostly seeds and acorns but they also eat berries and insects.

The females raise twelve to fourteen chicks in each clutch. The nest is usually on the ground hidden in tall grass or next to a rock or log. The young are born precocial, which means they are born with feathers and their eyes open. They can soon run after hatching and if need be fly within eight days. The chicks brood with mom for two to four weeks sleeping under her belly and then join the other adults to roost in trees at night.

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

Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendonoma Coast. More information is at www.mendocinocoastaudubon.org

Animal Care & Welfare

The holiday season is right around the corner where entertaining and feasting on wonderful food is an important part of the festivities. We should also be mindful that there is a potential for our furry friends to consume food that may be harmful to their health. In the spirit of the season we have compiled a list of the most commonly available foods that our pets would only be too happy to consume given the chance. Don't give them the chance.

• **Alcoholic beverages:** Most people are aware of the effects of alcohol on humans. For adults it doesn't take too much to affect their behavior, and it takes varying amounts to intoxicate an adult. Now consider your pet. Like a human, a dog or cat may stagger, lose bladder control or worse. uncontrollably. In high doses, alcohol suppresses the central nervous system and breathing.

• **Avocado:** While guacamole can be a delicious accent to a festive occasion, the toxin Persin is found in the avocado. Birds may become ill or die from tasting the pear-shaped fruit. For dogs and sometimes cats, the seed can be deadly if it ends up being swallowed by your furry friends.

• **Chocolate:** In general, chocolate can be dangerous for your pets. While dogs invariably will be happy to help themselves to a chocolate dessert, cats on the other hand are less likely to seek out and destroy (eat) chocolate. However, the reality is that chocolate can be toxic to both dogs and cats. Once eaten they may show some increased activity, vomit, have diarrhea, or even have a seizure.

• **Coffee, Tea, Soda, Energy Drinks:** Keep your coffee and espresso, tea, your favorite cola, and any energy drink away from pets. Like chocolate, they contain ingredients that are toxic to pets—including caffeine. Dogs have been known to drink a milky coffee or latte. Keep your after dinner coffees or soft drinks and energy drinks away from the curious pet palates. If your pet begins vomiting, becomes noticeably restless, or seems to have heart palpitations, take note.

• **Macadamia Nuts:** Who knew? Anyone who's been to Hawaii has tasted this wonderful nut. However, sharing with dogs is not a good idea. Within hours of eating macadamia nuts, dogs may become ill, weak, or disoriented. Some reports have dogs showing signs of tremors and/or fever, vomit, and become weak and uncoordinated.

• **Yeast dough:** Horror stories exist of children who get into the cookie dough. Dogs may be just as interested in bread doughs. Raw bread dough made with yeast may cause bloating, and metabolic abnormalities and central nervous system depression.

• **Raisins and grapes:** While a pleasant snack food for most adults and most chil-

dren, raisin and grape products (juices too!) can pose a serious risk to dogs. Follow the NEJO (NEE-joe) rule: Not Even Just One. Dogs may develop vomiting and/or diarrhea within 12 hours and ingesting these may lead to kidney failure.

• **Fatty foods:** We've heard enough about fatty foods and what they do to humans. It's no different for dogs. Actually, it's even worse. When dogs discover fatty or greasy snacks, they can inflame the pancreas causing diarrhea, vomiting and stomach pain.

• **Salt and Salty Foods:** Salt is quite poisonous to dogs and cats. Keep your pet away from cooking salt, homemade play dough, rock salt, paint balls, table salt, sea water and other sources. Signs to watch for: vomiting, diarrhea, lethargy, tremors, fluid accumulation and seizures.


• **Onions, Garlic:** Large amounts of onion can cause gastrointestinal irritation and may lead to red blood cell damage. Cats are more susceptible, but dogs, particularly Japanese breeds are also at risk. Garlic, too, can lead to stomach upset and red blood cell damage.

• **Products sweetened with xylitol:** These can include chewing gum, candy, breath fresheners, pudding, gelatin and more made with the sugar substitute. In dogs, a quick, concentrated ingestion can cause life-threatening low blood sugar within 15 minutes.



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A Contemporary Documentary and Two Classics From Sixty Years Ago. Music, Drama, And Some Romance in November

Welcome to another trio of terrific selections from Arena Theater Film Club. This month opens with a music documentary, and is followed later this month by two classic films.

The Groove is Not Trivial is a film about an artist some of you have probably heard on KZYY's "Oak & Thorn" program. Or perhaps you've seen a live performance in Fort Bragg



or Mendocino, two coastal towns where sightings of Celtic music performers has become almost (but not quite) the norm given the half a dozen or so performances each year. The film screens on Monday, November 6, 7:00pm. The evening will include a Q&A with director Tommie Smith.

The Groove is Not Trivial follows master fiddler Alistair Fraser's personal journey in search of self-expression, a quest that has led him to dig deep into his Scottish musical roots. There he finds a universal pulse—a groove—that runs through his virtuosic performances with cellist Natalie Haas and his dynamic teaching at his wildly popular, freewheeling fiddle camps in California, Scotland, and Spain. At his gatherings around the world for musicians of all ages and abilities, 'the groove' is a through-line from the past that sparks hopeful possibilities for the future.

Fraser is at the epicenter of a movement in which people are finding their own voices and a deep sense of community through the shared love and joy of music. A subversive empowerment is happening as people reclaim cultural roots in jeopardy of being lost.

The irrepressible Fraser proves that the groove in traditional music transcends toe-

tapping fun – it can be a source of personal and political liberation. The film is not rated and has a runtime of 62 minutes.

One week later, Monday, November 13, the 1959 film **Imitation of Life** will be on the big screen. Directed by Douglas Sirk it is not rated (it is a 1959 film, after all), and has a runtime of 125 minutes.

The legendary Lana Turner stars in this late 1950s version of Fannie Hurst's emotionally charged drama, which chronicles two widows and their troubled daughters as they struggle to find true happiness amidst racial prejudice.

Lora Meredith (Turner) claws her way to stardom only to realize the daughter (Sandra Dee) she has neglected for years is now a

stranger to her and --worse yet-- her rival for the love of a younger man. At the same time, her African-American housekeeper, Annie Johnson (Juanita Moore), finds herself rejected by her light-skinned daughter, Sarah Jane (Susan Kohner), who struggles with her African-American identity.



Imitation of Life is one of only two dramatic films to feature gospel legend Mahalia Jackson. The other, **St. Louis Blues** (1958), actually gave her a character name.

The month's final selection, **Sullivan's Travels**—also a classic—is one of my favorite films from the 1940s. Directed by Preston Sturges, it stars the great Joel McCrea as "Sullivan", and the always powerfully sexy Veronica Lake.

Tired of churning out lightweight comedies, Hollywood director John L. Sullivan (Joel McCrea) decides to make "O Brother, Where Art Thou?"—a serious, socially re-

sponsible film about human suffering. After his producers point out that he knows nothing of hardship, Sullivan hits the road disguised as a hobo. En route to enlightenment, he encounters a lovely but no-nonsense young woman (Veronica Lake)—and more



trouble than he ever dreamed of.

Sullivan's Travels, a 1941 comic masterpiece by Preston Sturges, is among the finest Hollywood satires and a high-water mark in the career of one of the industry's most revered funnymen lampooning Hollywood pretension and excesses with the director's particular brand of sophisticated verbal wit, dialogue and fast-paced slapstick.

Sullivan's Travels screens Monday, November 27, 7:00pm. It is unrated and has a running time of 91 minutes.

DEMENT from cover page

I've ever heard" and asked her to join his touring band, and David Byrne and Natalie Merchant famously covered her "Let The Mystery Be" as a duet on MTV Unplugged.

Her recording career was on hiatus in the late '90s and early 2000s, but in 2005, DeMent returned with "Lifeline," a collection of gospel hymns. In 2012, DeMent released her first album of original songs in 16 years, "Sing The Delta," which prompted NPR to call her "one of the great voices in contemporary popular music" and The Boston Globe to hail the collection as "a work of rare, unvarnished grace and power."

In 2015, DeMent released "The Trackless Woods," a collection of poems by 20th century Russian poet Anna Akhmatova adapted to music. In September of this year, DeMent was honored with the Americana Music Association's Trailblazer Award.

Tickets are \$35, available at Arena Theater's ticket outlets: The Sea Trader and Four-Eyed Frog Books in Gualala; Arena Market in Point Arena; Twist in Mendocino; online at www.arenatheater.org. The Arena Theater bar and snack stand will be open.

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**Coast Highway Art Collective in Point Arena
Brush Paint Artist Andrea Allen • Opening Reception November 3**

Gualala resident Andrea Allen recently moved to the coast and has jumped into the local art community with a big splash. She will be exhibiting her Chinese brush painting skills at an opening reception at the Coast Highway Artists Collective on Friday, November 3 from 5:00pm to 7:00pm. The public is invited to meet the artist while enjoying food and drinks.

Art enthusiasts may have seen Allen's work at the recent Art in Redwood fine art show, where she won a ribbon in water media. Allen also participated the 2017 Discovery Open Studio and has work in the Dolphin Gallery. She will be featuring paintings, scrolls, ceramics, sushi plates and platters, cards, prints, holiday ornaments and holiday cards at the November 3 opening at CHAC.

Allen grew up in Michigan and began drawing lessons at the age of 4. She was introduced to ceramics at age 10, instilling a life-long passion for creating art. At Western Michigan University, Allen continued her studies in ceramics, watercolor, oil, mixed-media, weaving and wood working.

After a move to California, Allen began studying Chinese Brush painting. "After six years of study in this ancient art form, I knew I had found my soul's true artistic home! I continue my love for the Dynasty-old Brush Strokes, and have been painting, teaching, and exhibiting in this style for over three decades," says Allen. Living on a houseboat in Sausalito and working in a bay-side studio, Allen found inspiration in the "majesty of water," which is theme in much of her work.

Allen is finding even more inspiration after recently moving to Gualala and being able to look out her studio window at the ocean. "I am incredibly inspired to incorporate all these new visual and sensory experiences into my work, while continuing to utilize all the traditional Chinese techniques, balanced with a subtle contemporary flair. Ancient symbolism and philosophy continue to influence my work, enhancing the feeling

of vital energy and serenity. The overall effect is for the viewer to be effortlessly invited into each painting, experiencing a peaceful balance and harmony in a timeless continuum."

Allen's work has been exhibited throughout the Bay Area, including the Asian Art Museum in San Francisco, as well as in private collections. Allen's show will be featured at CHAC from Nov. 3 through Nov. 26. She will also be participating in Gualala Arts Festival of Trees on Thanksgiving weekend, featuring hand-painted ornaments, new sushi plates and platters, cards, prints and T-shirts. For more information on Allen's work, visit her website at www.andreaallenart.com.

Regular gallery hours at the CHAC are Fridays, Saturdays and Sundays from 11:00am to 5:00pm. The gallery is located at 284 Main Street in the little red building next to Redwood Credit Union. Visit the web page* or call the gallery at (707) 882-3616.



*<http://www.coast-highway-artists.com/>, or the Facebook page at <https://tinyurl.com/y98btm3t>

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The Value Of Things

by David Steffen

I have a pair of Cole-Haan loafers that I swear are the most comfortable shoes I've ever worn. Dennis, our local shoe-repair expert appreciates the shoes far more than anyone in my family. He once asked how long I've had them. I quietly whispered "well I bought them in 1988." I think he liked the idea that I was still wearing them, and I'm grateful he continues to bring them back from the dead every few years. What about you? How about that pair of comfortable (and tattered) slippers you continue to wear? Or that ratty shirt? Things that bring us some measure of personal comfort are not to be lightly dismissed. Which brings me to public radio. Sometimes it feels as if public radio is like those old shoes of mine. Eminently comfortable.



I met then KZYY GM Belinda Rawlins in 2007 and was surprised to find myself working for her a year later. Me, in public radio. But it was stimulating, since KZYY was not a mega station (like KQED in San Francisco) but a truly local idea. Some national content, yet the majority of the programs then and now created by people right here in Mendocino County. And like the county itself, the local programs seem born of the towns, roads, hills, valleys, and rivers; reflecting the wide breadth of taste, interests, and topicality.

We're comfortable that *Morning Edition* turns up every morning, or that Terry Gross brings us a bit of *Fresh Air* every day. And we take for granted a group of almost 100 dedicated (and unpaid) volunteers who create local programs of local interest; friends and neighbors talking about their vegetable gardens, or bringing us a local view on politics, or food, or the environment. There's music for every taste, from almost every genre (well no barbershop quartets. . . .) They do this for the pride and love of what they're doing, and for the audience.

It may be difficult to acknowledge but far too many of us take public radio for granted. After all, 'it gets tons of money from the federal government' (untrue), 'it costs nothing to operate' (also untrue), or 'everyone else pays for it so I don't need to.' This last idea is interesting because in reality, only one-in-ten listeners contributes to public radio. Line up ten random public radio listeners from the Mendocino coast and the odds are you'll find that only one of them supports a public station with a financial contribution.

There are some essential qualities required to work in public radio. For example,

you must be self-motivated, willing to work long and weird hours (often at the same time), and believe in what you're doing. You might accept that those traits apply to every job, and perhaps they do. But one of the realities of public radio is the fact that the wolf is regularly at the door. Not always, but he makes an appearance once or twice every year, so everyone understands that public radio is fragile, always a little on the edge. But we love it and believe it's worth the long hours, the modest pay, and the angst.

We all learn to perform a myriad of jobs at a station like KZYY. I'm ostensibly working on the business side, but on any given day at any time I often find myself in the studio helping out on the air. Or answering the phones. Or cleaning the station's bathroom; or picking up a volunteer who's stranded on highway 253 halfway to Ukiah. You name the job, and every staffer has done it at one time or



another, and continues to do so. And so it was on the evening of Sunday, October 8.

Our Sunday night volunteer programmer began receiving calls from listeners about a fire in or near Redwood Valley. Anyone and everyone who called in to the studio late that night spoke with Bob, who then passed along the anecdotal information to the rest of the listeners. I emphasize 'anecdotal' because



there were few official reports available. By Monday morning many of us were at the Philo studios providing non-stop information to our listeners. Some time that morning Jeffrey Parker, the station's General Manager, created a shared online document enabling all of us to add information as we received updates by email, internet, text, and calls from the sheriff, police, highway patrol, volunteer fire departments, Cal-Fire, officials throughout Mendocino, Lake, or Sonoma County, and our listeners. Our news people were shuttling between locations on either side of Highway 101, gathering information from Laytonville to Hopland. And we heard

from local residents who wanted to share details gleaned from conversations with local authorities. At one point that shared document of information ran more than twenty pages, totaled almost 3000 words, and enabled us to get fresh information to our listeners quickly.

As the days passed we knew that, absent an unexpected rain shower, this fire was going to be with us for another week or more. Every volunteer programmer (and the paid staff) took time every hour (and sometimes more often) to get the information out. Numerous people contacted us on a borrowed phone or by email to tell us their stories. Some cell networks weren't working, yet some landlines remained active. Internet access was beginning to disappear in many areas, whether it was via satellite dish or cable. Then it got real scary. We were receiving multiple reports of (and from) people who were in the midst of preparing to leave their homes for safer areas, who turned toward the edge of their property and realized they were now out of time. They jumped into their car or truck or bus

everyone's part is exactly what public radio is about. Serving everyone in our listening area, not just our members. It's worth keeping that in mind as we consider just how public radio can be supported. We were fortunate that there was no major damage to the station; the fire came oh so very close to one of the KZYY transmitters but fortunately there was very little apparent damage to the station's equipment. That's in stark contrast to the obvious devastation throughout northern California. Everyone affected will need help. And along the way, if you can consider throwing some money toward your local public radio station, that might be a good idea as well.



above: KZYY transmitter above Redwood Valley
left: KZYY transmitter site.
bottom: Fire assistance in Gualala
far left: those shoes....

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

Solution to Sudoku:

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You Want Live Music? We've Got Live Music!

Here's A Sampling Of Live Music Performances In Our Area This Month

☞ On Thursday, November 9th, from 6:00-9:00pm in The Fireside Room at Sea Ranch Lodge, local saxophonist Harrison Goldberg will once again host the popular twice-monthly Sunset & Jazz Series and perform with the Mendocino County-based Dorian May Quartet featuring Dorian May at the keyboard with a rhythm section comprised of Dorothea May on upright bass and Gabe Yanez on drums.

As in their past and highly anticipated performances, the band will serve up an eclectic and always entertaining evening's musical fare seasoned with classics from The Great American Songbook along with contemporary jazz tunes showcasing Antonio Carlos Jobim's gorgeous bossa novas, blues with a groove, swing, latin selections, and much more!

Paired to the evening's musical performance, delicious sweet and savory small plate offerings accompanied by a full assortment of wines and other beverages, including non alcoholic items, will be available for purchase. Admission to this event is free.

☞ Saturday, November 11, duo'Xplore will be playing at MendoVine' in Gualala. duo'Xplore is a guitar and saxophone adventure featuring six-string guitarist, Tim Mueller, and saxophonist, Harrison Goldberg, creating moods, melodies and sonic magic with a repertoire of classic jazz standards, pop tunes and original ambient soundscapes.

duo'Xplore will be performing from 7:00pm to 9:30pm. Wine, beer, coffee, and a selection of sweet and savory small plates will be available for purchase. MendoVine' is at 39145 S. Hwy 1, Gualala, CA No cover. For info contact: (707) 896-2650.

☞ Jazz at MendoVine' is the tune Friday, November 17. A unique evening of music is offered by "HarriSong"—lo-

cal jazz sax man, Harrison Goldberg, accompanied by professional audio backing tracks, performs selections from The Great American Songbook, classic jazz, bossa novas, blues, and pop tunes. Music from 7:00pm to 9:30pm at MendoVine' 39145 South Hwy 1, Gualala. Wine, beer, coffee, and a selection of sweet and savory small plates will be available for purchase. No cover. More info at: (707) 896-2650

☞ Northern California has been hit incredibly hard by the recent catastrophic wildfires. Lives have been lost along with hundreds of homes and businesses. The people most affected desperately need our help and support.

In a benefit performance to aid fire victims, on Sunday, November 5th, from 4:00 to 7:00pm at Russian House #1, 9960 Hwy 1, Jenner, the North Coast musical group duo'Xplore, featuring guitarist Tim Mueller and saxophonist Harrison Goldberg, will generously offer a repertoire of classic jazz standards, Latin flavors, pop tunes, and original ambient soundscapes. The duo will be joined by a special guest, Napa County-based Neon Egypt multi-percussionist, Steven Miller.

There is no charge to attend this performance, and donations of any amount are most welcome. Redwood Credit Union has created a relief fund specifically for fire victims. Your donations are tax deductible, and 100% will go directly to aid relief efforts and help the victims through this fund---all costs will be covered. Personal checks are accepted and should be made payable to: RCU Community Fund (see story on page 14). The fine home-style Russian Cuisine and beverages of Russian House #1 will be available for purchase, however drop-ins are welcome and encouraged! Call for additional information: (707) 865-9456.

Feeling Road-Worthy? Get In The Holiday Spirit

At Mendocino Coast Botanical Gardens' Festival of Lights

The Mendocino Coast is a beautiful area to visit during the holiday season and best of all, the Mendocino Coast Botanical Gardens transforms into a luminescent winter wonderland for its annual Festival of Lights.

An unbelievable show of glittering color draws people into the Gardens for a stroll along the twinkling pathways lined with inventive displays. After dark, the Succulent Garden morphs into a fantastic underwater scene of seaweed and floating jellyfish. A sailing brig

that struck nearby reefs back in 1850 is re-animated with dazzling lights amidst the Gardens' nationally recognized Heath and Heather Collection. A beautifully decorated tent offers visitors a place to warm up and wind down. Each night the tent comes to life with live music, hot cocoa, cider, sweet treats, craft brews, and some of the best wine Mendocino County has to offer.

This year's event will run rain or shine each Friday, Saturday, and Sunday evening from November 24 through December 17. Adult tickets are \$10 and children age 16 and under are free, thanks to the funds raised by an annual benefit gala.

If wedded bliss is in your future, the Gar-

dens offers a one-of-a-kind holiday wedding experience set amidst the Festival of Lights. The Winter Wonderland Wedding Package gives exclusive use of the festively decorated tent and spectacularly lit Gardens.

A visit to Mendocino Coast Botanical Gardens in the daytime reveals 47 acres of natural beauty with manicured gardens, fern-ringed ponds, hidden pocket gardens, coastal pine forests, and wildflower-strewn bluffs at ocean's edge. The Garden Store and Nursery

on the Plaza are open year-round, offering a great place to browse for notable gifts.

We often boast about the beauty of the Mendocino Coast. If you plan on exploring, why not consider a day-trip to Fort Bragg? Make a break for the coast this winter, where crisp air and crashing waves mix with good cheer for a unique experience you won't soon forget. Mendocino Coast Botanical Gardens is a unique natural treasure located at 18220 North Highway 1, just two miles south of Fort Bragg and seven miles north of Mendocino. Winter Hours: 9:00 a.m. to 4:00 p.m. (November-February; closed the Saturday after Labor Day; Thanksgiving; and Christmas).




Friday November 10 • Veterans Day Demonstration

With South Coast People for Peace and Justice

South Coast People for Peace and Justice will hold a special demonstration in front of the old Gualala Post Office at noon on Friday, November 10, in honor of Veterans Day. They've stated that "We love our veterans and would like to see all troops safely home and doing constructive things in the United States to solve the problems of decaying infrastructure and the need for climate change. We object to sending troops to other countries to kill people and thus put themselves

in danger and also increase the danger of terrorists seeking revenge by killing people in the United States. We call for Veterans' Day to be a day of peace for all people." invite all veterans, civilians and conscientious objectors to join us for a Veterans' Day focus on ending war and the threat of war, especially of nuclear war.



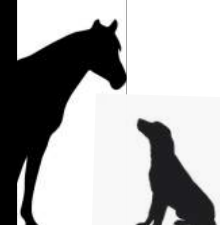
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Redwood Credit Union Creates North Bay Fire Relief Fund

100% of Donations to Directly Aid Victims of North Bay Fires

Redwood Credit Union (RCU) is accepting donations to assist those impacted by the North Bay fires. Anyone can make a secure donation online at www.redwoodcu.org/northbayfirerelief or at any of RCU's North Bay and San Francisco locations.

RCU's North Bay Fire Relief Fund has been established by RCU Community Fund, in partnership with Redwood Credit Union, Senator Mike McGuire, and The Press Democrat. RCU is paying all administrative costs, so 100% of your tax deductible donations will aid fire victims and relief efforts. Donors can choose to designate their support to all four counties impacted (Sonoma, Napa, Mendocino or Lake), or they can choose to support an individual impacted county.

Contributions to the fund may be made securely online via credit card or checks can be dropped off and made payable to the RCU Community Fund (with "2017 North Bay Fire Relief" in memo line along with a note of "All" or the designated affected county the donation will support). Checks may also be mailed to RCU Community Fund, P.O. Box 6104, Santa Rosa, CA 95406.

"Our hearts go out to everyone affected by the fires," said Brett Martinez, RCU's president and CEO. "We're supporting our Members, employees and communities in a variety of ways with their financial needs. We're also accepting financial donations for the fire relief efforts and victims of these devastating fires."

Companies have expressed interest in supporting the North Bay Fire Relief Fund. There are two levels of partnership for those interested in donating at a corporate partnership level:

- The Corporate Leader: Company donation of \$200,000 or greater, and commitment to raising funds for the fire relief through your business.
- The Community Supporter: Company donation between \$100,000-\$199,000 and commitment to raising funds for fire relief through your business.

Companies interested in donating at this level can contact RCU at: (707) 545-4000 or (800) 479-7928. "We know there's a long road ahead, but the message to those who have lost so much is this—your community cares and is with you. We're here to help," Martinez added.

Point Arena Mushroom Festival Food, Fun, More • November 3 through 11

Give this some thought. Creative and thoughtful people have joined forces to create another delicious event for the Mendocino Coast. This month you can join them (and locals and visitors alike) in Point Arena during the Mendocino County Mushroom, Wine & Beer Festival, from November 3 to 12. Events will be happening all over town at many local retailers, restaurants and farms.

For foodies (and wannabe foodies) there are numerous culinary delights. Lisa's Luscious Kitchen is featuring a wonderful Italian mushroom soup; The Bird Café is hosting a Winemakers Dinner with Navarro Vineyard and Pennyroyal Farm on November 7; Uneda Eat Café will feature local mushroom dishes from November 8 to 11. The ever popular Brewmaster's dinner at The Pier Chowder House & Taproom will be held on November 11 at 6:00pm. Seismic Brewing is featured for this five-course beer pairing and dinner event. Mushrooms are sure to be on the menu.

215 Main will host mushroom expert Eric Shramm of Mendocino Mushrooms for a free talk accompanied by mushroom hors d'oeuvres on the 9th at 7:00pm. Franny's Cup & Saucer will offer wild mushroom savory items from November 8 – 11. Arena Market & Café will serve special lunches featuring mushrooms the entire festival. Point Arena's newest restaurant, Ono Pono, will serve plant-based cuisine featuring fungi. Cove Coffee will offer Kombucha. Don't forget to stop by Little Green Bean to enjoy

fine coffee and artisan chocolate, and Roots Herbal Apothecary for a wonderful collection of organic, wildcrafted, handspun Botanical Blends.

Shoppers will want to visit Point Arena Tileworks for handmade fungi themed tiles. Beautiful woven baskets (for mushroom gathering and more) can be found at Blossom. Pamper yourself at Skin Luv with Jasmine's special wine masque facial treatment and Katie's wine-colored hair dyes, available all week. Coast Highway Art Collective will feature Andrea Allen with Chinese Brush

Painting and ceramics. Opening November 3, 5:00pm - 7:00pm.


Other events include a Farm Foraging & Fermentation workshop at Windy Holly Farm November 12 from 2:00pm - 4:30pm. Pre-registration is required. You can reserve at www.windyhollowfarm.com. The Zen House motorcycle shop is hosting Motorcycles and Mushrooms at 215 Main on Sunday, November 12. Join the Zen Crew from

2:00pm - 4:00pm to watch the 2017 Season Finale Gran Prix Motorcycle Race while enjoying complimentary mushroom hors d'oeuvres.

Throughout the Festival don't forget to visit B Bryan Preserve, the Point Arena Lighthouse, PawPawrazzi Pet Photography, and Unbeaten Path Tours for even more "Mendonoma" unique options to add to your visit. Look for the sign (above) at participating area businesses and attractions.

Visit www.pointarena.net for more about what makes us worth a weekend, a week, or more!





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Scuttlebutt

by Mitch McFarland

This is a road column as Madeline and I are driving around Oregon with a plan to drive the Columbia River Gorge National Scenic Area. We aren't taking the more typical tourist route along the coast, but are going by way of a little town in the eastern part of Oregon called Paisley where there is a hot spring.

We take our road trips in the old van I got from my father. I refer to it as the Christian Day Camp van. It is an older, light brown Chrysler 3-seat window van. It really needs a door plaque reading something like Gethsemane Baptist Church. It is so innocuous that when we took it on our around the rim trip of the country last year we crossed through border checkpoints 3 times and only once did the border guys step out of their booth. That guy asked us where we were going and told us to have a nice day.

Madeline likes to name vehicles and she is quite clever at it. She likes obscure people names and, as Apple people, she named it Ivan (I spell it: iVan).

Our rule of travel is generally to take the least traveled road to where we want to go. This means not only avoiding interstates and other freeways, but in many cases bypassing state routes as well, preferring instead to take county roads. As you might guess we get lost a lot, but we don't care. Google maps and GPS are nice helpers, but we all should have learned by now not to rely too heavily on them.

We arrived in Ashland, Oregon from California by way of 40 miles of unpaved road, part of which was like a fire trail. We got "way out there" where you can stop in the middle of the road, get out and relieve yourself without any worry that someone might drive by.

It took six and a half hours to drive from Arcata to Ashland. Siri says it takes 4 hours.

We took 299 east from Arcata to Willow Creek where we turned off onto Beaver Creek Road which is also Hwy 96. It runs

along the Trinity River through the Hoopa Reservation until it meets the Klamath, then follows the Klamath through narrow canyons in Yurok country making its way up to Happy Camp and beyond. I say "beyond" because we turned off at the town of Klamath River and got on a county road that soon bore a sign saying it was not maintained any further. That's when it turned into a one-lane dirt fire trail.

Hwy 96 on the other hand is a wonderful road. I kept thinking back to the days when I rode the nation's highways by motorcycle and wished I had known about this road then. It is a biker's delight: beautiful mountain scenery, long sweeping curves on good roadbed with no gravel on the pavement- virtually no other traffic and, consequently, no cops. Like I said, a biker's delight.

"I kept thinking back to the days when I rode the nation's highways by motorcycle and wished I had known about this road."

The hot springs at Paisley is in the middle of a vast open tree-less hi-desert plain along the mostly dry Summer Lake. There isn't much water in it, but the thermals bubble up from it such that steam covers much of the lake.

We had been staying quite rural so far on the trip, seeing the traditional America we all know and "love" until we hit Bend. It's a cool town where Madeline was able to get almond milk and some gluten-free food. We have learned that if we want the kind of things we are accustomed to, we need to pass through college towns. Bend is home to a campus of Oregon State University, so it wasn't hard to find a proper natural food store.

A lovely drive up the Dalles-California Highway took us to the Gorge at Dalles, Oregon, a spectacular natural setting with its

high bluffs bracketing the Columbia River. This September they had a 48,000-acre fire that scorched the hillsides in many places, but as bad as that sounds, it is a huge area and much was left untouched. Unfortunately, the area around the famous Multnomah Falls was burnt. We couldn't make the hike to the top as it was all closed off due to worry about landslides from the 2" of rain that was falling the day we planned to go. Instead we drove both sides of the river around The Dalles and visited the little towns along the way. We found the thrift store shopping to be excellent and, oh yes, the scenery is nice too.

We rolled into Portland and visited an old Point Arena friend, Darlyn Jablonski. She sings with the Portland Repertoire Singers, a 100-voice group that performs in the impressive First Methodist Church. The program of music was way over my head, but the concert was an amazing celebration of the human voice.

This high class event contrasted sharply with most of the rest of what we saw in Portland, including a sign for gluten-free marijuana. Naturally, I couldn't help myself and went in. Do I have to state that the sign was a joke? I have never experienced going in a store and buying pot and, despite the lovely assortment, I still haven't. The \$12/gram price made me glad we didn't leave home without it (thanks for the reminder, Karl Malden).

I'm pretty sure there would be economic devastation if Portland closed all the coffee and tattoo shops. This is also the home of the man bun and some of the worst traffic in America. In attempting to encourage public transit and bicycling, Portland has created a sort of war on cars. Parking is nuts and you can never turn left unless you don't want

at, at which point you must. The transition away from private autos is a worthy goal, but it bumps into a 100-year-old car culture that isn't going away any time soon. This is true all over the world. Only a massive increase in the amount of public transit, making it more convenient to stay out of cars than in them, will reverse our necessary use of private automobiles.

The Pentagon will be getting 2400 new F-35 jets at around \$120 million a piece (total: \$406 billion). If we could only get by on 2300 jets we could have 1.2 billion for that mass transit build-up. Imagine if we could safely survive on only 1000 new jets. Apparently, our defense needs must be greater than our desire to not sit in traffic.

You may be thinking, "What about you?" You drove almost 2000 miles aimlessly wandering around the countryside." There is a point there, but I think vacationing is a much better way to use a car than sitting in traffic on the way to work.

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THE NOVEMBER SUDOKU by Margie E. Burke

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HOW TO SOLVE:
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(Answer appears elsewhere in this issue)

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Second Annual Dr. Martin Luther King, Jr. Birthday Celebration In The Works Planning Meetings November 1 and 15

The 2nd Annual Dr. Martin Luther King, Jr. Birthday Celebration will be held on Monday, January 15, 2018 at the Gualala Community Center. This January 15 would have been Dr. King's 89th birthday.

A group of local (and dedicated) peace activists are in the process of planning and organizing this all-inclusive community event, and perhaps most importantly all members of our community are invited to participate and attend. All should feel welcome including students, teachers, artists, poets, dancers, singers; all people of all ages and cultures who wish to join in celebrating love, justice and peace inspired by the life of Dr. Martin Luther King. Dr. King's mission, life and work resonates greatly today as we face the challenges of our fractured world.

All are invited to the next planning meetings, scheduled for Wednesday, November 1 and Wednesday, November 15, at 5:00pm at the Sundstrom Mall, next to Gualala Super Market in Gualala. As this is a community event everyone is encouraged to attend the meetings and help plan the birthday celebration! Your ideas, suggestions and energy will reinforce the commitment to Social Justice, Racial Harmony

We must learn to live together as brothers or perish together as fools.



and the inspiring values and teachings of Dr. Martin Luther King, Jr.

More information is available from Yasmin at (707) 884-4703, for the MLK 2018 Celebration Planning Committee.

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"The Room" A Short Story By Joel Crockett

It seemed almost too good to be true. But they paid six months in advance, and I needed the money. Guess I was too eager to line my pockets... don't need it no more!

My name's Rusty, just plain Rusty. I've got this big house, ya see, up on the north coast of California. Way off the grid near the mouth of the Navarro River. 'Bout as far west as you can go in the U.S. Part of the Emerald Triangle; a terrific hideaway. The house? Counting a few nooks and crannies it's got ten, eleven rooms. I rent out a bunch of them, generally only for a few nights. I been known to let a drifter hang out here for nuthin', but not very often. And I got about 4, 5 folks who been here awhile. But these two guys, they was different.

Just showed up, like outta nowhere. Nice enough, I suppose, but not from around here. I never seen no one dressed the way they was before. Kinda tight fittin' stuff... weird colors. Wanted a quiet room near the ocean. But not to see the water. Fact is, they covered the windows with black stuff from their little, sorta like a suitcase — promised they'd clean up before they left. Said they wouldn't be leavin' the room too much. Heck, they never left at all, far's I know. Not 'til their six months was up.

It got kinda spooky. I mean I do get some peculiar folks in here from time to time. But I never been afraid before. Not even sure what I was afraid of. I don't generally pay no mind to folks who crash here. None of my business. But a couple of my regulars, they started asking me questions. Like, "Hey; how are these guys eatin' if they never even leave the place? They ain't dead, we'd smell 'em. Besides, we hear them soft kinda-like whirlin' noises every few hours, night and day. They gotta be doin' sumpin', don't they? What the hell is it?" Well, I don't get uncomfortable easy, but

these two strangers were gettin' to me, too. Finally, I knocked on their door. Hard. But just twice. Then a voice came at me; not sure from where. It was like a loudspeaker, but it was just in my head. We told you we don't want to be disturbed. We still have 3 months, 2 days, 11 hours and 27 minutes on our time here. We will talk with you then.

Now here's the really weird thing. All the folks in the other rooms heard the same voice. In their heads. Like I did. Some were like me, a little nervous; a few didn't give a rip. And three were pissed. Folks who didn't even

"Now here's the really weird thing. All the folks in the other rooms heard the same voice. In their heads. Like I did. Some were like me, a little nervous; a few didn't give a rip. And three were pissed."

hardly know each other started arguin' about what to do. It got so bad a couple of nasty fights broke out. I had to kick out one dude who just wouldn't shut up. Me, yeah; sure I was curious; hell, by now I was downright scared. But I couldn't think of nothin' to do. And after all, I had their money. Shoot, they weren't hurtin' nobody.

Well, those three plus months went by pretty damned slow, I'll tell you that. By the time they was ready to leave, we was down to one other guest and me. Finally, and I'm gonna guess it was exactly six months later down to the very second (not that it matters anymore), they came out of the room.

They was just the way they was when they went in — strange clothes, a stupid-looking suitcase. Nothin' else. They looked me right in the eye and told me, and my one remain-

ing guest, the followin': the exact words was stuck in our heads, forever (however long that might be) — and, I s'pose, in everyone else's head everywhere else, too.

Eight of us, from a place far from here, have visited your beautiful planet for six of your months with high hopes. Finding and protecting havens for sentient beings is our eternal mission.

Each of our four pairs has settled in a geographically strategic location to monitor, measure and understand individuals, and groups of individuals, to see how you have evolved and work together.

We now know you, your governments, and your world. Rarely have we found a less worthy group of what we believed to be intelligent beings. We are disappointed. Greed, fighting and self-interest seem to prevail in your species. You have not protected your planet. Without intervention, you will destroy your home within 11 of your years. With it will go all the beauty and most of the creatures and plants which make your planet so very rare and special. There's only one way to save this from happening. In three Earth days, all sentient beings on this planet will simply disappear.

They left yesterday.

Editor's Note: From time to time we've given the opportunity to look at something new from young writers in our area. We thought you'd enjoy this story from a former Coastal writer.

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Full Moon
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 New Moon
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Fur Seals: Back From The Brink But A Long Way To Go

by Mary Jane Schramm

November along our Northern California coast brings crisp, crystalline air—a backdrop for rain-darkened clouds; long, deep ocean swells; and Dungeness crabs, ripe for harvest. In oceanographic terms, fall represents the “relaxation” season of the sea, before winter storms pummel the coast with waves like small mountains. General upwelling subsides, the lazy, north-flowing Davidson Current kicks in, and the sea enters a quiet period. The guano-spattered islets off Mendonoma and Marin no longer host seabird nests; the Farallon Islands fall nearly si-



lent. A few humpbacks eke out a final meal before decamping to Mexico and Central America to find mates and bear their calves.

But offshore, at the edge of the Continental Shelf, a migration is underway, ahead of the southbound gray whales: female and juvenile northern fur seals (*Callorhinus ursinus*). Having forsaken their Alaskan breeding grounds in the Pribilof and Aleutian islands, they are fattening up on fish and squid, headed south, some as far as Baja California. The edge of the Continental Shelf is their highway marker and “groaning board” thanks to localized nutrient upwelling. Perhaps to ensure the sexes don’t compete over a finite food supply, the males remain in more northerly waters. Survival of both to the next breeding season is their sole objective.

Northern fur seals resemble smaller California sea lions, with lush fur, blunt muzzles, and more attitude and teeth per pound than any other seal or sea lion around. These feisty animals dominate their surroundings, often challenging and displacing enormous elephant seals and majestic Stellar sea lions on rookeries. See <http://www.nmfs.noaa.gov/pr/species/mammals/seals/northern-fur-seal.html>

FUR TRADE: Because of their soft, incredibly dense fur (around 360,000 hairs/sq. inch), European hunters in the 18th and 19th centuries harvested them with relentless efficiency, on land and at sea. Not content to decimate the Russian and American

rookeries (around 1862 sealers took 150,000 fur seal skins from the Farallones in just three years!), at-sea hunting targeted female seals whose migration patterns were tragically predictable. Killing one seal “cow” often meant three dead seals: the female, her nursing pup, and the pup developing inside her (they have two-sided uteruses, allowing year-round pregnancies). Whole populations collapsed, until the North Pacific Fur Seal Convention of 1911 was signed by Great Britain (for Canada), Russia, Japan and the United States. Their numbers rebounded, but in the past few decades Pribilof seal pup production has declined by 50%. Possible causes include fisheries competition and entanglement, killer whale predation, and climate change. They are now listed as “vulnerable” under the U.S. Endangered Species Act. Hunting is illegal except for a limited subsistence hunt by native peoples. Estimates for the North Pacific are now just over a million. The World Conservation Union still considers the species at risk of future extinction due to the manifold threats it faces.

SOUTHERN COLONIES: Fort Ross and San Francisco were bustling fur seal commerce centers, but by the early 20th Century the Farallon Islands colony was wiped out. However, in the mid-20th century, seals from the Pribilofs and Commander Islands recolonized San Miguel Island off Southern California. Their numbers increased robustly, to over 10,000. Some ventured north and, beginning in the 1970s, solitary “vagrants” from San Miguel were seen on the rugged Farallones once more. In 1996 Farallones sanctuary biologists and a Point Blue Conservation scientist found a single pup among older animals at West End Island: the first known breeding in 150 years. As boy met girl ... and girl ... and girl ... (they form harems), exponential growth ensued: in summer 2017, 1,200 pups were born, the population now numbering around 2,500 individuals.

ONE THREAT REMOVED: Marine sanctuary regulations prohibit petroleum development. Spills bring all sorts of grief to living things, especially fur seals, whether oil is inhaled, ingested, absorbed, or external. Oil mats fur, rendering it useless for retaining precious body heat (most marine mammals have thick blubber to remain warm). Caustic

vapors can sear throat and lung tissues, causing emphysema and pneumonia. Ingested, it can cause fetal abortion and stillbirth. Legal protections from drilling-related spills are now in place, but leaks from ships and pipelines still take their toll. And other threats remain.

Still, their future is promising. Once on the brink of extinction, these fur seals are now increasing, and conservationists are looking to their case history for lessons learned and guidance for new directions.

Photos Credit: NOAA

Learn more about the Farallones colony:
<https://news.nationalgeographic.com/2015/12/151222-california-fur-seal-farallon-islands-science/>



Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
Maryjane.schramm@noaa.gov



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The November Crossword

by Margie E. Burke

1	2	3	4		5	6	7	8	9		10	11	12	13		
14					15						16					
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62					63					64			65			
66					67								68			
69					70								71			

ACROSS

1. Gymnast's feat
5. Crack up
10. Kind of moss
14. Head parasites
15. 70s dance music
16. In need of a massage
17. Newton, e.g.
18. Reciprocal pronoun
20. Palindromic principle
22. Coffee holder
23. Teaser ad, for short
24. Plant firmly
26. The Kingston _____
28. Pool table part
30. Historical records
34. Scottish castle
38. Rip to shreds
39. Fit of fever
40. Change, chemically
42. Wise advisor
43. Hyundai model
45. Seagoer's woe
47. Christmas drink

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DOWN

48. Math
 49. Uppity one
 51. Fruit farm
 56. Shade of blue
 59. School course, for short
 61. Like a beaver
 62. Expressionless
 65. Minute ____
 66. Eye part
 67. UV stopper
 68. Wallop
 69. Camping Shelter
 70. Extend, as a lease
 71. Half a matched set
1. Marching Band Instrument
 2. Napkin fabric
 3. Cake topper
 4. One of the Brady Bunch
 5. Botheration

6. Trivial details
7. Advertiser's target
8. Minimal
9. Waiting period, seemingly
10. Sponsorship
11. Canyon sound
12. Attention getter
13. Novice
19. Speak out
21. Edible tuber
25. Mishmash
27. Deadly snake
29. Alpaca kin
31. Type of lily
32. Fishing item
33. Cowboy boot attachment
34. Bottom
35. All worked up
36. Vital organ
37. Student loan assessment
41. Vitamin A source
44. Office supply
46. Carp kin
50. Three-alarm event
52. Tough to take
53. Light-footed
54. Show up again
55. Stuff on the bottom
56. Type of shine
57. Folk stories
58. Similar (to)
60. Computer symbol
63. In favor of
64. Morning deposit



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Improbable Destinies: Fate, Chance, and the Future of Evolution

A book by Jonathan B. Losos • Reviewed by Jennifer Bort Yacovissi

For those of us who aren't evolutionary biologists, it may come as a surprise to learn that there is such a field as experimental evolution. (Is now the time to admit not knowing about evolutionary biologists, either?)

This and other surprises both fascinating and a bit discomfiting await the non-expert reader of Jonathan Losos' *Improbable Destinies*, a thoroughly accessible analysis of whether evolution is one big crapshoot or rather mundanely predictable. No spoilers here, but the evidence presented on both sides makes for some thought-provoking reading.

Losos made his early bona fides as the Lizard Guy, doing lots of undergraduate, graduate, and later fieldwork with anoles in the Bahamas (he agrees that it's a tough life but somebody's got to live it).

He is now a professor of biology and director of the Losos Laboratory at Harvard, and Curator of Herpetology at Harvard's Museum of Comparative Zoology. Being a university professor, he publishes often in scholarly journals, but also writes for a popular audience in places like the *New York Times*.

The great proponent of evolution as an unpredictable and unrepeatable series of happenstance is Stephen Jay Gould, who posited that you could hit the rewind button on evolution and replay it infinitely and never get the same outcome twice.

This is a concept known as "contingency," in which any outcome is dependent upon the tiniest factors all lining up in exactly the right sequence. Yet much of the evolutionary record — as well as plenty of extant species, including those anoles — illustrates the concept of convergent evolution, where similar environmental pressures in disparate locales give rise to virtually identical evolutionary adaptations.

(Personally, I am crushed to learn that I missed out on the "Shetland pony-sized" pigmy elephants that apparently evolved independently on islands around the world, "some recent enough to have coexisted with modern humans: Malta, Corsica, St. Paul of the coast of Alaska; Flores, where they lived with Komodo dragons; even the Channel Islands off the coast of Southern California." What?)

On the other hand, there are plenty of examples of once-and-done species that evolved a single time and remain unique, including most of New Zealand's fauna (where mammals never evolved), a good chunk of Australia's, and, lest we forget, us.

The Gould Camp would say we're a one-in-infinity outcome, while others, like Dale Russell, theorize that, even if that asteroid had missed Earth and mammals had never

gotten their evolutionary shot, it's completely plausible that evolution and selection would have favored dinosaurs that were big-brained and bipedal, eventually resulting in — voila! — the dinosauroid.

". . . you could hit the rewind button on evolution and replay it infinitely and never get the same outcome twice."

Evolutionary biologists are probing the "contingency vs. determinism" theories through both lab and field experiments to assess evolution's general predictability. One of them, Rich Lenski, took Gould's "replay the tape" challenge literally, establishing a long-term evolutionary experiment (LTEE) with *E. coli* that started in 1988 and continues today through tens of thousands of generations.

By starting with a single parent strain and growing 12 separate colonies under identical conditions for years, Lenski was seeing whether they all behaved identically. The findings over time from this and other LTEEs offer some surprises but generally show significant predictability.

While many of us tend to think of evolution as an eons-long process, we also intuitively understand that rapid genetic changes give rise to such organisms as antibiotic-resistant bacteria and pesticide-resistant insects.

Fast changes happen in larger creatures, too. Losos introduces us to many examples of field-based experiments in evolution that demonstrate just how quickly natural selection works to change the make-up of a given population.

His long-running work with anoles had already documented examples of consistently convergent evolution in which nearly identical lizards evolved on different islands to fill nearly identical ecological niches.

His later work took that a step farther and put genetically similar anoles on tiny, lizard-free islands to see what would happen. When the populations did not get wiped off the map by hurricanes, they evolved in ways the research team found to be fairly predictable.

In Trinidad, experimental evolution fieldwork with guppies demonstrated how predation pressure affects coloration. Again and again, experiments showed that, under low predation, male guppies quickly became more brightly colored, apparently something that held appeal for female guppies. Under

high predation, issues of attractiveness were thrown out the evolutionary window as duller colors helped males to survive long enough to mate. (Better dull but alive than sexy but dead, as evolutionary biologists like to say.)

The speed with which these changes occur — within a few years or even just a few seasons — is pretty stunning, but it's also a little worrisome how the researchers choose to jigger around with wildlife, introducing species where they weren't, including adding predators into the mix where they previously hadn't been.

Losos discusses this somewhat, arguing that the introductions mimic what often happens naturally. Still, it sure feels like we've seen this "Man Monkeys with Nature: Bad Outcomes Ensur" movie before.

So why do we care about evolutionary predictability, anyway? As Losos points out in discussing diseases such as cystic fibrosis, any level of predictability is better than none if it gives us hint in advance about how these diseases might shape-shift in the face of drug therapies.

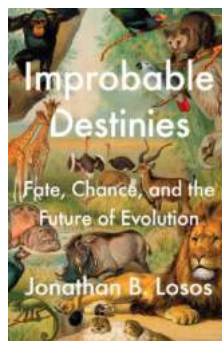
All this goes to presume that a reader is willing to face the concept of evolution in the first place. Losos notes that the National Science Foundation asks evolutionary biologists, when writing up the description of their funded grants for public release, to avoid the "E" word so as not to trigger an ugly backlash.

Indeed, it seems that however it is we humans came about, we still haven't evolved a consistently open mind or a thicker skin.

Jennifer Bort Yacovissi's debut novel, *Up the Hill to Home*, tells the story of four generations of a family in Washington, DC, between the Civil War and the Great Depression. • Jennifer's website is:

<http://www.jbyacovissi.com>

This piece originally appeared in the *Washington Independent Review of Books*.



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The Local Top-10 Books

Fall 2017

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Jerry Seinfeld

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by Thomas Cochrane
2. *Mendonoma Sightings Throughout / Year*
by Jeanne Jackson & Craig Tooley
3. *Glass Houses*
by Louise Penny
4. *A Man Called Ove*
by Fredrik Backman
5. *My Absolute Darling*
by Gabriel Tallent
6. *All the Light We Cannot See*
by Anthony Doerr
7. *All the Light We Cannot See*
by Anthony Doerr
8. *What Happened*
by Hillary Rodham Clinton
9. *Qh awala.li: "Water running down place"*
by Annette White-Parks
10. *The Hidden Life of Trees*
by Peter Wohlleben

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Get Out! November's Music, Poetry, Theater, Films, Art & Events

- Wednesday 01: 5:00pm, Planning meeting for MLK Celebration, Gualala Community Center
- Thursday 02: 6:00pm, The Casuals for Oldies Rock & Roll and Trivia, Garcia River Casino
- Friday 03: 7:00pm, Chris Doering & Steve Weber at Mendovine
- Friday 03: 5:00pm, Art Opening Reception at Coast Highway Art Collective, Pt. Arena
- Friday 03: (various), Point Arena Mushroom Festival Opens (thru 11th)
- Friday 03: 5:30pm, Moonlight Tour Of The Dead", Pt. Arena Lighthouse
- Saturday 04: 7:30pm, Mendocino Country Dance, Caspar Community Center, Caspar
- Saturday 04: 9:00pm, Karaoke Night, Garcia River Casino
- Saturday 04: 6:30pm, Moonlight tours at Pt. Arena Lighthouse
- Sunday 05: 1:00pm, "Michelangelo: Love and Death" at Arena Theater.
- Sunday 05: 8:30am, Monthly breakfast at Manchester Community Center (Garcia Guild)
- Sunday 05: 4:00pm, Tim Mueller, Harrison Goldberg, Steven Miller, Russian House, Jenner.
- Monday 06: 7:00pm, The Groove Is Not Trivial", Arena Theater Film Club (ATFC)
- Thursday 09: 6:00pm, Dorian May Trio at Sea Ranch Lodge
- Saturday 11: 7:00pm, Harrison Goldberg and Tim Mueller at Mendovine
- Saturday 11: 8:00pm, Superunloader at Arena Theater
- Sunday 12: 4:00pm, Daedalus Quartet at Gualala Arts
- Monday 13: 7:00pm, "Imitation of Life", Arena Theater Film Club (ATFC)
- Wednesday 15: 5:00pm, Planning meeting for MLK Celebration, Gualala Community Center
- Thursday 16: 7:30pm, Third Thursday Poetry with Fred Dodsworth at 215 Main in Pt. Arena
- Friday 17: 8:30pm, Brad Wilson's Rollin Thunder Blues Band, Garcia River Casino
- Friday 17: 7:00pm, Harrison Goldberg at Mendovine
- Saturday 18: 7:00pm, Jazz, at Mendovine
- Saturday 18: 9:55am, MET Opera "The Exterminating Angel" at Arena Theater.
- Sunday 19: 1:00pm, Film **Saltwater Buddha** and author Jaimal Yogis, Arena Theater
- Friday 24: Festival of the Trees, Gualala Arts
- Friday 24: Festival of Lights, M.C. Botanical Gardens, Fort Bragg
- Saturday 25: 7:30pm, Iris DeMent at Arena Theater
- Saturday 25: Festival of the Trees, Gualala Arts
- Saturday 25: Festival of Lights, M.C. Botanical Gardens, Fort Bragg
- Sunday 26: Festival of Lights, M.C. Botanical Gardens, Fort Bragg
- Monday 27: 7:00pm, "Sullivan's Travels", Arena Theater Film Club (ATFC)
- Friday 01: 5:00pm, 5th Annual Gualala Salon & Salon des Refuses, Gualala Arts
- Saturday 02: 4:00pm, Hometown Holidays in Point Arena
- Saturday 02: 10:00am, Brandybuck's Bizarre Bazaar (continues Sunday too)



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