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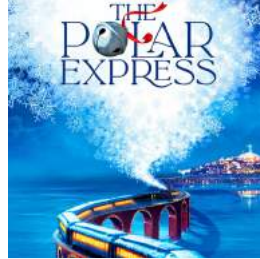
Mendocino Coast's Lighthouse Peddler



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

The Holidays: Here For You!

Arts, Music, Theater, and So Much More!



When we say the Holidays are here for you, we mean just that. When you're ready for a day out of the house, or your hotel room, or the B&B, You'll find that there's plenty to do, and everything is nearby. This month you'll find Art, Films, Music, Poetry, Theater and so much more.

Arena Theater is a short drive up (or down) Highway One, and they've got first-run films on the big screen, including a special showing of the newest classic holiday film, "Polar Express." For classical and chamber music lovers, Gualala Arts presents violinist David McCarroll. The Point Arena Lighthouse has tours scheduled, and an exhibit of paintings by Gualala's Bruce Jones. And the MET Opera returns with a live broadcast of "The Hours". All of this is just a sample of what's available for you and your family while your visiting the beautiful Mendonoma Coast. As you read through this issue of the Lighthouse Peddler, you'll find more than enough to . . .

... continues on page 2

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Holidays Come To Coast Highway Art Collective The Gallery Welcomes Hometown Holidays Celebration to Point Arena

Holiday shopping can seem overwhelming, but if you're looking for a one-of-kind, hand crafted and locally made gift, forget online shopping and head to Point Arena on Saturday, December 10 when the Point Arena Merchant's Association (PAMA) hosts Hometown Holidays. This special event is when many of the businesses stay open late and create a magical holiday event.

The Coast Highway Art Collective has participated in Hometown Holidays for many years, transforming its gallery space into a holiday wonderland, filled with gifts for everyone on your list.



The collective members are excited to host an opening reception for their Winter Magic Holiday Gift Fair on Saturday, December 10 from 11:00am to 7:00pm, featuring live music, meet the artists and all that art. Everyone in the community is invited.



The members of the collective have been creating very special items for this event, including many hand-crafted ornaments for the Christmas Tree. They will be displayed in the center of the gallery on the holiday tree. Visitors will find art in several mediums, including painting, ceramics, textiles, photography,

wood work, metal, jewelry and mixed media. Guest artists for the month of December include Shawn Quinlan, Misfit Stockings, Nicolette Kaliebe, leather, and Emma Hurley, clothing and ceramics. Collective members bringing in special items are Elizabeth Beronich Solomon, handmade toys; Chris Grasnano, painting; Rozann Grunig, photography; Jacqueline Mooney, Wildfire Fusion fused glass; Scott Sewell, photography; Deborah Threlkel, Abalone Queen; Andrea Allen, Chinese Brush Stroke painting; Perry Hoffman, ceramics, photography, painting and more; Ling Yen Jones, finely crafted jewelry and Linda Green, ceramics.



Music for the opening reception will be provided by Bards of a Feather from 2:00pm to 4:00pm, the musical duo of Sharon and Jim Lieberman. They play acoustic guitar,

mandolin, tambourine and fiddle and specialize in old blues tunes from the 60's and

70's. Their repertoire includes music they learned on the streets of Mexico when they lived there in the 1970s, as well as works from some French songwriters the couple fell in love with. From 4:00pm to 7:00pm, Blue Velvet, featuring Bryn Harris, Tom Merline and Keith Abrams perform. It promises to be a memorable evening!

The show runs from December 2 through December 24. The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, located next to the Redwood Coast Credit Union. Regular hours in December are Friday through Sunday, 11:00am to 4:00pm. Visit the website at Coast-Highway-Artists.com for information about the collective's artists, upcoming events and how to join.

Above (far left): CHAC Christmas Tree; Top (left): Menorah of Wildfire Infused Glass by Jacqueline Mooney; Above (Top): By Perry Hoffman; Above (near): Misfit Stockings

HOLIDAYS from cover story . . .
. . . do this month.

For example, Gualala Arts has special events for the holidays, including a concert performance by CoastSing on the 4th to take you Northern California Dreamin', and another musical performance by the Ernest Bloch Bell Ringers on the 17th. A special evening on the 18th for lighting the Menorah, and the annual Nine Lessons and Carols returns on Christmas Eve. David McCarrall brings his superb skills on the violin on the 21st. And The Tree Lot at Gualala Arts has a perfect tree for almost everyone.

Arena Theater has more than movies this month. But they have plenty of those too. Four first-run films, plus a holiday favorite. MET Opera brings "The Hours" on the 10th, with the legendary Renee Fleming, Kelli O'Hara, and Joyce DiDonato. Third Monday Music is set, as is a special event with "Burn The Wagon". The Film Club brings 2005's "Mrs. Henderson Presents" on the 12th.

New art exhibits are opening on the coast at the Coast Highway Art Collective in Point Arena, the Point Arena Lighthouse, the Artists Collective in Elk, and the Discovery Gallery in Gualala.

Third Thursday Poetry returns, this time on Verdant View at Sea Ranch.

The Hometown Holiday event returns to Point Arena on Saturday the 10th. There is so much going on, it might be easier to just look through the list of events and specials on page 4.

More music will be there for the listening, at the Sea Ranch Lodge and the Timber Cove Inn.

The much-loved Brandybuck Studio hosts the 18th Year of the 13th Annual Bizarre Bazaar. Yes, it is the 18th year of the 13 Annual . . . you'll have to ask when you get there (or read about it in this month's Lighthouse Peddler.)

Go ahead. Use this issue of The Peddler and plan your time. There's much to do, and that's the goods news.



SOUTH COAST BUS SERVICE

Route 75 has an extended early morning service. Monday through Friday from Point Arena to Gualala at 7:15am, and evening service from Gualala to Point Arena at 5:55pm. On Saturdays Route 75 runs only from the Navarro Store at 9:15am to Ukiah and back.

Route 95 is operating 7 days a week from Point Arena to Santa Rosa and back. Leaving Point Arena Monday through Saturday at 8:00am and Sundays at 10:00am.

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ADVERTISERS INDEX

• Action Network	15	• KTDE	13
• Anchor Bay Store	3	• KZYX	7
• Arena Frame	14	• Little Green Bean	4
• Arff Feed and Pet	15	• The Loft	12
• Banana Belt Properties	2	• Mario's Upholstery	10
• Coast Hwy Art Collective	8	• MTA	2
• Four-Eyed Frog Bookstore	Front Cover	• Phillips Insurance	4
• Franny's Cup & Saucer	8	• Point Arena Light Station	8
• Garcia River Casino	15	• Red Stella	4
• Gualala Arts	5	• Rollerville Cafe	6
• Gualala Building Supply	14	• Sea Trader, The	4
• Gualala Supermarket	6	• Skunk Train	9
• Hometown Holidays	10	• Sonoma Clean Power	16
• Ignacio Health Insurance	13	• Surf Market	back cover
• Koastal Kitchen Shop	9	• Village Bootery	3
• KGUA	14	• Zen House	12

FROM THE EDITOR'S DESK

- December on the Coast. Almost (almost) too much to do! (Cover).
- Coast Highway Art Collective has new art perfect for Hometown Holidays.
- David McCarroll returns to the coast. He's bringing his violin too! (Page 4).
- Mrs. Henderson has plans for you. Naughty. (Page 4).
- You don't know what to do during Hometown Holidays? Check the list. (Page 4).
- Feel like some Elk? Try the art opening at the Artists' Collective. (Page 5).
- Third Monday Music goes "Holiday". Join the fun at Arena Theater. (Page 5).
- Ring a Ding Ding. It's not Frank. It's the Ernest Bloch Bell Ringers. (Page 5).
- Ready or not, the Discovery Gallery is ready for you. (Page 5).
- Believe me. Your moon will fill up at the Lighthouse. (Page 6).
- Full? New? Find out exactly when. (Page 6).
- The 18th Year of the 13th Annual. You better read the details. (Page 6).
- David spoke with Sugar. Maybe he can explain it to you. (Page 6).
- Karin has us re-thinking tea. Got a redwood nearby? (Page 7).
- When the quail come calling, you'll know what they're about. (Page 7).
- Plastic. Plastic. Plastic. Wonder what we'll do....(Page 7).
- Check in with Scott and Tree. They'll bring a whale of a conversation. (Page 8).
- You were right to think about writing. (Page 8).
- Feel like a little dreamin' during the holidays? Here's a place to start. (Page 8).
- Take your enchanted one to here the trio. (Page 9).
- Mr. Jones returns with art for you. Just for you. (Page 9).
- Time Flying? Come to Arena Theater. There will be hours. (Page 9).
- Travel. Time. Food. Small Towns. The editor is all over the place. (Page 10).
- Get yourself "jambiated". (New word? Maybe.) BAKU clears it up. (Page 10).
- You'd think Nina would weigh 300 pounds with all those dinners. (Page 11).
- Need to read? Of course you do. Dylan's on the list. . . (Page 11).
- Riddle me this Batman. OK. Batman's not here. Try the puzzle. (Page 12).
- They're both here. The Scuttle, and the Butt. (Page 12).
- Heading south of the Gualala River? See what's up down there. (Page 13).
- Every word here is cross. (Page 14).
- MJ brings us the story of a sunken ship. Right off Point Arena. Really! (Page 15).
- Read everything? Then Get Out! (Back cover).

Our thanks to December contributors including
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"Love when you can, Cry when you have to
 Be who you must, That's a part of the plan
 Await your arrival, With simple survival and
 One day, we'll all understand

From "Part of the Plan" by Dan Fogelberg

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Lighthouse Peddler

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Violinist David McCarroll Returns to Gualala Arts A Chamber Music Concert December 21

Gualala Arts and the Chamber Music Series bring award-winning violinist David McCarroll to Coleman Hall at Gualala Arts on Wednesday, December 21, 2022 at 4:00pm. Tickets are \$40 in advance, \$45 at the door (if available.) Tickets can be purchased at Gualala Arts, the Dolphin Gallery, online at EventBrite.com.

An active chamber musician, McCarroll regularly plays at festivals including Marlboro, Schubertiade, Heidelberger Frühling, Grafenegg, Lucerne Festival, Menuhin Festival Gstaad, Siete Lagos (Argentina), ChamberFest Cleveland, Portland Chamber Music Festival, and with the Israeli Chamber Project. He has performed in many chamber ensembles with musicians including Mitsuko Uchida, Richard Goode, Miriam Fried, Pamela Frank, Anthony Marwood, Donald Weilerstein, Kim Kashkashian, Roger Tapping, Marcy Rosen, Peter Wiley, Charles Neidich, Jörg Widmann, and Radovan Vlatković.

McCarroll was born in Santa Rosa, California in 1986 and grew up at Star Cross Monastery. He began studying the violin with Helen Payne Sloat at the age of 4. At 8, he attended the Crowden School

of Music in Berkeley studying with Anne Crowden. When David was 13, he received an invitation to join an international group of 60 young music students at the Yehudi Menuhin School outside London where he studied for five years with Simon Fischer. David continued his studies with Donald Weilerstein and Miriam Fried at New England Conservatory of Music in Boston receiving a Master's degree and with Antje Weithaas in the Konzertexamen (Artist Diploma) program at the Hanns Eisler Academy in Berlin.

In addition to music, David maintains an active interest in social concerns including the needs of those impacted by the AIDS pandemic and is currently working on projects of the Starcross Community to help AIDS orphans in Africa. He has played in programs encouraging world peace promoted by the Fellowship of Reconciliation and has given benefit concerts for Doctors Without Borders. With other members of his family, David has worked to get strings to young music students in Cuba where such items are very difficult to obtain.

David McCarroll plays a 1761 violin made by A&J Gagliano.



"Mrs. Henderson Presents" from The Arena Theater Film Club Monday, December 12, 7:00pm

Arena Theater Film Club brings the 2005 film "Mrs. Henderson Presents to Arena Theater, Monday, December 12 at 7:00pm. Tickets are \$10 at the door.

Directed by Stephen Freares, the biographical musical film tells the true story of Laura Henderson, an eccentric British socialite who, in 1931, opened the Windmill Theatre in London. With some money in her pocket after the death of her husband, Mrs. Henderson (Judy Dench) buys a theater and hires the irascible theater manager Vivian Van Damm (Bob Hoskins) to run the business, despite bad blood between the two. Henderson has a hit on her hands when she decides to add beautiful nude women to the stage shows at her Windmill Theatre. Though they are touched by tragedy, Henderson and her company bravely keep the theater active during the 1940-'41 Blitz of London. Rated "R", the film also stars Christopher Guest and has a runtime of 103 minutes.



Point Arena Merchants Association's Hometown Holidays
Schedule of Events • Saturday, December 10

(Note: Events are listed in Alphabetical Order by business name or event location.)

∇: Action Network, 4p-7p: 'Gratitude Bags'—holiday meal staples, Gift certificates to local markets. Holiday crafts and gaming club, Snacks and beverages. **∇: Arena Market & Cafe, 7a -7p:** Sample tables and 5% discount all day. Members receive add'l 5% discount. **∇: Arena Theater, 4p-5:40p:** Holiday Movie, "Polar Express". **∇: Center Street Market, 7a-6p:** Hot cocoa and peppermint sticks. **∇: Charter School Bake Sale at Roots 12:30p-4p:** Home baked holiday goodies, Fresh greenery and more. (At Druids Hall if raining.) **∇: Coast Community Library, 10a-5p:** Activity Stations: Create holiday card, paper snowflake, or pom-pom. Art Market crafting supplies – make unique art. **∇: Coast Highway Art Collective, 11a-7p:** Holiday gift show. 2pm Bard of a Feather (Jim and Sharon Lieberman), 4pm Blue Velvet (Bryn Harris, Keith Abrams, Tom Merline). **∇: CoastSing Concert, 2p-3:15p:** Community Center at St. Paul's. "Northern California Dreamin". Free-will donation box. **∇: Coast Sing Carolers. 3:50p-4:50p:** Meet at Theater, All singers welcome. Song sheets provided. **∇: Craft Fair at Druids Hall, 11a-5p:** Locally Handcrafted gifts Wreaths, jewelry, candles, body care and more. **∇: Cypress Properties, 2p-4p:** Drinks and holiday treats. **∇: Franny's Cup and Saucer, 8a-7p:** Gift shopping, pastries and cookies, Complimentary chai & sweet treats. **∇: Good Buy Clothes, 11a-5p:** Candy canes. **∇: Izakaya Gama, 12p-3p:** Craft items for sale, Miso soup and hand rolls, Open for small bites and beer. 4p-9p, Regular dinner service. **∇: Lisa's Luscious 11-7p:** Complimentary wrapped candies, Tastings. **∇: Little Green Bean, 11a-3p:** Christmas Gift Baskets, Complimentary coffee and candy cane. **∇: My Sister's Marketplace, 11a-5p:** Holiday Sale Raffle 10% - 50% off. Complimentary sweets. **∇: Point Arena Lighthouse: 10a-3:30p:** FREE Admission and Tower Tours. Entire store sale up to 75% off. Complimentary cookies and hot cider. **∇: Redwood Credit Union, 10a-12p:** Hot chocolate, candy canes, some give aways! **∇: Roots Herbal Apothecary, 10a-5p:** Holiday sale 15% off Dec 8 - 10, & 23 - 24. **∇: Santa Visits Centennial Plaza, 1p-3:30p:** Photos with Santa at 230 Main Street. (Santa rests between 2-2:15.) At library if raining. **∇: Sign of the Whale, 2p-12:** Special cocktail and eggnog. **∇: Tree Lighting Ceremony, 5:40p:** Centennial Plaza, 230 Main Street. **∇: The Zen House: 9a-6p:** 30% off Major Brand Tires, 20% off Protective Gear & en Logo Merchandise; 10% off All merchandise; Black Sugar Rose 4p-6p w/ Hor d'oeuvres & Danish Glogg after 4p.



Holiday Gift Show Returns to Artists Collective In Elk In December

For the month of December The Artists' Collective in Elk will hold its annual Holiday Gift Show. The Gallery is open everyday, from 10:00am to 4:00pm. They will be featuring less expensive, hand made arts and crafts, appropriate for holiday gifts as well as cards and ornaments.

The Collective's Gallery also has paintings, pastels, prints and photography; pottery, glassware, stained glass, jewelry, sculpture, wind chimes and woodworking, and many blank cards.

There will also be opportunities to meet some of the artists at the 2nd Saturday Reception on December 10 from 1:00pm to 4:00pm. In addition, the gallery will be



open late, until 8:00pm, on Friday, December 9, for the annual Elk Holiday Street Fair and Shopping Night. (Queenie's Restaurant next door will also be open, so plan on coming for dinner and shopping!) The gallery will have complimentary beverages and snacks that evening as well.

The Artists' Collective in Elk will also be hosting free workshops. On December 3, artist Alex Magnan will lead two free art workshops, outdoors at the gallery, making wind-chimes and rock painting on from 1:00pm to 4:00pm.

The Elk Gallery is a Collective of 30 local artists who live from Gualala to Fort Bragg. Buying your Christmas gifts here directly supports local artists.

Image by Scott Chieffo

3rd Monday Music • Open Mic Christmas Edition Arena Theater Live • December 19

Looking to kick off the holiday season with some local music? Try the Holiday Jam at Arena Theater. The list of talented local musicians features Bryn & Blue Velvet and Buckridge Racket Club playing Christmas tunes and more. The Holiday Jam is Monday, December 19 at 7:30pm.

This is a great opportunity for local and visiting talents to perform live on stage with sound and lights provided. All ages are welcome. "Come on out and play or sing your favorite Christmas songs, original music, or cover songs. The house band will do its best to accompany

you if needed," said organizer Tom Merline. Sign Ups start at 7:00pm, first come, first to play. Musicians will perform with solos and duos first, followed by trios and bands. Everyone is invited to participate in an open jam session beginning around 10:00pm. Sign up early to reserve a spot, space is limited. The Arena Theater bar will be open. Tickets are \$10 at the door, and all proceeds benefit Arena Theater.

Arena Theater is at 214 Main Street, Highway One, in Point Arena. Information is at 707-882-3272 and online at ArenaTheater.org.



The Bloch Bell Ringers Help Us Celebrate The Season Concert December 17

The Ernest Bloch Bell Ringers will present their annual Holiday for the Coast concert on Saturday afternoon, December 17 at 2:00pm in the Coleman Auditorium at Gualala Arts.



A community favorite, this concert is sure to get you in the holiday spirit. Tickets, available at Gualala Arts, the Dolphin Gallery and EventBrite.com. Tickets are \$15.00 in advance and \$5 more the day of the concert. Ages 7-17 free admission. For further information, contact Bell Director Jeanne Jackson at 707) 884-1761.

Discovery Gallery in Gualala "Ready For The Holidays!"

The holiday season is upon us and Discovery Gallery and their 35 artist members are ready to celebrate with new art and lots of holiday cheer. Stop by to enjoy the festive mood by celebrating the season at Discovery Gallery on Friday, December 2 from 4:00pm to 6:00pm. There will be food, drinks, music and fantastic art. The Gallery is in the SeaCliff Center on Hwy One in Gualala.

You will see works like a beautiful mixed media piece, "Over the Edge", by Robyn



Cota Cann. There's gorgeous and intricate blown glass "Mermaid's Purses" are created by Leslie Moody Cresswell. Her blown glass is exquisite and even more impressive in person. Donnalynn Chase, Andrea Allen, Sharon Nickodem and others have beautiful and unique holiday cards to choose from. And you are sure to love both the ever popular Chinese Brush Painted ornaments by Andrea Allen and the charming fused glass ornaments by Colette Coad.

There is so much more to see! The Discovery Gallery is located at the SeaCliff center just down from Trinkis. All 35 collective artists wish you the happiest of holidays.



Gualala Arts

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"Northern California Dreamin'"
A CoastSing Concert at Gualala Arts
Sunday, December 4, 4 pm

Bloch Bell Ringers Concert
A Special Holiday Performance
Saturday, December 17 at 2 PM

A "First Night" Event
Hanukkah Menorah Lighting
Sunday, December 18 at Dusk

David McCarroll, Violin
A Special Chamber Music Event
Wednesday, Dec. 21, 4 pm

The Return of the
Festival of Nine Lessons & Carols
Saturday, December 24, 5 pm

"Winter Wonderland"
A Month Of Holiday Fun & Ideas
• Christmas Tree Competition, Silent Auction, "Forever Tree" lot and more.

"Time Shapes Us" — Ling-Yen Jones
"Lost Leader" — Liam Ericson
Both Exhibits at Dolphin Gallery
Continuing thru Sunday, December 4

Calls To Artists

- "Uncomfortable" Exhibit: Opens Jan. 13, 2023. Register by Dec. 30, 2023.
- "Sculpture in the Gardens" Exhibit: Opens April 14, 2023. Register by Jan. 1, 2023.
- "High Off The Land" Exhibit: Opens July 14. Register by March 24, 2023.

You Make A Difference

Consider Making A Year-end Gift to Gualala Arts. Go to GualalaArts.org and select the "Support Us" option, or contact David "Sus" Susalla at Gualala Arts.

YEAR END GIVING

Gualala Arts: Open daily, 11 - 4
Dolphin: Open Thu-Tue, 10 - 4
Gualala Arts and Dolphin Gallery respectfully require all visitors to follow posted mask guidelines.

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Solution to Crossword:

Full Moon



December 7

New Moon



December 23

The Full Cold Moon Arrives in December

The Point Arena Lighthouse Night Tour • Saturday, December 3

The Point Arena Lighthouse continues its popular Full Moon Night Tours with an (almost) Full Cold Moon Night Tour on Saturday, December 3. Gates open 4:30pm, tour starts around 5:00pm.

The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$50 per person.

The tour is limited to 20 guests, so reservations are recommended in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund.



The Lighthouse is at 45500 Lighthouse Rd., Point Arena.

According to the Farmer's Almanac, some Native American tribes called December's full moon the Full Cold Moon. It is fittingly associated with the month when winter cold fastens its grip and the nights become long and dark. It is also called the Long Nights Moon by some Native American tribes because it occurs near the winter solstice—the night with the least amount of daylight.

"Our Full Moon Night Tours often sell out well in advance, and guests always marvel at the moon rising over the hills east of Manchester or Point Arena just as we arrive at the top of the Lighthouse Tower," says Mark Hancock, Point Arena Lighthouse Executive Director. "Don't miss out on this unique coastal experience, make your reservations early!"

More information on the Full Moon Night Tours is at their website, PointArenaLighthouse.com for details. For more information or to make a reservation call the Lighthouse at 707-882-2809, ext. 1 at least 3 days prior to the tour.

Brandybuck Studio's 18th Holiday Bizarre Bazaar Returns December 3 & 4

For the uninitiated, this is a "mark your calendar" moment. 2022 marks the 18th year of the 13th Annual Bizarre Bazaar. Folks on the coast look forward to Brandybuck Pottery Studios' Annual Bizarre Bazaar, and return visitors learn to mark their calendars.

Brandybucks' Pottery Studio Holiday Sale "Bizarre Bazaar" has provided coast residents the opportunity to shop local and support our hometown artisans.

Brandybuck Pottery Studio, once again, hosts this very popular holiday event the first weekend of December. This year it is Saturday and Sunday, December 3 and 4, and open from 10:00am to 4:00pm both days- ample time to shop. The studio will be following guidelines from Mendocino County due to Covid. The number of shoppers may be limited in our small space to provide social distancing and masks will be required inside.

Although Brandybuck Studio is a pottery studio, on this weekend, the studio is transformed into a wonderland of gift displays at affordable prices. The selection of items is unique to our Mendocino coast. Local handmade items include jewelry by local jewelers, culinary delights such as jams, spices and chutneys by Allan and Astrid, soaps by Joel Kies, magnets by Jim Hayes, pottery by Bea Acosta, Cyndy McPeak, Gretchen Barton, Brenda Phillips, Justin York, Kevin Hofer and Kaye Like as well as many other creations by our guest artists, and there is always a seconds table where bargains abound!

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It's the 18th Year of the 13th Annual Bizarre Bazaar at Brandybuck!

My favorite horse, Sugar, once told me the story. "The 18th year of the 13th Annual Bizarre Bazaar. Why? When the studio artists decided to have a holiday sale, one of the participants made unusual creatures. The ceramic centerpiece crèche that year was resplendent with small and big colorful creature creations. In keeping with a bizarre holiday theme we decided the 13th should be part of the poster wording. As one enters the studio, turning the door handle will acquaint you with one of the imaginative works created by the past student. On that Saturday, 18 years ago, outside in the meadow, entertainment was provided by a group of local tribal belly dancers accompanied by live musicians. The weather was brilliantly sunny adding to the magical aspect of the day. Understand? I knew you would!"



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Words on Wellness • They're Good For Us!
by Karin Uphoff

Every Christmas nearly thirty million live trees are sold in the USA to be decorated and discarded. Fortunately 350 million trees are farmed for the occasion (they take about fifteen years to mature) and they are fully recyclable, however few people think of using some of the branch tips for fir or pine needle tea. Redwood, pine and fir needles of many varieties make excellent medicine when recovering from respiratory infections. Fresh pine needle tea has long been an ally of indigenous peoples worldwide in recovery from viruses and providing vitamin C. The volatile oils support the tree's own immunity, so drinking a cup of fragrant tea allows us to receive that same gift.

Learn about the conifers around you and get to know them before you gently pick some of the tips or needles at the end of branches (younger needles) to wash, chop and put in a teapot with hot water (1-2 tsp per cup), cover and steep for twenty minutes or so. Covering keeps in the oils which are also a good source of vitamin A, and when you lift the lid you can breathe in the spicy aroma to open your nasal passages. Strain the tea and add a little honey



for a delicious winter brew. Alternatively you can bring the needles to a boil in a covered pot of water, simmer low for ten minutes and let sit for another ten to get a stronger (more bitter) brew. Not all conifers are used for tea. Species that are considered toxic are: ponderosa pine, Monterey pine, lodgepole pine, Norfolk pine, common juniper and yew – none of which are typically grown as Christmas trees.

When you walk amongst conifers and inhale their rich aroma, you are breathing in phytoncides (wood essential oils) that are released as aerosols. These have antimicrobial, antifungal and anti-inflammatory benefits for all creatures and have been shown to boost mental health and immunity in humans. When you bring a live Christmas tree into your home, your living space receives these aerosols as well. If you have a wood burning stove, you can put a bowl of water on top with sprigs of conifer needles for an aromatherapy treatment that reduces the spread of molds and pathogens. Then give a gift back to nature by making donations to organizations that help save our precious forests.

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

California Quail: "Born to Run (most of the time)"

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 about the Heron. Each month, the Lighthouse Peddler features a bird regularly seen at or near the Mendonoma Coast. More information is at www.mendocinocoastaudubon.org. Image by Jasmin777 from Pixabay

The Ocean Is Full Of Tiny Plastic Particles – We Found A Way To Track Them With Satellites

by Christopher Ruf, Prof. of Climate and Space Sciences and Engineering, University of Michigan

Plastic is the most common type of debris floating in the world's oceans. Waves and sunlight break much of it down into smaller particles called microplastics – fragments less than 5 millimeters across, roughly the size of a sesame seed.

To understand how microplastic pollution is affecting the ocean, scientists need to know how much is there and where it is

To address these questions, University of Michigan research assistant Madeline Evans and I developed a new way to detect microplastic concentrations from space using NASA's Cyclone Global Navigation Satellite System. CYGNSS is a network of eight microsatellites that was launched in 2016 to help scientists predict hurricanes by analyzing tropical wind speeds. They measure

how wind roughens the ocean's surface – an indicator that we realized could also be used to detect and track large quantities of microplastics.

Looking for smooth zones

Annual global production of plastic has increased every year since the 1950s, reaching 359 million metric tons in 2018. Much of it ends up in open, uncontrolled landfills, where it can wash into river drainage zones and ultimately into the world's oceans.

Researchers first documented plastic debris in the oceans in the 1970s. Today, it accounts for an estimated 80% to 85% of marine litter.



Researchers deploy plankton sampling nets in Lake Michigan. NOAA, CC BY-SA

accumulating. Most data on microplastic concentrations comes from commercial and research ships that tow plankton nets – long, cone-shaped nets with very fine mesh designed for collecting marine microorganisms.

But net trawling can sample only small areas and may be underestimating true plastic concentrations. Except in the North Atlantic and North Pacific gyres – large zones where ocean currents rotate, collecting floating debris – scientists have done very little sampling for microplastics. And there is scant information about how these particles' concentrations vary over time.

The radars on CYGNSS satellites are designed to measure winds over the ocean indirectly by measuring how they roughen the water's surface. We knew that when there is a lot of material floating in the water, winds don't roughen it as much. So we tried computing how much smoother measurements indicated the surface was than it should have been if winds of the same speed were blowing across clear water.

This anomaly – the "missing roughness" – turns out to be highly correlated with the concentration of . . .

Continued on Page 13

The Lighthouse Lecture Series Features Scott and Tree Mercer

How Do We Do It. Why Do We Do It:

"Our Whale Monitoring Program From The Point Arena Lighthouse Peninsula."

The latest lecture in the series, "How Do We Do It. Why Do We Do It" will be presented on Saturday, December 17 at 4:00pm in the Fog Signal Building Museum, 45500 Lighthouse Road just north of Point Arena. Admission is \$5.

Scott and Tree Mercer are familiar landmarks on the Lighthouse peninsula outside the Light Station gates from around September through May each year. In 2014 they founded the Mendonoma Whale and Seal Study to document the occurrence, diversity, and behavior of marine mammals along the coast from Northern Sonoma County to Southern Mendocino County. They present their data and findings at many local and international conferences. In 2021, the Mercers were featured in an extensive article in the Los Angeles Times about the Unusual Mortality Event of gray whales. In 2022 they were included in a documentary film about gray whale research created by the UC Berkeley Department of Graduate Journalism. In this presentation Scott and Tree will discuss their motivation and process for observing, documenting and reporting on the variety of marine mammals that inhabit, frequent



or migrate past the Mendocino coast.

Scott began studying marine mammals in 1974 in Monterey Bay with an extended study of the feeding ecology of sea otters.

After relocating to his native New England in 1978 Scott founded New England Whale Watch, Inc. as an opportunity to offer first hand ocean life education to the public, and for him to collect data on the whales being observed. He has led offshore and overnight excursions to the Atlantic Outer Continental Shelf, in the Caribbean, Nova Scotia and Newfoundland, Canada.

Tree has a Masters Degree in Science Education, and taught Biology, Life Science, and Physics in Long Island, New York for 38 years, as well as coaching three varsity level sports for as many years. Tree coordinates and organizes the data she and Scott collect. She designs their power point lectures for in-person and ZOOM lectures, as well as their research presentations at conferences.

For more information about the Lecture Series or other Lighthouse events visit PointArenaLighthouse.com.

Image by Astrid Schmid from Pixabay

A New 2-Day Writing Workshop Is Planned For Gualala Arts

Mark Sanford Gross Will Teach, December 9 and 10

Mark Sanford Gross presents a new series of writing workshops, dedicated to building our local and extended communities through writing, storytelling and spoken word events. Participants in all workshop events will learn to develop original work, voice and style.

The Inaugural Workshop is Saturday & Sunday, December 10 & 11, 9:00am to 11:00am. Registration is due no later than Friday, December 2. The cost is \$75 GAC members, \$100 non-members. The registration form is available at GualalaArts.org.

This two-day workshop will focus on finding the story inside of us waiting to be told. According to Mark Gross, "our different method of introduction to each other will be the first approach starting us off in the writing process. We will then be using a series of focused prompts to build our story.

Gross earned his MBA in Management from Marymount University. He has a long history in media, including The Washington Post. He and his husband (and their two dogs—woof! and ruf?—now reside on the Mendonoma Coast.

A Joyful Opening To The Holiday Season at Gualala Arts CoastSing Brings A Concert For All Ages • Sunday, December 4

CoastSing helps open the holiday season with a concert for all ages. Come enjoy the music Sunday, December 4 at 4:00pm as CoastSing offers entrancing melodies from Iran & Israel, Appalachia, and the Americas, plus a Sleigh Ride for the Holiday Season. CoastSing will be joined by guest artists Harrison Goldberg on sax, Karl Young on flute, and the Arena Elementary "Avatar" Chorus. Tickets are \$25 for adults and are available at Gualala Arts, Dolphin Gallery and Event-Brite.com. Tickets for those age 7 to 17 are free.

The concert will not be exclusively Christmas Carols, but everyone will be moved by the solo voices singing "Gracias a la Vida" and by the mellow take of "Take on Me". One more familiar song of the season may have you singing along: "Sleigh Ride". Bring your own bells and jingle along!

The program for the concert on December 4 will include an Appalachian chant, "Guide Me Oh Thou Great Jehovah", a gospel version of Michael Praetorius' arrangement of the 15th century German carol, "Lo, How

a Rose E're Blooming", with Harrison Goldberg accompanying on saxophone, and an uptempo spiritual, "Lord, I Know I Been Changed."

The pleasing sound Bohlin strives for comes to the audience via the drone of a standup bass played by Wayne Harris, who also sings bass in the group. He and flute player Karl Young will be part of the performance of a duo of Middle Eastern tunes: one from Iran and the other from Israel, two arrangements married in style as well as key. Karl Young will also play the Shakuhachi flute with Adiemus (familiar to people who have seen the movie Avatar). Children from Arena Elementary and Middle School's "Avatar" Chorus after-school class will join the adult chorus on this popular song, along with Mary Mackie on piano, and Cassy Grossman and Kevin McCoy on percussion.

CoastSing practices on Mondays 4:30-6 at the Gualala Arts Center. For more information or to try out, please contact Sue Bohlin at 707-884-5477 or visit the CoastSing Facebook page. Ticket information can also be found at GualalaArts.org.

Pictured: Sue Bohlin (l) and Robert Geary (r).



POINT ARENA LIGHTHOUSE

The Light Station Store, Indoor Museum, 23 acre Outdoor Museum AND the 115' tall Lighthouse Tower are open for tours! Tower Tours approximately every 20 minutes, last Tower Tour around 4 p.m.

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Jazz Lightning Strikes Twice December 8 & 22

At The Sea Ranch Lodge"

On Thursday, December 8 and Thursday December 22, The Fireside Lounge at the Sea Ranch Lodge will be jazzed with the sounds of Harrison Goldberg and Trio Enchantment. Sunset & Jazz presents "Holiday at the Lodge", a Christmas-themed program.

Joining Goldberg (and his three saxophones) will be local coast jazz guitarist/composer/arranger Chris Doering on seven-string guitar and guitar synthesizer, and Petaluma-based upright bassist Trevor Kinsel.



Along with a repertoire of jazz standards and iconic Bossa Novas, Trio Enchantment will feature traditional Christmas favorites—a selection of Yuletide Songs and Carols both ancient and modern showcasing the arranging skills of Doering.

Admission to this event is free, and the Bar and Lounge and Dining Room will be open per their regular schedules. The Sea Ranch Lodge is located at: 60 Sea Walk Drive, The Sea Ranch. Spend some quality time this holiday season with great music, and great musicians.

Gualala Artist Bruce Jones At Pt. Arena Lighthouse Exhibit Opening December 2

Gualala artist Bruce Jones will be the next artist exhibiting in the Whale Watch Room Gallery in the Fog Signal Building at the Point Arena Light Station. The opening reception Saturday, Friday, December 2, from 5:00pm to 7:00pm. The exhibit will remain on display through March 3, 2023. Hors d'oeuvres and refreshments will be provided. The reception is free to all.

"I've always drawn and painted," says Jones. All of the exhibit paintings are water-



colors, mostly showing the lighthouse, but also other landscapes and seascapes close to it. The sky and sea change colors and textures all the time, so a lighthouse view from the gazebo is different every hour. Jones shows his art regularly at the Dolphin and Discovery Galleries in Gualala, plus the Artists Collective in Elk, and irregularly at Think Visual in Point Arena and the White-Cap Coffee & Tea in Anchor Bay.

More information at PointArenaLighthouse.com.

Arena Theater Presents "The Hours" • A MET Premier, December 10 Starring Renée Fleming, Kelli O'Hara, Joyce DiDonato • Live in HD

Arena Theater presents Met Opera Live in HD with Kevin Put's "The Hours", Saturday, December 10. The opera begins at 10:00am, doors open at 9:15. Tickets are \$26 general, \$24 senior, \$18 youth.

Renée Fleming makes her highly anticipated return to the Met in the world-premiere production of Pulitzer Prize-winning composer Kevin Put's "The Hours", adapted from Michael Cunningham's acclaimed novel. Inspired by Virginia Woolf's Mrs. Dalloway and made a household name by the Oscar-winning 2002 film version starring Meryl Streep, Julianne Moore, and Nicole Kidman, the powerful story concerns three women from different eras who each grapple with their inner demons and their roles in society.

The exciting premiere radiates with star power, with Kelli O'Hara and mezzo-soprano Joyce DiDonato joining Fleming as the opera's trio of heroines. Phelim McDermott—who most recently wowed Met audiences with his staging of Philip Glass's Akhnaten—directs this compelling drama, with Met Music Director Yannick Nézet-Séguin on the podium to conduct Put's poignant and powerful score.



The tripartite setting of the opera is an essential aspect of its story. The first locale is Richmond, a quiet suburb of London where Virginia Woolf lived with her husband, Leonard, as she was writing Mrs. Dalloway in 1923. The second setting is Los Angeles in 1949, where Dan and Laura Brown are struggling to conform to a proper mid-century American suburban life. The third setting is Manhattan at the end of the 20th century, where Clarissa Vaughan is preparing to throw a party for the poet Richard who faces the late stages of AIDS.

Playwright, lyricist, and fiction writer Greg Pierce created the libretto for "The Hours," adapting the novel by American author Michael Cunningham (b. 1952), who was awarded the Pulitzer Prize for Fiction for his work. The opera has a runtime of 195 minutes with one intermission.

VACCINE REQUIREMENTS: All Met Opera audience members must be fully vaccinated. Please provide proof of vaccination through an original physical vaccination card or photograph of it plus photo ID upon arrival at the box office.

MASKS & SOCIAL DISTANCING: For opera only: Masks are required when not actively eating or drinking. There are no seating restrictions, the theater is fully open.

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... That Same Small Town in Each of Us by David Steffen

My immediate post-high school years were (in no particular order) college, Navy, playing in my band, dating, broadcasting, and then the music business. It was the music business that, as I've mentioned before, moved me around the country, and required me to do some world travel. And while most of my business travels were about flights to major cities both here and abroad, I made an extra effort to visit many smaller cities in the United States. When I went to Denver, I'd make stops in Colorado Springs and Boulder. When I went to Dallas or Houston, I'd visit Amarillo or Austin. A trip to Cleveland would include a stop in Columbus, Akron, Canton or Pittsburgh.

One of the fringe benefits of business travel was "discovering" places for foodies. For example, in Pittsburgh I found a great pizza place downtown near my hotel. I believe—don't hold me to this—it was "Tony's". In Austin I had fried chicken and



fried fish that was, as Rickie, my old associate at A&M might describe, "to die for." In Oklahoma City we enjoyed some amazing BBQ. And in the '80s, Tad's Chicken and Dumplings just east of Portland (in Troutdale) was the best chicken and dumplings since Grandma's. [NOTE: I've learned Tad's closed a couple of years ago. Sigh.]

One of my favorite memories was ordering lunch for 6 of us on a stopover in Texas. I was told by either Larry or Nick, from our office in Dallas, that [a] we had to order in advance (almost a week in advance), [b] it was all cash—leave your fancy Amex card at home, and [c] it's not really a restaurant. That recommendation brought me to "Bryant's". As it turned out, "Bryant's" wasn't a restaurant. It was a suburban ranch house somewhere an hour's drive from the A&M office. We parked in front of a typical ranch house, walked around the side of the house to the backyard, and discovered BBQ heaven. The backyard was huge, with 8-10 picnic tables, three long tables in a line for people to identify themselves (to get the right order,) and then to pay and pick up the food. The lovely, senior lady behind the table greeted me, and then said, "what's

your name honey." I told her, she looked at her order book and said, "Yep. Your're here. That'll be \$125.00." Forget inflation. \$125.00 more than 30 years ago was a lot of money for a little ol' cash-only BBQ place. So I peeled off 7 \$20 bills. She just looked at me. So did my friends. I got the message and peeled off another \$20. That worked, because I got a look, a smile, and a sincere "Honey, don't you forget us now."

We sat at a picnic table, devoured every bite, dropped our mess into the garbage and got ready to leave. It was at that moment I realized I didn't get a receipt (for my expenses.) So I went back to the lovely lady and explained that I needed a receipt. She looked at me, and with a proverbial twinkle in her eye said, "Honey, we don't have no register. All we have is a cash box." I thought for a second and then asked her, politely, "How about you just write it down on the paper there." She looked, smiled, tore a 3 foot by 2 foot piece of butcher paper (pre-greased), wrote down the amount I paid, and then handed me my "receipt". I wasn't certain if I was breaking a rule, but smiled and said, "Young lady, would you mind signing this receipt? My boss will want to know it's authentic." She smiled and signed the greasy receipt. I had the feeling that I may have been the first to ask for a receipt at Bryant's.

I took great pleasure attaching that oversized, greasy, piece of paper to that week's expense report. I received a call from A&M's accounting department who said, with an over-the-phone smile, that Mike (the VP of Finance) was pleased. The real point here is, that backyard BBQ place in Texas was maybe the best BBQ I ever had. And that elderly and delightful woman was part of the charm of our business lunch that day.

So last Friday, I stopped in at Trink's Cafe in Gualala. It's not an every day ritual, but I will admit it's at least 3 or 4 times per week. (OK, maybe sometimes 5.) Depending on the day and the time of year, there might be one or two people making the same stop at 8 am. Other days it can be 10, 12 or more people in line when they open. Trink's in Gualala is about more than their lattes. Or their scones. (The Ginger Scones are awesome.)

One day last week was a classic "busy day". There were, in fact, 10 people in line ahead of me and Trink's hadn't officially opened yet. When the door was unlocked, we all began a slow, casual walk to re-form our line inside. No pushing, no shoving, no anger, no hissy fits. While some of the faces were familiar, others were tourists explor-

ing the coast. It is the norm, that even when there are a dozen people in line, all craving caffeine or a scone or full breakfast, there are simultaneous congenial conversations going on, and few or (more often than not) zero people talking on their phones. Ten years ago that could be explained by poor cell service. These days the phones work, but few people make a call.

Just before I got to the counter to place my order, I saw my friend Dan. We chatted for a few minutes and I noticed Val was behind Dan. And standing three people behind Val was Phil. As we chatted, Phil's wife Jeri later joined our conversation (having left their canine friend Quest in the car. Believe me, Quest didn't need any caffeine.) The line moved and shortened, as most found a place to talk, think or simply look at the ocean while they sipped their drink.

This part of the California coast has been like that. People are welcoming, and comfortable. And I'm not simply talking about locals. One day last week I chatted with David and Wendy from Napa. Another day I spoke with Kelly from Chicago. She asked me if I lived here, and for how long, and did I like it, etc. She was here on business, loved what she saw but couldn't wait to get back to Chicago as she missed her two-year-old son.



The bottom line is, I really do like it here. And I'll miss it when I'm gone. Now that cell service has become reasonably reliable, the complaint I hear most often is from coastal business people who cannot find enough help to keep their businesses operating. I'm told it's due primarily to the high coast of housing, And I don't know just how, or how soon, that will improve. Nevertheless, it will. Necessity drives so much of our commerce. And good people are a necessity.

I've got nothing against national and regional chains, but so far, our little world here has survived with hard working local owners. We need to continue supporting them. And they'll be here for us.

Images:
Tad's Sign

Gualala River Estuary (the view from Trink's).

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235-B Main Street
Point Arena

Haiku for December

"sweet sleeping faces
all touched by firelight
Christmas bells ring"

by mai haiku

BAKU's Improv Jazz

Timber Cove Inn • December 16

BAKU, the popular Mendonoman World-Fusion band will perform at Timber Cove Resort from 6:00pm to 9:00pm on Friday, December 16. Admission is free.

BAKU is an improvisational ensemble comprised of musicians dedicated to the art of spontaneous composition. In each performance, the band showcases its distinctive and captivating sounds that combine contemplative ambient structures and



melodies with a strong yet relaxing rhythm.

The group includes Harrison Goldberg, saxophones and percussion, Chris Doering, 7-string guitar and guitar synthesizer, Tim Mueller, 6-string guitar and synthesizer, David French, upright bass & percussion, and Nancy Feehan, cajon & percussion.

The resort's bar and dining room will be open during each event. The resort is at 21780 Highway Jenner. 707 847-3231.

"Dinners With Ruth"

A Book by **Nina Totenberg** • Reviewed by **Jennifer Bort Yacovissi**

Nina Totenberg has been reporting on the Supreme Court since her days with the National Observer in the early 1970s and has known the late Ruth Bader Ginsburg since 1971. In many ways, the story of their friendship is either a tutorial or a reminder — depending on a reader's age — of women's hard-fought battle late into the 20th century to overcome their legal status as second-class citizens.

Hanging over this memoir is also the chilling knowledge of how quickly that progress is being ripped away; we are seeing and feeling it in real time. One wonders what Ginsburg would make of her beloved court now, given how entirely it has transformed since her death only two years ago.

Totenberg's *Dinners with Ruth: A Memoir on the Power of Friendships* is as described: a recollection of her life written as a love letter to family and many well-known friends, with an emphasis on the author's half-century relationship with Ginsburg.

For anyone who has seen the heart-warming documentary "RBG" (and if you haven't, you really need to), some of Totenberg's anecdotes will be familiar, but that's no surprise given their long-running friendship. Add to that, Totenberg was one of Ginsburg's most frequent interviewers over the years as the tiny-but-fierce Supreme Court justice grew into her alter ego, that icon of girl power, the Notorious RBG.

(Still, there's much here we hadn't heard before. Young Ruth Bader as a high school baton-twirler? Did not know that. Also, she played cello. "That cello must have been bigger than she was," quips Totenberg.)

By her own account, Totenberg's career is a showcase of women helping women succeed. It started with an internship in 1961 when she was 17 — secured through her mother's connection with none other than Eleanor Roosevelt — and continued later when New York Times reporter Nan Robertson took Totenberg under her wing.

When Totenberg first walked through the doors of National Public Radio in 1975, Linda Wertheimer was there already, and Totenberg soon helped to get Cokie Roberts hired. They became a powerful trio — not just friends and coworkers, but also champions for women at NPR and beyond. In fact, they had an area in the office staked out as their own; the guys on staff "famously dubbed our corner 'the fallopian jungle.'"

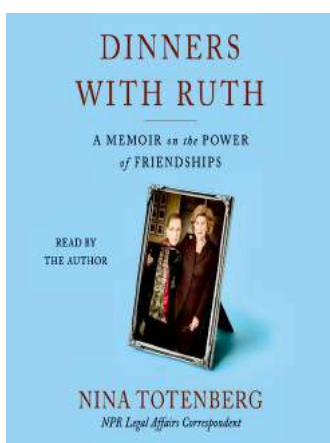
Totenberg's first connection with Ginsburg was a phone call, journalist to law professor, to tease out the legal underpinnings of Ginsburg's brief in *Reed v. Reed*, her first case to go before the Supreme Court, and

the first of many RBG-led and -heard cases meant to chip away at legal discrimination on the basis of sex.

Dinners with Ruth is episodic rather than chronological, organized around various figures, topics, and incidents that may be difficult for readers to track against a larger timeline. That's less important than the fact that the vignettes are immersive, informative, and colorful, as befits a journalist of such stature. The author knows how to tell a good tale.

One episode people may not remember is that it was Totenberg who broke the Anita Hill story, a scoop for which she was investigated by Congress. Surprisingly, given the ghastly workplace environment Totenberg endured — including physically having to fend off a boss — at the time, she didn't see sexual harassment as a major issue for women. Her interest in the story was in how it affected Clarence Thomas' confirmation hearings.

Another surprise, at least for me, was the extent of Totenberg's friendships with



quite a few Supreme Court justices, not just Ginsburg — though theirs was unique for both its longevity and its depth. She describes several such relationships,

beginning with Lewis Powell.

The one she cannot sell me on, even though Ginsburg obviously agreed, was how wonderful Nino Scalia was: charming, voluble, with impeccable comedic timing. "At his core, he was a mensch," Totenberg writes.

Perhaps. But he was also a man who loved the sound of his own voice and frequently dismissed the opinions of others. The crucial difference between Ginsburg and Scalia is that the former never forgot there were real people on the other end of every decision the court rendered. For the latter, the law seemed mostly a fascinating intellectual exercise.

(Totenberg recounts a supposedly humorous incident that I found appalling. One time, the author and her husband, David Reines, a trauma surgeon "who has operated on hundreds of gunshot victims in the course of his career," hosted the Scalias at a small dinner party immediately after

Scalia's majority opinion in *District of Columbia v. Heller* — which took an exceedingly broad, non-Originalist reading of the Second Amendment and led directly to the now fully activist court's expansion of gun rights during its infamous 2022 session.)

Other random tidbits that sparked notice: Justice Thomas actually does know how to recuse himself from a case, since he did so in *United States v. Virginia* because his son was a VMI cadet. And beyond an oblique reference in the epilogue, Totenberg offers no discussion of the Merrick Garland court-nomination fiasco but notes that, at one time, "both parties had a tacit agreement not to put through any federal judgeships after June" in an election year. How quaint.

So, why didn't RBG retire earlier, especially given her many health issues? "She wanted desperately to give the first female president the power to nominate her successor," explains Totenberg. "It was a gamble and she lost." Unfortunately, she was gambling with everyone's future, and we all lost.

Even before the horror of Amy Coney Barrett's confirmation getting ramrodded through after voting was already underway in the 2020 presidential contest — knowing that RBG's last, heartbreakingly naïve, wish was that no one be appointed until after the election — came the petty meanness of Mitch McConnell denying Ginsburg's body the honor of lying in state.

It is excruciating that so much of RBG's influence on the Supreme Court is being erased before our eyes in the span of two short years. "[L]iberals are watching helplessly as decades of precedent are being dismantled," Totenberg notes.

Nonetheless, *Dinners with Ruth* is a warm, deeply felt homage to friendship, to what it means to show up and be present for each other, especially in difficult times. It also serves as a reminder that we are not helpless, that we can fight back (which, in contrast to a certain party of insurrectionists, I mean figuratively rather than literally) and recapture some of Ginsburg's legacy by marching en masse to the ballot box in November.

There is power in friendship. There's also power in numbers.

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

December's Reading List - Best Sellers and Best Bets -

"There are two ways of spreading light: to be the candle or the mirror that reflects it."

Edith Wharton (1862-1937)

- ****And There Was Light** by Jon Meacham
- ****The Body Keeps The Score** by Bessel van der Kolk
- ****The Christmas Pig** by J. K. Rowling
- ****Desert Star** by Michael Connelly
- **Friends, Lovers and Big Terrible Things** by Matthew Perry
- **Going Rogue** by Janet Evanovich
- **How to Catch a Turkey** by Adam Wallace & Andy Elkerton
- **Keeper of the Lost Cities** by Shannon Messenger
- **Like A Rolling Stone: A Memoir** by Jann S. Wenner
- **Long Live The Pumpkin Queen** by Shea Ernshaw
- **Midnight at the Blackbird Cafe** by Heather Webber
- **The Philosophy of Modern Song** by Bob Dylan
- **The Revolutionary** by Stacy Schiff
- **Surrender** by Bono
- **Under The Banner of Heaven: A Story of Violent Faith** by Jon Krakauer
- **When We Were Sisters** by Fatima Asghar

Another Book You Might Like*

- * **Dinners With Ruth** by Nina Totenberg
(See review on this page)

The Lighthouse Peddler is pleased to bring our readers a list of the best-selling books being picked up and read by locals and visitors alike.

Visit Four-Eyed Frog Books, our Community-owned Bookstore.

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

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Jules Verne (1828-1905)



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Scuttlebutt

by Mitch McFarland

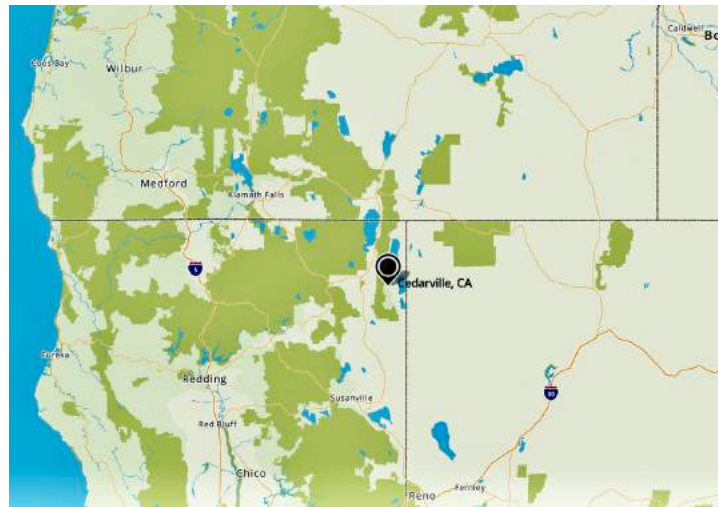
Madeline and I are quite happy living here in our cultural bubble, but when we leave here for one of our brief vacations, we often choose someplace that is vastly different politically. Part of the reason for that is that our state and nation has many wonderful places to visit and lots of them have conservative politics. Mother Nature doesn't care about politics. She just wants to continue creating natural wonders even if some of us are more interested in "conquering" nature.

What I find most odd is that generally when we visit rural areas (we avoid cities) we discover that we have a great deal in common lifestyle-wise, but cultural issues create wide gaps in our politics.

We recently came back from the northeast corner of the state in Modoc County. Our vacations often are planned to visit hot springs. This time we went to a place called Surprise Valley Hot Springs just outside of Cedarville, which is just a few miles from Nevada on Hwy 299. It sits next to a large dry lake that this time of year is snow covered as are the magnificent Warner Mountains, part of the Modoc National Forest.

We ventured into Cedarville to check the town out. It is no bigger than Point Arena, but did have a very inviting looking coffee shop. Advertising espresso and smoothies, the owner operator was a friendly woman who also sold local goods, ceramics, handicrafts, preserves etc. such as you would expect to see in any Mendocino town.

We spoke with the woman about the similarities of our small towns and how people needed to be more supportive of each other in rural areas. It must have been the floral tattoo on her back that "grew" up the back of her neck that threw me off. She wore a custom printed sweatshirt that bore the name of her business on the front, but when she turned around it read in large bold letters LETS GO BRANDON. That's what can happen when you try to judge a book by its cover.



Next stop on our trip was in southern Oregon at another hot spring. We have been there before and were very impressed with the large hot pool inside of a barn. This place is very remote and not near any services so visitors are advised to bring their own food and provisions including bedding. We visited in the summer last time and so was not prepared for the fact that there was much snow on the ground at this 4200 foot elevation, something we had not counted on. We were quite disappointed when we were told that the big pool in the barn was drained in the winter due to the fact that its surface to volume ratio was such that they couldn't keep it warm in very cold weather. I thought it might be nice to mention that on their website. What was available were the outdoor tubs next to the barn. Having driven several hours to get there and with no nearby alternatives, we decided to tough it out.

We bravely bundled up and walked to the barn, quickly stripped down to our bathing suits and plunged into the water. Not surprisingly, trying to keep a tub hot in freezing conditions is not so easy. The tubs were above body temperature, not as hot as one should expect from a hot spring. Fear of exiting the warm water into the freezing air kept me in the tub until my fingers started to wrinkle. I got out and began drying off with my now frozen towel as my wet feet started to freeze to the frozen concrete walk-

way. Any calm and relaxation I might have acquired in the tubs quickly disappeared as I steeled my body during the 100-yard walk across the snow to our cabin.

By the time we made some food I was already beginning to feel sick with a cold. I likely contracted it before arriving, but the shock of the tub experience was the stress point that brought it on.

The little oil heater in our room was definitely not up to the task of keeping the cabin warm. We tried to amuse ourselves with a few hands of rummy, but soon decided to bundle up and get in bed to try to stay warm. Madeline stuffed towels around the windows so that the draft leaking the minus 1 degree temperature might be reduced. We slept with knit hats on our heads, but I never felt comfortable or slept deeply and woke up stiff and cold.

I idea of going back to the tubs was completely off the table, so I suggested that we get out there in spite of having paid for a two-day minimum. When I returned the key the owner was very understanding of our desire to leave, but offered no recompense for our trouble.

We decided to go to Klamath Falls several hours away to spend the night. Klamath Falls has a really nice coffee shop and cafe with no Lets Go Brandon vibe. It seems Klamath Falls is sort of on the border between liberal western Oregon and conservative eastern Oregon.

One of the things I wanted to do in Oregon was buy some more shotgun shells. California has gun laws that require you to register to buy ammunition. In order to buy ammunition, you need to have a registered firearm. Though I am not a fan of the government knowing my business, I don't have a problem with our gun laws. The government already knows just about everything about me, so what's one more piece of information? The problem with that is that the computer system is a mess. I have spent hours trying to register, but twice when I went to buy shells the owner said I'm not registered. Why I can't just walk into a cop shop, show my ID and firearm and fill out a form to register is beyond me (and, apparently, the state of California). So I gave up on California and hoped to get shells in Oregon.

Just down the block from the hipster cafe we passed a place called The Gun Store. As I approached the entrance I realized that this store also serves as the headquarters of the Republican Party of Klamath County. I told you this was sort of a border town.

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

(Answer appears elsewhere in this issue)

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Welcome to December!

Events and Happenings for Ft. Ross, Jenner, Timber Cove and Cazadero.

First Sunday Featured Artist: On Sunday, December 4, Marisa Macklin will be the Featured Artist at the Sunday Community Market, held at Fort Ross School from 10 am - noon. Come meet your new neighbor and enjoy her splendid energy! Macklin is a Contemporary Figurative painter who recently moved to Cazadero. Her compelling paintings are vibrant, graphically patterned, and great dynamic fun.

Holiday Market: Sunday, December 11, from 10:00am to 12:00pm. At Fort Ross School. Vendors interested in participating can email to boardchcp@gmail.com.

Free Matter Of Balance Class In Timber Cove Area: The "Matter of Balance" program is designed to reduce the fear of falling and increase activity levels among adults 60 years or older. Register now for Mendonoma Health Alliance's "A Matter of Balance Class" every Tuesday from 10:00am to 12:00pm in Timber Cove. For 8-weeks, from January 10 thru February 28 at the Ratna Ling Retreat Center. Call (707) 412-3176 x102 to register.

Fort Ross Conservancy Is Hiring a Coastal Naturalist. This is a 32-hr/week position. The person will be leading a wide range of marine and varying natural history-themed



programs at Fort Ross State Historic Park for schools, families, and adults. This could be anything from 1-hr programs, talks, and workshops up to multi-day programs. A good candidate will need to teach

and work well with people of all ages. In addition, they will be working on marine mammal monitoring (harbor seals and sea lions) projects; experience in field work and survey data would be a big help; they will also be working on grant writing. Email Charon Vilnai at charonv@fortross.org if interested, or if you have a good candidate in mind. We are looking to hire by year end.

Ongoing

Meditation Group Continues: All are welcome to a peer-led meditation group, Mondays, at Ft. Ross School. The group returns Monday, December 19 at 4:30pm. Information at Marcella94924@gmail.com.

Sunday Community Market continues at Fort Ross School Sundays, 10:00am to noon. Although not required outdoors, masks are strongly advised indoors. Thank you for adhering to this safety protocol.

MICROPLASTICS from Page 7

... microplastics near the ocean surface. Put another way, areas where surface waters appear to be unusually smooth frequently contain high concentrations of microplastics. The smoothness could be caused by the microplastics themselves, or possibly by something else that's associated with them.

By combining all the measurements made by CYGNSS satellites as they orbit around the world, we can create global time-lapse images of ocean microplastic concentrations. Our images readily identify the Great Pacific Garbage Patch and secondary regions of high microplastic concentration in the North Atlantic and the southern oceans.

Tracking microplastic flows over time

Since CYGNSS tracks wind speeds constantly, it lets us see how microplastic concentrations change over time. By animating a year's worth of images, we revealed seasonal variations that were not previously known.

We found that global microplastic concentrations tend to peak in the North Atlantic and Pacific during the Northern Hemisphere's summer months. June and July, for example, are the peak months for the Great Pacific Garbage Patch.

Concentrations in the Southern Hemisphere peak during its summer months of January and February. Lower concentrations during the winter in both hemispheres are likely due to a combination of stronger currents that break up microplastic plumes and increased vertical mixing – the exchange between surface and deeper water – that transports some of the microplastic down below the surface.

This approach can also target smaller regions over shorter periods of time. For example, we examined episodic outflow events from the mouths of the China's Yangtze and Qiantang rivers where they empty into the East China Sea. These events may have been associated with increases in industrial production activity, or with increases in the rate at which managers allowed the rivers to flow through dams.

Better targeting for cleanups

Our research has several potential uses. Private organizations, such as The Ocean Cleanup, a nonprofit in The Netherlands, and Clewat, a Finnish company specializing in clean technology, use specially outfitted ships to collect, recycle and dispose of marine litter and debris. We have begun conversations with both groups and hope eventually to help them deploy their fleets more effectively.

Our spaceborne imagery may also be used to validate and improve numerical prediction models that attempt to track how microplastics move through the oceans us-

ing ocean circulation patterns. Scholars are developing several such models.

While the ocean roughness anomalies that we observed correlate strongly with microplastic concentrations, our estimates of concentration are based on the correlations that we observed, not on a known physical relationship between floating microplastics and ocean roughness. It could be that the roughness anomalies are caused by something else that is also correlated with the presence of microplastics.

One possibility is surfactants on the ocean surface. These liquid chemical compounds, which are widely used in detergents and other products, move through the oceans in ways similar to microplastics, and they



A bird surrounded by ocean plastic on the Northwestern Hawaiian Islands. Photo: Matthew Chauvin

also have a damping effect on wind-driven ocean roughening.

Further study is needed to identify how the smooth areas that we identified occur, and if they are caused indirectly by surfactants, to better understand exactly how their transport mechanisms are related to those of microplastics. But I hope this research can be part of a fundamental change in tracking and managing microplastic pollution.

Our thanks to the writers and contributors to the Conversation. More at TheConversation.com.

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Crossword

by Margie E. Burke

ACROSS

- 1 Crown of the head
- 5 Charitable gift
- 9 Determination
- 13 Plow pullers
- 14 Potting need
- 15 Pet store purchase
- 16 Quarry rock
- 18 Bird of prey
- 19 Kennel sound
- 20 Gum flavor
- 22 Fully attended
- 24 Potpie ingredients
- 25 Stool pigeon
- 26 Assail
- 28 Roman 700
- 31 Box-office winner
- 34 Forgivable
- 36 Louise of "Gilligan's Island"
- 37 Condition
- 39 Not had by
- 40 Like skinny-dippers
- 42 Preordained
- 44 Swarm member
- 45 Vague feelings
- 47 "It's no ___!"
- 48 Remote button
- 49 Time of change
- 53 Garden path piece
- 57 Pursue, in a way
- 58 Getting on in years
- 59 Acrobatic feat
- 61 Soft leather
- 62 "So what ___ is new?"

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53	54	55						56					57	
58							59				60			
61							62					63		
64							65					66		

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- 63 Implore
- 64 Stitches
- 65 Palm reader, e.g.
- 66 Bluish-green
- DOWN**
- 1 Benign tumor
- 2 Kind of skeleton
- 3 Abstinence from alcohol
- 4 U-turn from WSW
- 5 Out of bed
- 6 Nutty place
- 7 Toothpaste flavor
- 8 Word in a Vrbo listing
- 9 Machine parts
- 10 Road ___
- 11 Cruise stopover
- 12 At that time
- 15 Papal diplomat
- 17 Lawn mower's path
- 21 "John Wick" star
- 23 Kind of cavity
- 27 Musical exercise
- 28 Plates and bowls, e.g.
- 29 She played Elizabeth in "Elizabeth"
- 30 Clumsy one
- 31 Ticket tear-off
- 32 Outfielder's cry
- 33 Holed up
- 35 Serenity spoiler
- 38 Answer
- 41 Get even for
- 43 Old TV parts
- 46 Shrubbery
- 48 Watches over
- 50 Anesthetized
- 51 Neighbor of Fiji
- 52 Alpine song
- 53 Mountain route
- 54 Malarial fever
- 55 Hotel room feature
- 56 Whopper
- 60 Boy king

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I believe cats to be spirits come to earth.
A cat, I am sure, could walk on a cloud
without coming through.
Jules Verne (1828-1905)

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"Anatomy of a Shipwreck"

by Mary Jane Schramm, Freelance Writer, Naturalist

Like the chalk outline at a crime scene, ghostly white-plumed sea anemones, Metridia farcimen, limned the wreck of the coastal trader "SS Dorothy Wintermote" where she lay submerged off Fish Rock on the Mendocino coast. These cauliflower floret lookalikes are actually animals that opportunistically spring up on new or altered objects on the sea—a boon to underwater explorers seeking shipwrecks in dark, murky

depths. The "Wintermote" struck notorious Fish Rock which "holed" a 15-foot gash into her hull, and the seas flooded into the forward cargo hold, tipping her bow-downward in the shallow water. A fishing vessel, the "Santa Rosalie," rescued some crew members but itself became stranded off Alder Creek; all were landed safely. The U.S. Coast Guard cutter "Shoshone" had also responded, deploying lifeboats to rescue other crew members, and the ship's tabby cat. Captain Olsen was last to leave the wreck.

Days later, heavy seas leveraged the "Wintermote" free from Fish Rock, and it was refloated and towed offshore, but foundered en route amid wave and swell. She finally came to rest in deeper water of approximately 250 to 260 foot depth—roughly the length of the vessel itself.

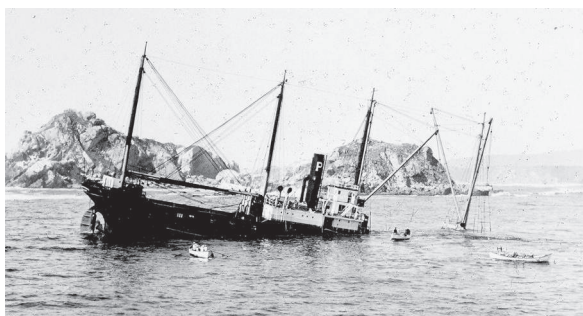
In August, 2016 scientists from NOAA's Greater Farallones National Marine Sanctuary where the wreck is located, NOAA's Office of National Marine Sanctuaries Maritime Heritage program, and Ocean Exploration Trust set out to explore several shipwrecks among the hundreds that lie unexplored in the region including the freighter Dorothy Wintermote. Multi-beam sonar gave her exact location and "lie." Although mapping and assessing the condition of these wrecks was one goal, they

would also document how they impacted marine life as artificial marine habitat for fish and invertebrates, time-stamping how quickly wrecks become colonized and by whom. Wrecks alter the seafloor, which can change the nature of the creatures that live there. They engender new communities of marine life, offering ambush cover for predatory species like rockfish while also providing concealment for their prey. A third objective was to determine whether any threat existed from onboard oil or other substances. The Greater Farallones sanctuary, one of the most diverse and bountiful marine environments in the world, uses such data to manage these natural and historic resources.

The expedition ship E/V "Nautilus" Remote Underwater Vehicle (ROV) was deployed to the wreck where its cameras

picked off one by one.

Maritime archaeologist James Delgado



waters. And in 2016, scientists launched an expedition to explore the lumber schooner at rest on the sea floor, victim of the treacherous, often fog-shrouded coastline of Northern California.

The Wintermote's fatal journey had begun as a routine "milk run" shuttling lumber, coffee, and other goods between San Francisco and Portland, Oregon. But on September 17, 1938, in a thick fog 11 miles south of Pt. Arena, captain Captain O. J. Olsen delayed too long in slowing to take soundings of the



narrates a deconstruction of this fateful 'milk run' in his video account, pointing out on-deck features, and the stories each tells: lifeboat stations, the rudder and propeller, engine room ventilators. He discusses not just the historical event, but also gives insights into the sequence of the ship's structural collapse, imploding on itself as it made its last journey—to the bottom of the sea.

As time and the sea continue to work their wear on this ghost ship, the tale of the Dorothy Wintermote will continue to unfold. Enjoy these expedition highlights of the Wreck of SS Dorothy Wintermote | Nautilus Live of spines. [Web Address: <https://nautiluslive.org/video/2016/08/20/wreck-ss-dorothy-wintermote>]



captured images of the vessel and the richly diverse and abundant sea life that has taken up residence around it. Some samples were taken by special permit. Biologists observed several species of rockfish and swarms of tiny shrimp-like krill that darting rockfish

Images

- Far left: USCG lifeboats to all-hands rescue
Photo: Olsen-USCG.
- Above: Metridium sea anemones quickly colonize wrecks. Photo: NOAA-GFNMS.
- Middle: In-port preparations for ROV Hercules.
Photo: Schramm-OET-NOAA.

Mary Jane "MJ" Schramm is a marine conservationist, author, journalist, filmmaker, and naturalist. She has worked aboard NOAA and other vessels off California, Mexico, Alaska and the Bahamas, focusing on marine mammals and seabirds and assisted with elephant seal research and intertidal monitoring on the Farallon Islands.

MJ led whale watch/nature cruises to Baja California and the Farallones, and managed Oceanic Society ecotours. For nearly a decade she was Public Relations Director at The Marine Mammal Center while doing rescue and rehab. She co-authored West Coast Whale Watching (HarperCollins West). She's also a screener/jurist for two marine film festivals.

"The sea is everything. It covers seven tenths of the terrestrial globe. Its breath is pure and healthy. It is an immense desert, where man is never lonely, for he feels life stirring on all sides."

Jules Verne (1828-1905)



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- Thursday 01: 7:00pm, "Ticket To Paradise", film at Arena Theater
- Friday 02: 4:00pm, "Ready For The Holidays", opening at Discovery Gallery.
- Friday 02: 7:00pm, "The Banshees of Inisherin", film at Arena Theater (and 4th, 7th, 8th)
- Friday 02: 5:00pm, Opening of Exhibit featuring Bruce Jones at Pt. Arena Lighthouse
- Saturday 03: 10:00am, Brandybuck Studio's 18th Year of the 13th Annual Bizarre Bazaar.
- Saturday 03: 5:00pm, Point Arena Lighthouse "Almost Full Cold Moon" Tour
- Sunday 04: 10:00am, Brandybuck Studio's Annual Bizarre Bazaar, Ten Mile Road, Pt. Arena
- Sunday 04: 10:00am, Sunday Market at Fort Ross School
- Sunday 04: 4:00pm, CoastSing concert "Northern California Dreamin'" at Gualala Arts
- Wednesday 07: 4:00pm, Open House for Mendonoma Health's "Peer Recovery Program."
- Thursday 08: 6:00pm, Trio Enchantment at Sea Ranch Lodge
- Friday 09: 7:00pm, "Pinocchio", film at Arena Theater
- Saturday 10: 9:00am, "Write-Up-The-Coast". New Workshop at Gualala Arts. (and 10th)
- Saturday 10: 10:00am, MET Opera Live "The Hours" at Arena Theater
- Saturday 10: 11:00am, Hometown Holidays, events throughout Point Arena
- Saturday 10: 4:00pm, "The Polar Express", film at Arena Theater.
- Sunday 11: 10:00am, Holiday Market at Fort Ross School
- Sunday 11: 4:00pm, "Pinocchio", film at Arena Theater
- Monday 12: 7:00pm, "Mrs. Henderson Presents", Arena Theater Film Club
- Tuesday 13: 6:00pm, Pt. Arena City Council Meeting
- Wednesday 14: 7:00pm, "Pinocchio", film at Arena Theater
- Thursday 15: 7:00pm, Third Thursday Poetry & Jazz, at Shindig (on Verdant View, Sea Ranch)
- Thursday 15: 7:00pm, "Pinocchio", film at Arena Theater
- Friday 16: 6:00pm, BAKU brings their "Jambient Soundscapes" to Timber Cove Resort
- Saturday 17: 2:00pm, Bloch Bell Ringers Holiday Concert at Gualala Arts
- Saturday 17: 4:00pm, Lecture with Scott & Tree Mercer at Pt. Arena Lighthouse
- Sunday 18: 5:00pm (Dusk) First Night Menorah Lighting at Gualala Arts
- Wednesday 21: 4:00pm, Chamber Concert with violinist David McCarroll at Gualala Arts
- Thursday 22: 6:00pm, Trio Enchantment at Sea Ranch Lodge
- Friday 23: 7:00pm, "Black Panther: Wakanda Forever", Arena Theater (& 25th, 28th, 29th)
- Saturday 24: 5:00pm, Festival of Nine Lessons and Carols at Gualala Arts
- Saturday 31: NEW YEARS EVE

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