

**ALWAYS
FREE**

August 2019



Lighthouse Peddler

The Guide To Music, Events,
Theater, Film, Art, Poetry, and
Life on the Mendocino Coast



What To Do In August?

- Flynn Creek Circus
- Art In The Redwoods
- Honey Island
Swamp Band

Simple: Do Everything!

It's August on the Mendocino Coast. Whether you are basking in the sun or lamenting the 'dog days of summer', cheer for the wonderful entertainment here for you this month.

Flynn Creek Circus returns to that stretch of Highway One on the north end of Point Arena, **August 8-11**. There will be thrills, chills and laughs from this all-human circus with five performances in four days. (By the way, one performance is "adults 21+ only").

A week later Art in the Redwoods opens its 4-day run at Gualala Arts. Whether you crave a delicious dinner fundraiser, or prefer sip-

ping champagne while admiring the artwork, or walking among the vendors of art, jewelry, wood carvings and more (and food!), **August 15-18**, Gualala Arts is the place to be.

At the end of the month, Arena Theater's fabulous Blues On The Coast series presents the Honey Island Swamp Band, bringing their Bayou-Americana rhythms and music. They're here for one show, Saturday **August 31** at Arena Theater.

Continue reading more about Flynn Creek Circus, Art in the Redwoods, and Honey Island Swamp Band at "AUGUST", on page 13.

58th Annual

Art In The Redwoods

Hats Off Dinner

Thursday, August 15, 6 pm

Champagne Preview

Friday, August 16, 4 pm



Festival Days

Saturday, August 17, 10 am - 5 pm

Sunday, August 18, 10 am - 4 pm

GualalaArts.org
for details & pricing

Emma Hurley's Ocean-Themed Apparel and Ceramics • Scott Sewell's Coastal, High Country and Travel Photography
Opening Reception at Coast Highway Art Collective, Saturday, August 3

Local artist Emma Hurley will be exhibiting ocean-themed graphic design apparel and functional ceramics in conjuncture with photographer Scott Sewell, whose specializes in black and white photography of wildlife, travel and landscapes at the Coast Highway Art Collective in Point Arena from August 2 through August 29. There is an opening reception on Saturday, August 3 from 5:00pm to 7:00pm. A raffle is planned and refreshments will be served.

Hurley grew up in Point Arena and spent every possible moment exploring the wilds of beach, river and woods. Art projects were dragged outside and she used the natural world as her muse; this remains the trend of her adult life.

Hurley earned a bachelor's degree in Conservation Biology with a marine emphasis. She worked as a fisheries biologist and an ocean environmental educator until a job offer on her beloved Gualala River prompted a move back to the coast that was always her home. She currently works as a watershed environmental scientist and dur-

ing the short months of salmon season, as a deckhand on a Point Arena cove based commercial salmon boat.



Bridging career work as a fisheries biologist and an environmental educator with her ocean-centric lifestyle of surfing, Hurley created a line of ocean art apparel: NorthCoast Brine. Beginning with her original pen and ink drawings, images are screen printed onto carefully selected garments.

Inspired by the life and environment of the cold brine waters off of Northern California, her goal is to encourage stewardship and provide advice on sustainable seafood. "Many of the species I depict have a long history as human food. Most of us are now removed from the process of catching our seafood and only know halibut, lingcod, or rockfish as square fillets; my wearable art work puts an image to these common food species that are beautiful, amazing animals in their own right.

Hurley applies her ocean inspiration to

the art of functional pottery. Wheel-thrown pieces are richly decorated with waves, fish and kelp. Each chunk of clay is handled and handled: from wedging to throwing to trimming to carving to glazing. Yet Emma intends her ceramics to be used, eaten out of and maybe even chipped. "I love seeing these forms find new homes in kitchens and new meanings to those who touch and hold the same chunk clay after me in its new form."

Guest artist Scott Sewell says he developed a love affair with the Mendocino Coast in 1979 when he passed through on vacation and took a photograph of the Point Arena Lighthouse which hung on his parent's wall for forty years. Many years later, in search of a professional project and remembering that image, he recalled the rugged wildness of the coast and spectacular geography and returned to the area to explore. Initially, he struggled to find an approach, an artistic point of view, or a method for his photographic expression. Through happenstance and experimentation, he began to see that the tonality, contrast and grandness of the coastal landscape would allow him to craft strong images in black & white (and occasionally color).

Discovering the art of the print in the digital age has been a revelation for Sewell as well. In the era of the cell phone camera, he feels we become "image-shocked" and often indif-

ferent to the pictures we see. A well-crafted print, however, puts the "art" back in photography. The photographer makes all creative choices - exposure, contrast, color, paper, matting, and framing. There is no "next" button, no controls or no custom view. It is what it is and demands that you look at it on its own terms just like any other fine art work. It has depth and gravitas hanging on the wall that

a digital display can never recreate. Without printing, Sewell feels like a picture taker; with it, he knows he's a photographer.

Sewell's images are on sale at the Point Arena Lighthouse and he has shown his work



at local exhibitions. At the same time, he has made regular visits to Yosemite and the Eastern Sierra. "My photographic skills had finally become worthy of the scenery and I found another fertile ground for my interest in black and white," says Sewell. While he continues to focus on the Mendocino Coast, the mountains call several times a year. Traveling with his wife, June, he also visits other wild places and the great cities of Europe. His camera comes along for these expeditions and they are the source of much of his travel photography.

Sewell shoots, post-processes, prints, mats and frames his own work and lives in Marina del Rey, CA. His work is available on his website, soolphoto.com.

The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, located next to the Redwood Coast Credit Union. Regular hours are Thursday through Sunday, 11:00am to 5:00pm. Visit the website at www.coast-highway-artists.com for information about the collective's artists, upcoming events and how to join.



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Danny Barca, Popular Songs
On Friday, August 2

Chris Doering — Gizmodalities : 7-String Guitar
On Friday August 9

Jim and Sharon Lieberman "Bards of a Feather",
American Songs
On Saturday, August 10

JET Jazz : Tim Mueller, James Hayes,
Chris Doering, and Katrina Coffman
On Friday, August 23

International Theme Dinner Night - Italian Cuisine
On Saturday, August 24

Mendoviné Talk Series
"U.S. Trade Policy — Its Impact on U.S. Commerce"
by Bill Schall
On Friday, August 30

Summer Hours : Friday — Saturday
Wine Tasting : 3:00PM — 5:00PM,
Evening Hours : 5:00PM — 8:30PM
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ADVERTISERS INDEX

• Action Network	20	• Ignacio Health Insurance	4
• Anchor Bay Store	18	• KGUA	16
• Arena Frame	4	• KTDE	6
• Arena Pharmacy	12	• KZYX	11
• Arena Tech Center	20	• Little Green Bean	18
• Arena Theater	5	• Loft, The	7
• Arff Feed and Pet	3	• Mar Vista	7
• B Bryan Preserve	back cover	• McCann, Peter P.T.	14
• Banana Belt Properties	19	• Mendoviné	2
• Bed and Bone	14	• MTA	17
• Coast Hwy Art Collective Opening	10	• Office Source	17
• Cove Coffee	18	• Oz Farm	15
• Denise Green	10	• Phillips Insurance	16
• Discovery Gallery	12	• Pier Chowder House	8
• Dream Catcher Interiors	12	• Point Arena Light Station	4, 20
• Flynn Creek Circus	2	• Point Arena Pizza	9
• Four-Eyed Frog Bookstore	9	• Red Stella	20
• Garcia River Casino	10	• Redwood Coast Chamber of Com.	14
• Green Room, The	11	• Rollerville Cafe	7
• Gualala Arts	Cover, 7	• Sea Trader, The	7
• Gualala Building Supply	15	• Spirit Veterinary Services	19
• Gualala Supermarket	6	• Village Bootery	19
• Harborfest	20	• Wellness On The Coast	18
• Healing Arts and Massage	14	• Zen House Motorcycles	7

FROM THE EDITOR'S DESK

• Not enough to do? We have got your list! (Cover, Page 13).	4
• Know Emma Hurley? Scott Sewell? Visit Coast Hwy Art Collective. August 3. (Page 2)	16
• Keepers of the Coast. Yes. They are. Maybe you should be too. September 20. Page 4.	6
• Kashaya stories. Eric knows them. Come listen, August 17. (Page 5).	11
• The Last Waltz. Not ours. Theirs. See Martin's film. August 20. (Page 5).	18
• Harborfest. Make plans, and while you're at it, help out. September 1. (Page 5).	7
• Coast Community Library has more summer fun. August. (Page 6).	7
• The moon is full. No it's not. Yes it is. Find out. August 15, 17. (Page 6).	14
• Select Sturgeon, Green Corn, or Wheat cut. Tours August 15 & 17. (Page 6).	2
• Poetry. Read it or listen to it. But don't miss it. August 15. (Page 7).	17
• Music?. Yes. Games? Yes. Prizes? Yes. Garcia River Casino in August. (Page 7).	17
• No Bother. Don't Worry. Be Happy. Films from the Film Club. (Page 8).	15
• Lighthouses have special days too. Nat'l Lighthouse Day. August 17. (Page 8).	16
• Pearly Everlasting. Sounds good? Looks even better. (Page 9).	8
• Tennis Ball Mouth? This I have got to read. (Page 9).	4, 20
• Fly Flat like an arrow. Not me. A Common Merganser. (Page 9).	9
• Studio Discovery Weekend. Yes. Go. Discover some studios. August 24-25. (Page 10).	20
• Mitch and Harm are headed to the '60s. You should be there. August 17. (Page 10).	14
• Going for a drive? How about Art In The Gardens in Fort Bragg? August 3. (Page 10).	7
• Chell & Phillips. Not a law firm. Wonderful artists. Dolphin Gallery. August 3. (Page 11).	7
• The Tempest. Some guy named Will. Seems like a good writer. August 24. Page 11).	19
• Fifty years after a few friends stopped by Max's farm. David reflects. (Page 12).	19
• Flynn Creek Circus returns to Pt. Arena cor lots of fun. August 8-11. (Page 13).	18
• Art in the Redwoods. Only an awesome Weekend. (August 15-18). Page 13).	7
• Honey. Island. Swamp. Band. Put it all together. (Add hot sauce). August 31. (Page 13).	
• Jennifer is thinking about books and, well, the future. (Page 14).	
• Best sellers? Check your reading list with the Frog. (Page 14).	
• Road trip! Mitch went some distance for this week's Scuttlebutt. (Page 15).	
• Sudoku is here. Relax. It's just a bunch of numbers. (Page 15).	
• Lots of music. Take a look at the live music options this month. (Page 16).	
• Klimt & Schiele. Not a law firm (part 2). Catch the film August 11. (Page 16).	
• A wonderful poem by Susan Terence. "What Will You Save?" August 15. (Page 17).	
• Some visitor information for Gualala Arts. (Page 17).	
• Mendonoma Health Alliance wants to check you out. August, (Page 17).	
• The August Crossword. Clues too. (Page 18).	
• White sharks as lunch? Mmmmmm. Really? (Page 19).	
• Ted Williams Public Meeting at Manchester Community Center. August 7. (Page 19).	
• Short film series at Arena Theater. Get Into Your Sanctuary. (Page 20).	
• Artists' Collective in Elk. Opening. August 10. (Page 20).	
• Want to visit Half Moon Bay? Here's an idea. (Page 20).	
• Time to Get out? Check out the events on our back page.	

Our thanks to August contributors Joel Chaban, Janet Chancellor, Rozann Grunig, Mitch McFarland, Blake More, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

Cover images clockwise from upper left: Flynn Creek Circus, BAKU, Carol Chell watercolor, Honey Island Swamp Band

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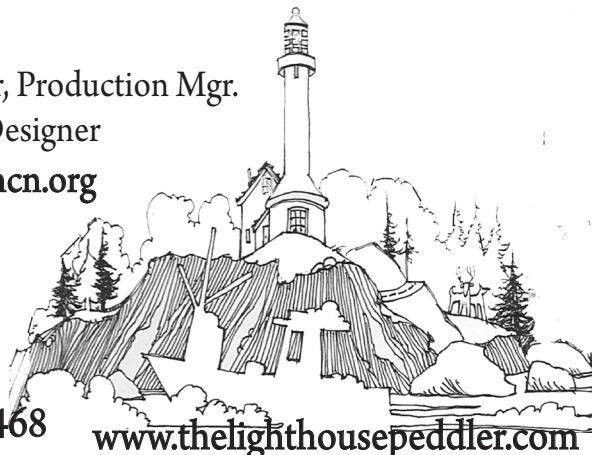
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For many of us, clean water is so plentiful and readily available that we rarely, if ever, pause to consider what life would be like without it.

Marcus Samuelsson (1971 -)

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The First Gathering of Keepers of The Coast Meet Them, Hear Them, Speak With Them September 20 by Joel Chaban

The first time our Thursday Ramblers hiking group hiked the Jenner Headlands was last November 8th. It's almost a straight uphill climb to get to the ranger station where picnic tables are located for eating lunch. From the picnic tables the ocean views are spectacular. You look down at the Russian River flowing out of a valley and see the entire river estuary. It was a beautiful day, not a cloud in the sky.

About midway through lunch I gazed at the river for a few moments and noticed a huge, dark grey mass of fog coming down the river valley towards the ocean. That's odd I thought. Fog usually comes in from the ocean, not down the river. I said to my lunchmates, "What's that large, almost black cloud coming down the river?" Someone said, "Oh, that looks like smoke from a fire."

With a heightened concern about wildfires in California, I whipped out my smartphone to search for any news of a fire. A fire had started in Butte County. But Butte County is over 200 miles away. "OMG," I thought, "It must be from another fire. I hope it's not in Santa Rosa again."

It wasn't from Santa Rosa. It was the first smoke of the Camp Fire in Paradise – smoke that traveled over 200 miles in just a few short hours. Smoke that would choke the coast for days to come.

Wildfires, decimation of life in our intertidal zone, and other effects of climate change and environmental harm are concerns to be spotlighted at Gualala Community Center on World Climate Strike Day, September 20th. This event will explore how we might decarbonize through local planning and initiatives and begin building

community resilience.

Six months ago, on March 15, 2019, an estimated one MILLION children across the planet skipped school to strike and appeal for climate change action and oppose ecological destruction. Their anthem: "If the adults don't act, we will."

Youth leaders of the Global Climate Strike movement, including Nobel Peace Prize nominee Greta Thunberg, have sounded the alarm and request that on Friday, September 20, 2019, you and others across the world stand alongside them in solidarity. The first gathering in Gualala aims to educate the public about the severity of the issues and to bridge collaborative dialogue.

Not a single day passes without headline news coverage of some severe or erratic weather event linked to climate change. The UN's Intergovernmental Panel on Climate Change's (IPCC) 2018 report predicts that we only have until 2030 (11 years) to drastically cut emissions if we are to meaningfully mitigate climate catastrophe and reduce the risk of societal collapse. Many scientists call these predictions overly conservative.

Mendocino and Sonoma counties have a strong tradition of ecological advocacy. These are places where people come from all over the world to be inspired. They come here to connect with their souls reflected in the rolling hills, towering redwoods, and majestic shorelines. Let us also be a bastion for ways of living rooted in sustainability, renewable energy, and climate justice. Can we become an example to the world?

You are invited to participate in this inaugural "Gathering of Keepers of The Coast" at the Gualala Community Center on September 20th. The keepers are groups and individuals that care for the Earth and life on the coast, including the land keepers such as Redwood Coast Land Conservancy, the whale watch keepers such as Mendonoma Whale and Seal Study, the ocean keepers such as Greater Farallones Association, and so on. If you are concerned about the climate crisis, show up.

"Rivers, ponds, lakes and streams. They have different names but all contain water. Religions have different names, but all contain truth."
- Muhammad Ali (1942-2016)

Great Day In Elk Returns August 24 Marks The 45th Annual Fest.

Here's the problem. We have so much coastal beauty and so little time to enjoy it all. One to get caught up on your personal coastal appreciation is to take a drive north to the town of Elk....no Greenwood....no Elk....OK, let's go with Elk. The reason is simple. In August they celebrate Great Day In Elk.

The 45th fun-filled "Great Day in Elk" will be held on Saturday, August 24, from noon until 7:00pm.

The parade starts at noon on Highway 1, with floats, tykes on bikes, Smokey the Bear and lots more. The carnival follows, with game booths and prizes and do-it-yourself craft projects for children. There's a \$100 grease pole, a massage booth, a watermelon-eating contest, sack races, crafts fair, silent auction and a raffle.

Daytime food includes tamales, Caesar salad with and without chicken, fresh baked focaccia bread, Moroccan lentil soup, old-fashioned hot dogs and lots of homemade



goodies. There will be fresh-pressed Greenwood Ridge apple cider and Elk's famous margaritas, along with soft drinks and beer. The afternoon entertainment includes live music, belly dancing by "The Trillium Tribe" and the fabulous cake auction. This year's dinner will be an outdoor barbecue from 3:00pm to 7:00pm featuring Jamaican jerked pork, green salad and bread or a Jamaican veggie option.

So, come to the "Great Day" in the coastal village of Elk, located 5 miles south of



Highway 128 on Highway 1, and enjoy a fun-filled family day while supporting the Greenwood Community Center. For more information call 877-3291 or go to www.elkweb.org. No dogs, please.

Eric Wilder Presents
 "Kashaya Pomo Song Story"
 Lighthouse Lecture Series
 August 17

On Saturday, August 17 at 5:00pm Eric Wilder will present "Kashaya Pomo Song Story" as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.

"From the beginning of Kashaya Pomo history song has been an integral part of my people's life," says Eric. "I will talk from a perspective of my own training as a young child to become a singer. I will share the history of our songs and some of the origins and uses of songs. I will perform some samples of songs as examples as I tell the story of my training. I will talk about many of the different uses of songs and how they are used for prayer, dance, luck, protection and many other uses."

Eric will also talk about the acquisition of songs in Kashaya history, from the beginning of how songs came to be to various narratives of how some songs were bought or given to certain individuals for various purposes.

Eric is a member of the Kashaya Band of Pomo Indians and grew up on the Kashia Reservation. He is the grandson of Essie Parrish, one of the most well-known spiritual doctors of the Kashaya Pomo people. Her influence has helped to shape Eric's professional career as an artist, storyteller, and former elected leader of the Kashia Band of Pomo Indians. Eric and his family continue the tradition of educating the world about the Kashaya Pomo people for future generations. A prolific and talented



graphic artist, Eric also owns Eric Wilder Graphics Co.

"I am so looking forward to Eric's presentation," says Mark Hancock, Point Arena Lighthouse Executive Director. "His past lectures have fascinating, entertaining and informative and I expect this one to be the same. Our lectures have been very popular, sometimes being standing room only, so make sure you call ahead to make reservations or get to the Fog Signal Building early on that Saturday!"

For more information or to make reservations please contact the Lighthouse staff at (707) 882-2809, ext. 1.

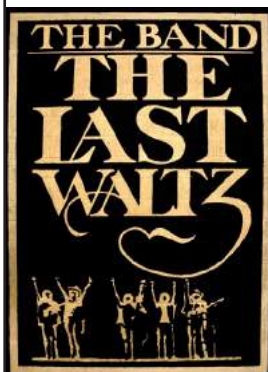
Note: Image is "Blackberries" by Eric Wilder.

Arena Theater • Music on Film
 "The Last Waltz" August 20
 Martin Scorsese's Concert Film

Arena Theater is excited to launch Music on Film Nite, a new program featuring a diverse collection of music documentaries covering genres and performers including but not limited to rock'n roll, blues, punk, hip-hop and more on the third Tuesday of each month.

"The Last Waltz," Martin Scorsese's ultimate concert film, will kick off the series on Tuesday, August 20, at 7:00pm. Tickets are \$10, and the doors open at 6:30pm.

Seventeen years after joining forces as the backing band for rockabilly cult hero Ronnie Hawkins, Canadian roots rockers



The Band call it quits with a lavish farewell show at San Francisco's Winterland Ballroom. That concert performance on November 25, 1976 was filmed by Martin Scorsese.

This documentary features standout performances by rock legends such as Bob Dylan, Van Morrison, Eric Clapton, Joni Mitchell and Muddy Waters, as well as interviews tracing the group's history and discussing road life.

More than forty years later, the film holds up as both an authentic music documentary and an emotional testament to the musicians—and the mystique—of a band called, simply, The Band.

20th Annual Point Arena
 Harbor & Seafood Festival
 September 1 • Make Plans
 (And Consider Volunteering)

Here it comes. The 20th Annual Point Arena Harbor & Seafood Festival is set for Sunday, September 1 at the Point Arena Pier, from noon to 6:00pm. It's not just a festival but also the Annual Fundraiser for the Pier Repair & Replacement Fund.

This popular event highlights local seafood, local drinks and local bands. The proceeds of this important annual fundraiser benefit the Point Arena Pier Rehabilitation



and Replacement Fund which is used to maintain and enhance the Pier.

The event relies on the help of volunteers to make it successful. Some of the help that is needed includes:

- Volunteer recruitment
- Ticket sales at the entrance booth
- Food preparation
- Supply runs to Ukiah & Santa Rosa
- Silent auction
- Event setup and decorating.
- Post-event cleanup

Get involved! More information, please call Pt. Arena City Hall: 707-882-2122.

"A Universe Of Stories"

At The Coast Community Library in Point Arena
 The 2019 Summer Reading Program Continues

This year's theme for the library's Summer Reading Program is "A Universe of Stories". They'll have weekly programs (most taking place on Wednesdays at 1:00 pm), crafts, and snacks at Coast Community Library, 225 Main Street, Point Arena. More information is available by calling the library at 882-3114 and at www.mendolibrary.org.

ELEMENTARY SCHOOL AGE PROGRAMS:

(most programs, 1:00 pm, Wednesdays)

- August 7, 1:00 - Universe Undercover... make a miniature book of your world.
- August 14: - Big Bang Pizza Party! Out of this world!

TEEN/ADULT PROGRAMS

- August 11, 2:00 pm (Sunday) - Explaining Stars with Brendan Mobert. Birth, life, and death of stars... the building blocks of galaxies.

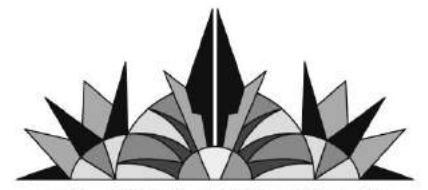
SATURDAY MOVIES @ 1:00 pm

- August 3: Sherlock Gnomes (2018)
- August 10: Explorers



Schedules available at Coast Community Library, 225 Main Street, Point Arena and online*. The Summer Reading Program is sponsored by Mendocino County Library and the Friends of Coast Community Library. Snacks are provided by local businesses.

* www.mendolibrary.org & www.facebook.com/coastcommunitylibrary



ARENA THEATER
arenatheater.org
August 2019
Live Theater
Peace & Love 1969

An Evening of music,
 memories and dancing
Saturday Aug. 17 7:30 PM

Coming: Music on Film Nite
Hail! Hail! Rock 'n' Roll
Tuesday Sept. 17, 7 PM

Get Into Your Sanctuary
Saturday Aug. 3 3 PM
Ocean Film Shorts

...
Great Art on Screen
Sunday Aug. 11 1 PM
Klimt & Schiele

...
Music on Film Nite
Tuesday Aug. 20 7 PM
The Last Waltz

...
Stratford Festival on Film
Saturday Aug. 24 1 PM
The Tempest

...
Blues on the Coast
Saturday Aug. 31 7:30 PM
Honey Island Swamp Band

...
Arena Theater Film Club
Mondays 7 PM

Aug. 5 Sorry To Bother You
Aug. 12 Don't Worry He Won't
Get Far on Foot

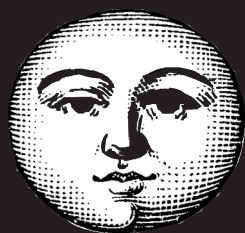
Aug. 26 Is The Man Who Is
Tall Happy?

214 Main Street Point Arena

L	A	H	E		D	E	H		S	V	E
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Solution to Crossword:

Full Moon



August 15

New Moon



August 30

Sturgeon Moon, or Green Corn Moon, or Wheat Cut Moon.

Different Names—Same Beautiful Moon

Two Full Moon Night Tours at Pt. Arena Lighthouse • August 15 & 17

The Point Arena Lighthouse continues its popular Full Moon Night Tours with two tours this month. They will offer a Full Sturgeon Moon Night Tour on Thursday, August 15 and an (almost) Full Sturgeon Moon Night Tour on Saturday, August 17. For the Thursday tour the gates open at 8:00pm, tour starts around 8:30pm, and the Saturday tour the gates open at 9:00pm, tour starts around 9:30pm.

The evenings 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 \$30 per person or \$25 per person for two or more guests. Reservations must be made at least three days in advance of the tour.

While the tours are 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 located at 45500 Lighthouse Road

in Point Arena. According to the Old Farmer's Almanac Some Native American tribes in what is now the northeastern United States called the August full Moon the Sturgeon Moon because they knew that the sturgeon of the Great Lakes and Lake Champlain



were most readily caught during this full moon. Other tribes called August's full moon the Full Green Corn Moon signaling that the corn was nearly ready for harvest. Other examples for August are

Wheat Cut Moon (San Ildefonso, and San Juan), Moon When All Things Ripen (Dakota Sioux) and Blueberry Moon (Ojibwe).

It's important to remember that the "Full Moon Night Tours" have frequently sold 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. "Come enjoy this unique coastal experience!"

The Lighthouse offers Full Moon and (almost) Full Moon Night Tours throughout the year, see 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 three days prior to date of your desired tour.

Image by Klaus Stebani from Pixabay

Voter Registration Returns To Pay & Take August 3, 17

Getting registered to vote is as easy as stopping by the Voter Registration table Saturday, August 3 and 17 at Pay & Take at the Gualala Community Center. Registration will be available from 8:30am to 12 noon.

You may register to vote if you are a U.S. Citizen, a California Resident, and will turn 18 years old by the California Presidential Primary Election which will be on March 3, 2020. You may also pre-register if you are at least 16 years old; your registration will be-



come active once you become 18.

Please bring your California Driver License, or your California ID card, and your Social Security number. Voter Registration forms are in English and in Spanish.

Please note: You must re-register if you have changed your address, changed your name, or wish to change your political party.

Elections are a critical element of our democracy. Casting a ballot can change the course of our nation, our state, and the communities in which we live. Your vote helps elect presidents, our representatives in Congress, our state legislature, city council members, judges, and many others whose decisions have a direct impact on our daily lives.

Let's honor the legacy of those who have so valiantly fought for our democracy by protecting our right to VOTE! For more information contact DJ Sister Yasmin, 707-884-4703. Voter registration information is also at: www.sos.ca.gov.

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San Francisco Poet Susie Terence

Featured At Third Thursday Poetry & Jazz, August 15

On Thursday, August 15, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature SF Poet Susie Terence. The reading will take place at the Arena Market cafe and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Susan Terence has won several awards for her writing, including a DeWar's Young Writer's Recognition Award for the State of California, the Audre Lord award for Fiction, Highsmith award for playwriting, San Francisco District 11 awards, and Ann Fields and Browning awards for dramatic narrative poetry. Her poetry has been published in Southern Poetry Review, Nebraska Review, Negative Capability, Lake Effect, Americas Review, San Francisco Bay Guardian, San Francisco Chronicle, Half-tones to Jubilee, St. Petersburg Review, and several other magazines and anthologies.

Terence received her B.A. in English Education with additional studies in Spanish and Creative Arts from the University of Arizona in Tucson; and her M.A. in Inter-Disciplinary Arts and M.F.A. in Creative Writing from San Francisco State University. She has performed her work in bookstores, libraries, colleges, and theaters around the country, presenting oral theatrical interpretations of her poetry, dramatic monologues, and fiction. She has served as a writer and performing artist in residence through the California, Montana, North Carolina, and Fulton County (Atlanta) Georgia Arts Councils and through Arts in Arizona Towns, on the Tohono O'odham Reservation outside Tucson, through Writer's Voice, and throughout Northern California via California Poets in the Schools (CPITS.) She has served as San Francisco Area Coordinator of CPITS for over 25 years.

Susan Terence has written and been awarded over 50 grants (including grants

from the San Francisco Giants) to lead poetry and performing arts workshops in San Francisco schools. She has led poetry workshops for adults and students on the topics of: labor history; family oral history; Chinese Immigration History in California; Women's history; baseball history; social justice and environmental issues; geology; Lorca and Neruda; and world folktales. She's been named Creative Writing Teacher of the year by the SF Unified School District. She has also been a Poet in Residence at the De Young and Legion of Honor Museums in San Francisco, and led poetry, performance, and art workshops at the Exploratorium and poetry at the California Academy of Sciences. This past spring her high school students' poetry/visual art projects were displayed at the Asian Art Museum in San Francisco. She frequently combines movement and music in her teaching and performances.

She has also been a puppeteer and worked on the Tohono O'odham Reservation in Southern Arizona to train tribal workers in theater and puppetry skills, and also served as a magician's assistant. She also toured around the country with a Berkeley satirical theater group, "The Plutonium Players." She has worked as a community organizer setting up community gardens. She has completed a novel set in her hometown of Tucson, Arizona that deals with deportation and gentrification in a much loved barrio neighborhood. Her poetry, fiction, plays and monologues deal primarily with individuals in disenfranchised communities and are both wry and searing.

Note: Read one of Susan Terence's poems on page 17.

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.

Garcia River Casino

Music and More Plus Prizes and Giveaways in August

The Garcia River Casino continues to be a vibrant stop on the Mendocino Coast. Whether music, dining, gaming, or just a drink at the bar, the welcome sign is always on.

The Casuals bring their evening of Music and Memories (plus Trivia night) Thursday, August 1 at 7:00pm. Oldies music, trivia games, and the chance to win up to \$150 plenty of slot play prizes.

August 10, Jukebox Money offers Country, Rock & Funk. A hot stage show begin-

ning at 8:30pm. And long-time Sonoma County band Rhythm Method returns to the Casino stage on Saturday, August 24 at 8:30pm, offering a danceable mix of Rock & Roll and blues.

In addition, slot players will have a chance to win a 3500 generator for those days when the power goes out. More details are available at the Casino.

Garcia River Casino is at 22215 Windy Hollow Road in Point Arena. (707)-467-5300.



Gualala Arts
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GualalaArts.org
46501 Old State Hwy
Gualala, CA 95445

Dolphin Gallery Opening
Saturday, 8/3 **Free** 5 - 7 pm
Carol Chell: Watercolors
Brenda Phillips: Ceramics
Exhibit Continues through August 25

Art In The Redwoods

Magic Happens at the "Hats Off" Dinner
Thursday, August 15, 6 pm
Dress like a star or Come as you are.
Champagne Preview
Friday, August 16, 4 pm
Festival Days
Saturday, August 17, 10 am - 5 pm
Sunday, August 18, 10 am - 4 pm

Studio Discovery Tour

A Perfect Time to Drive The Mendocino Coast as 35 Artists Open Their Studios To You. See the art and the artists August 24 - 25 and again Labor Day Weekend
More Information at StudioDiscoveryTour.com

Please note:
Gualala Arts Center will be closed for building maintenance and prep for Art In The Redwoods August 1 - 15.
Please join us when we reopen for Art in The Redwoods!

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ATFC: No Bother, Don't Worry, and Be Happy Don't Miss Three Films From Arena Theater Film Club In August

Let's get straight to the point. August can be beautiful here on the coast. Days may be a little warm but, honestly, so can the nights. And just how much of the big blue Pacific Ocean and beautiful weather can you take? There comes a time when what your body and soul crave is an evening of unusually good entertainment, along with buttered popcorn and a Coke (no ice, please). The Arena Theater Film Club offers three films in August, and I can almost guarantee they'll be entertaining. Put down the remote control and get to the big screen.

First up, on Monday, August 5 at 7:00pm, is a universally acclaimed film titled "Sorry



To Bother You". This is not another formula-driven sci-fi, shoot 'em up western, sci-fi reboot or chick flick. One reviewer described this film as "an adrenalin-shot of a comedy and a fearless dissection of identity politics, corporate malevolence, and the American tendency to look the other way when confronted with horror." How's that sound to you?

In this brilliant satire, people gather around their TVs every night to watch a show called "I Got the Sh*t Kicked Out of Me" and embrace a new lifestyle called WorryFree, which is very clearly corporate slavery advertised as something good for you. There is so much to unpack here it doesn't make sense to spend time drawing comparisons.

In an alternate reality of present-day Oakland, Calif., telemarketer Cassius Green (LaKeith Stanfield) finds himself in a macabre universe after he discovers a magical key that leads to material glory. As Green's career begins to take off, his friends and co-workers organize a protest against corporate oppression. Cassius soon falls under the spell of Steve Lift (Armie Hammer) a cocaine-snorting CEO who offers him a salary beyond his wildest dreams. This is basically the story of a man forced to finally see the injustice around him.

Directed by Boots Riley, the movie is designed to do the same thing to you. Pay attention. In addition to Stanfield, the cast includes Tessa Thompson, Jermaine Fowler, Omari Hardwick, Terry Crews, Patton Oswalt, David Cross, Danny Glover, Steven Yeun, Kate Berlant, Tom Woodruff Jr., Michael X. Sommers and Robert Longstreet. The film is 111 minutes and rated R for pervasive language, some strong sexual content, graphic nudity, and drug use.

A week later, on Monday, August 12 is "Don't Worry He Won't Get Far on Foot".

In this film, directed by Gus Van Sant, a cartoonist finds new purpose in life after a serious car crash.

John Callahan (Joaquin Phoenix) has a lust for life, a talent for off-color jokes, and a drinking problem. When an all-night bender ends in a catastrophic car accident (leaving him a quadriplegic, the last thing he intends to do is give up drinking. But

when he reluctantly enters treatment—with encouragement from his girlfriend (Rooney Mara) and a charismatic sponsor



(Jonah Hill)—Callahan discovers a gift for drawing edgy, irreverent newspaper cartoons that develop an international following and grant him a new lease on life. Based on a true story, this poignant, insightful and often funny drama about the healing power of art is adapted from Callahan's autobiography and directed by two-time Academy Award nominee Gus Van Sant.

"Don't Worry He Won't Get Far on Foot" is rated R, for language throughout, sexual content, some nudity and alcohol abuse. The runtime is 113 minutes.

The club's final August film is titled "Is The Man Who Is Tall Happy?". The 2013 film was directed by Michael Gondry ("Eternal Sunshine of the Spotless Mind").

This animated documentary consists of interviews with linguist Noam Chomsky, who discusses his ambitious and comprehensive theories about how language develops. Gondry applies his playful imagination to animating a series of conversations with the esteemed linguist, philosopher, political commentator. At the heart of these talks is Chomsky's theory of the emergence of language. In this intellectual feast, Gondry uses drawings to make complex ideas more accessible and to expand the documentary form. "Is The Man Who Is Tall Happy?" screens Monday, August 26 at 7:00pm. Runtime is 88 minutes. The film is not rated.

Arena Theater Film Club is a membership-based group of cinema fans that meets three Mondays per month at the Arena Theater, a 501(c)(3) nonprofit organization. Arena Theater Film Club membership (including membership in Arena Theater Association) is \$60 per year for individuals, \$120 for two partners. Arena Theater Association members are admitted to all screenings at no extra charge; guests are welcome at \$10 each, or \$5 for age 18 and under.

Celebrate Nat'l Lighthouse Day August 17 at Pt. Arena Lighthouse

The Point Arena Lighthouse will celebrate National Lighthouse Day on Wednesday, August 7 from 10:00am to 4:30pm. All visitors will enjoy free admission to the Grounds, Museum and Tower Tours. Wind, weather and emergencies permitting, this great day will also feature a static display of a United States Coast Guard MH-65D Dolphin Rescue Helicopter and a CalFire UH1P Huey Helicopter.

National Lighthouse Day was originally established in 1989 to "honor the beacon of light that, for hundreds of years, symbolized safety and security for ships and boats at sea," according to the National Lighthouse Society. Point Arena Lighthouse joins hundreds of lighthouses across America on August 7 in celebrating the day by offering free admission and special events.

Barring an emergency call, the rescue helicopter will be on display at the Light Station helipad from 11:00am to 3:00pm and visitors will be able to get up close and personal with the aircraft and even sit in the pilot's seat. The flight crew will be available



as part of their public affairs responsibility to explain how it all works. The U. S. Coast Guard Auxiliary will also be providing refresher training to the CalFire crew on how to refuel their helicopter. The Auxiliary members will also be on hand to answer visitors' questions about the fuel farm and the refueling process.

More information is from the Lighthouse at 877-725-4448, ext. 1 or 707-882-2809, ext. 1 or on the web: PointArenaLighthouse.com/visit/calendar-2/national-lighthouse-day/.

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7	1	5	8	4	8	1	5

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Words on Wellness • Pearly Everlasting

by Karin Uphoff

The drying days of September create an extended summer as the last wildflowers of the season bloom white and preserve neatly in the sun. One of these common to disturbed roadside berms and headland is Pearly Everlasting (*Anaphalis margaritacea*) which can be hard to differentiate from California cudweed (*Pseudognaphalium californicum*), except the later has shiny flower bracts and more oily leaves. Both are in the sunflower family with overlapping ranges but *Anaphalis* seems more prevalent near the coast.

On the headlands Pearly Everlasting looks like a yarrow until you get closer to see the slender leaves and distinctive large pea-sized pearly puffs of flowers. The yellow center of the flower doesn't show until the petals dry out and open. The stems and leaves are fuzzy but the amount of fuzz depends on whether it grows in sun-exposed spots (more fuzz as sun protection), thus leaves appear gray to green.

Pearly everlasting is collected while the flower is in its tight-pearl stage for best medicine and flower arrangements since it will dry well and keep for two years (thus the 'everlasting' quality). This flower, common to temperate North American and

Asia was always a part of the traditional medicine chest. Tea made from leaves and flowers is a soothing anti-inflammatory and reduces edema and other swellings. A poultice of the flowers or the whole plant can be applied to burns, sores, ulcers, bruises, swellings and rheumatic joints – or used in a bath for those reasons. Because it has measurable amounts of quercetin, it has a slight



antihistamine effect and can be added to nettle tea for allergy relief. An infusion of the leaves can be used as a steam to inhale for the treatment of headaches, while the dried leaves were used by Native Americans to flavor smoking blends, along with mullein and coltsfoot. Combined with yarrow, Pearly Everlasting is useful as an expectorant for the lungs that helps break up mucus and encourage productive coughs. It's astringent and promotes perspiration (like yarrow), so helps to unplug sinuses and induce sweating for breaking a fever.

Best of all, this cheery plant is safe and generally palatable for all ages and can help treat diarrhea, stomach flu and irritated esophagus. The leaves are host to the caterpillars of the Painted Lady butterfly so you may find their cocoons nearby.

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 about Karin at: www.karinuphoff.com

Animal Care & Welfare • "Tennis Ball Mouth"

By Cathy Sue Riehm

It's hot out there these days. Rex's favorite way to cool off is swimming in the river with his friends. There is, however, one necessary ingredient that completes the fun factor.... The Ball. Rexy and his doggie buddies all share the ball-chasing passion, which is accompanied by ball-chewing.

Every chomp a dog gives to a ball in his/her mouth will create wear on each surface of each tooth that comes into contact with that ball. This wear is known as (either) abrasion or blunting. Chewing on a ball over time, your dog could develop 'Tennis Ball Mouth' the teeth wear down around the shape of the ball which creates a point to the outside of the upper and lower canine teeth. The canines are the long teeth behind your dog's incisors, and are very important when it comes to being able to bite down (to chew meat or grab a toy). If abrasion of these teeth is significant enough, they could become sensitive, or even painful.



How would we know if our dog's teeth are sensitive? You might notice a reluctance to really chew food, or a reluctance to eat at all. Your dog might be drooling more than usual. Some dogs will develop head-shyness, and avoid letting anyone touch their mouth.

If the abrasion has exposed the tooth pulp, you may see a small dark dot in the center of the worn-down tooth. This could be a sign of chronic pulp exposure (bad), or it could be a reparative material, called tertiary dentin, produced by the tooth in response to chronic wear (not so bad). Your veterinarian can use a tool, called an explorer, to determine the level of damage. If the explorer 'falls into' the pulp chamber, the tooth will probably need to be extracted. If the explorer runs over tertiary dentin, it feels smooth as glass, and may not require any treatment.

What can we do for our avid ball-lovers, other than remove the ball from their lives? There is a large difference in the level of tooth wear between the fuzzy balls, and the rubber balls- the fuzzy balls act like steel wool on teeth, and the smooth rubber causes much slower abrasion. Minimizing the time the ball is in your dog's mouth can help- the ball is only available during Ball Time or you can continuously throw the ball (easiest with a Retriever), so there is more chase-time than chew-time.

Be sure to monitor your dog's behavior, so you're aware of anything that may indicate a physical problem. Even something as wonderful as Ball Love could cause trouble.

Common Merganser: "Fly flat, like an arrow. . ."

The Common Merganser is an elegant looking bird. The "common" refers to its being the most abundant of the mergansers. They have slender red bills, which are serrated to grasp slippery fish; hence the name "saw-bill." Other names for the Common Merganser are Sheldrake and in Europe, Goosanders.

They sit low in the water and dive as deep as thirty feet to fish. At twenty-two to twenty-seven inches the Common

Merganser is also the largest of the mergansers. Unlike Red-breasted Mergansers that prefer the shallow salt water of our coast, the Common Merganser prefers the fresh water of our forested rivers and deep ponds and lakes.

The females and non-breeding males have a reddish-brown head and crest, a distinctive white throat and a grey body. The breeding males have a gorgeous, glossy green head, bloodred bill, black back and white breast.

They fly flat, like an arrow, low to the water, showing white wing bars.

Common Mergansers are seen in large flocks for most of the year. They break into breeding pairs in early spring. Their favorite nesting spot is a hole in a tree. The male leaves once the nine to twelve green-colored eggs are laid. The female incubates the eggs for thirty-five days. The young jump from the nest when they are a couple of



they are a couple of

days old but they cannot fly for the first two months. Mothers protect their young but do not feed them. They eat aquatic insects for the first two weeks and then switch to small fish.

Adult Common Mergansers catch small trout, carp, perch and suckers. While some think that mergansers have a negative effect on salmonids, others think that by eating the small fish they are helping the larger fish by making more food available.

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 Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Photo credit: Audubon

"[Jimi Hendrix] dreamed of amassing musicians from all over the world in Woodstock and they would sit in a field in a circle and play and play. It didn't matter what key or tempo or what melody, they would keep on playing through their discordance until they found a common language."

Patti Smith (1946 -)



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The North Coast Artist Guild's
27th Annual Studio Discovery Tour.
August 24 & 25 and Labor Day Weekend

Some days it seems like art is everywhere on the coast. Once again, we have proof. It is, almost, everywhere. The North Coast Artist Guild presents its 27th Annual Studio Discovery Tour over two weekends: August 24 and 25, and Labor Day Weekend, August 31-September 2.

As usual, the Studios will be open two weekends, and all studios will be open from 10:00am to 5:00pm. A Brochure with listings of all 35 Artists on the Tour and a map to their locations can be found now at many of the local businesses up and down the coast. Or stop by the Discovery Gallery Artists Collective in the Sea Cliff Center in Gualala to preview samples of their art and pick up a brochure while you are there. The Gallery is open daily during the summer from 10:00am to 5:00pm.

In the Coastal region between Fort Ross and Manchester, there is a large active group of skilled artists. These artists

create in a multitude of mediums and are unusually inclusive in inviting others to join them. Perhaps it is the serenity of our coastal meadows or redwood forests where we reside and create which makes this art community so open to new members and visitors. Perhaps it is the presence of a beautiful art center located in Gualala that unites the artists and their friends.

Without a doubt the annual Studio Discovery Tour allows the artists and their artwork to be accessible to people from all over the state and country, and world.

Come see for yourself, experience the hospitality and view their skills in the studios where they create.

It's a great way to enjoy the coast.



left: Oil painting by Lisa Lauer;
Right: Textile by Jennie Henderson.

Arena Theater Live Presents "Peace and Love 1969"
A Benefit for Arena Theater August 17, Celebrating
The 50th Anniversaries of Woodstock and the Moon Landing

Arena Theater presents an evening of 1969 memories, trivia and live music on Saturday, August 17, at 7:30pm, doors opening at 7:00pm. Costumes are encouraged and there will be dancing after the show.

"We are stardust, we are golden
We are billion year old carbon
And we got to get ourselves
back to the garden."**

"Peace and Love 1969" is a reader's theater-style variety show celebrating the 50th anniversaries of Woodstock, the famous three day music festival that defined an entire generation, and the Apollo 11 space-flight that landed the first humans on the moon.

Starring Mitch McFarland, Harm Wilkinson, Micah Slentz, Jon Handel and Elizabeth Harrison, the show features jokes, news from the past, audience participation, trivia, and the best music of 1969 performed live by The Mammals, a local formation comprised of Bryn Harris, Chris Campbell, Zorbic, Tom Merline, "Detroit" Danny and Trish.

"Wear your foxy tie-dye and be in a groovy state of mind so you can trip down memory lane and remember what a bitchen time it was," says director Elizabeth Herbert. "If you are too young to remember or you were too stoned to remember, come anyway and hear some history and music from that time."

It was 50 years ago, on July 20, when the world heard these famous words as Neil Armstrong lowered onto the surface of the Moon: "That's one small step for (a) man, one giant leap for mankind."

"The walk on the moon was exciting and surreal at the same time," says Herbert, "and the show will commemorate the event with news clips and memories." Tickets are \$15, available at local outlets and online at www.arena-theater.org or at the door. The Arena Theater bar and snack stand will be open.



**From the song "Woodstock" by Joni Mitchell, who did not appear at the festival but based the lyrics on what she'd heard.
Pictured: Mitch McFarland and Harm Wilkinson. Very Groovy!

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Mendocino Coast Botanical Gardens
Art in the Gardens 2019 • Saturday, August 3

The 27th annual Art in the Gardens at Mendocino Coast Botanical Gardens is, once again, set amidst the spectacular background of summer floral displays. The day-long juried art event will be held on Saturday, August 3.

It's a celebration of creative expression, gorgeous gardens, music, beer, wine, and food. Over the past quarter of a century, Art in the Gardens has showcased extraordinary creations such as ceramics, glass, paintings, sculpture, textiles, and woodworking. Featured artist is Naomi Marino. Spend a day strolling 47 acres of natural beauty from the manicured gardens and fern-ringed ponds at the Gardens' entrance to the wildflower-strewn bluffs at ocean's edge. Mingle with artists amongst dramatic summertime blooms. Sip an array of wines and craft brews from around Mendocino County. More information is at GardenByTheSea.org.



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The Dolphin Gallery Presents Carol Chell and Brenda Phillips
Chell's Watercolors and Phillips Ceramics Featured During August
Opening Reception Saturday, August 3

The Dolphin Gallery welcomes artists Carol Chell and Brenda Phillips for a month-long exhibit in August. Chell, who works in watercolor, and Phillips, whose preference is ceramics will have their art featured in an opening reception at gallery on Saturday, August 3, 5:00pm to 7:00pm.

Carol Chell has long loved the fluidity and transparency of watercolor. As she recently stated "the artist requires technical skills, but more important is the ability to translate what they see into a statement of the heart." Chell's inspiration comes through plein air and more often from photographs. She may change parts of a photograph compositionally and with lighting. She'll work quickly and begin with large brushes in an effort to capture what that scene seems say

had the time, space and inspiration to seriously work, and play, with painting.

Brenda Phillips' love for ceramics was actually an organic, personal discovery.



She often describes the direct influence of her son. "When Jay, received the Gualala Arts Scholarship for ceramics, his beautiful bowls stimulated my interest in clay. When I retired from teaching, I purchased a wheel and my love for pottery began." Phillips passion is "making functional pieces" including cups to be held for the morning tea or coffee, special bowls for soup or cereal, plates of many colors, and vases for flowers. She adds, with some amazement, that "so many shapes and forms come from a simple lump of clay. Glazing has always been a challenge for me. I mix my own glazes with recipes from the pros. Spraying layers of different glazes creates subtle changes in the colors."

The works of Carol Chell and Brenda Phillips will be on display through August 25, 2019.



Carol Chell, watercolor (above).
Brenda Phillips, ceramics (left).

to her, not just what she sees. Details have become less important to her over time. Since retiring and moving to the coast she's

"Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen."
Leonardo da Vinci (1452-1519)

Jazz Haiku
for August

"Beauty and the beast
a tango with the devil
safety in a dream."
by Jeff Spevak

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Arena Theater Presents "The Tempest" by William Shakespeare
Ontario's Stratford Festival on Film Screens August 24

The Tempest comes to Arena Theater in August. Here are a few things to consider. First, William Shakespeare is the most read playwright in the Western Hemisphere. Second, he wrote 37 plays. Third, The Tempest, written more than four centuries ago, remains one of the world's favorites. So, if you're going to dip into the deep pond of Shakespeare's work, why not go for one of his top 5 plays? And finally, having seen The Tempest, you'll come face to face with the Bard's ability to randomly influence other writers to this day. (More on that later.)

Arena Theater will screen Shakespeare's "The Tempest," captured for the big screen direct from the Ontario, Canada's Stratford Festival. Get in a comfortable seat at Arena Theater on Saturday, August 24. Doors open at 12:30pm and The Tempest begins at 1:00pm.

Magic is in the air in the Stratford Festival's latest production of Shakespeare's

performance with and is "riveting from her first moments on stage," according to Post-media.

Befitting the play's origins as the original sci-fi story, the production features spectacular stagecraft and is filled with giant



monsters and sparkling special effects. The Toronto Star called it "a joy to watch." The play has a runtime of 162 minutes including one intermission.

Located in Stratford, Ontario, Canada, the company has been described as North America's largest classical repertory theater company, producing classics, contemporary dramas and musicals, with special emphasis on the plays of Shakespeare. Tickets for the show are \$18, \$5 youth (18 and under), available online at www.arenatheater.org and at the door.

Oh, and about that ability to randomly influence Hollywood. Screen legend Humphrey Bogart suggested to director Michael Curtiz that the last scene of Casablanca include the line "the stuff that dreams are made of". In The Tempest the line is "We are the stuff as dreams are made on". Whether "on" or "of", Shakespeare is everywhere.



final masterpiece, "The Tempest," featuring an elaborate production with striking costumes. "The real magic and grandeur come from Martha Henry as Prospero, "wrote the New York Times. Celebrated by critics as "one of the true greats," she leads the

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We Were Going Down to Yasgur's Farm . . .

by David Steffen



It was a random concert 50 years ago, with an audience—almost all strangers but some of those strangers would become and remain friends. To this day. In travel terms, that concert might as well have been happening in a 'galaxy far far away', considering the distance from Milwaukee to Bethel, New York. But I was in the right place at the right time to hear about an amazing concert event and be in a position to get in my car and drive to the event.

Sitting in the studio at WZMF-FM radio in Milwaukee I would sometimes answer the phones. We were a station with a small staff so we all did a little of everything. In fact, I remember we all had 3rd Class FCC licenses. We needed this basic permit as we were required to take transmitter readings. Test qualifications for the permit: breathing, ability to sign ones name, answer a few questions, and pay the fee.

One morning in July I received a phone call from a potential advertiser. They were putting on a rock concert and thought advertising their event on Milwaukee's "Original Album Rock Radio Station" would be a good idea. Duh. So I took down the in-

formation and by the time I got off the air George, our intrepid ad sales guru, was in the office. George was one of those guys who could sell one-pound boxes of sand to people sitting on a beach. He called the concert promoter, got the information, and in short order (the concert was about a month away) spots were on the air. A lot of spots. It seemed like every couple of hours another 60-second commercial aired promoting this concert. On a closer listen to the ads I realized that it was more than a concert.

It would be a multi-day rock music festival, and it was taking place 'out of town'. Still, it sounded great and I'm thinking "I gotta go."

More than 30 acts were signed to perform including Richie Havens, Tim Hardin, Ravi Shankar, Melanie (Safka), Arlo Guthrie, Joan Baez, Country Joe McDonald (and the Fish), Santana, John Sebastian, Canned Heat, Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Sly and the Family Stone, The Who, Jefferson Airplane, Joe Cocker, The Band, Johnny Winter, Blood, Sweat & Tears, Crosby, Stills & Nash, Paul Butterfield Blues Band, Sha Na Na, and Jimi Hendrix. Tickets were priced at \$18 advance, \$24 at the gate. To put the ticket price in perspective, if you were driving to the show you'd fill your car's gas tank with gasoline that cost just 35¢ a gallon. The festival lasted three days and drew about 500,000 people. And while there was no significant security force to mind the masses, the festival was relatively peaceful. It was reported that two people died (insulin killed one and a tractor the other). Two babies were born. Chaos was part of the mix but so was a sense of humanity and mutual good vibes.

All in attendance will attest to Woodstock delivering an amazing three days of peace, love and great music. August 15, 16, & 17, 1969 branded everyone of an age (and certainly all who attended) as the Woodstock Generation. I know that I felt it then and feel it now. And like most of the people you meet who tell you how great it was to be at Woodstock, most of those people weren't there. An unscientific fact is that if everyone who says they were at Woodstock were actually at Max Yasgur's farm that summer, the number attending would have totaled in the millions. But in reality it was near half a million. The festival was documented with a feature film and multiple soundtrack albums. And my memories of Woodstock are crystal clear. After all, I saw the film and listened to the albums. And truth be told, I was NOT there. (To my credit I've never told anyone that I was there. Honest.)

On the surface Woodstock seemed like a very good idea. Create a live music event with every big name in music, advertise it all over the country while still in the glow of the "Summer of Love", put tickets on

sale, and wait for the money to roll in. The festival was an absolute success, except for turning a profit. It wouldn't be the first time that a successful idea can go awry. After all, it's been proven that idiots can lose money operating a casino. At least Woodstock had a successful film and series of albums. And

an amazing amount of good feelings. So let's celebrate. Music is in us and we are in music.

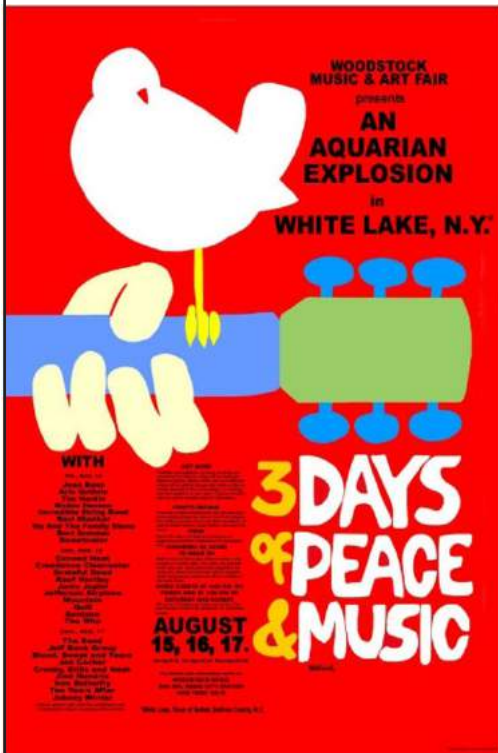

I was fortunate enough to have worked with four of the Woodstock performers, promoting and marketing their music: Melanie ("Gather Me". That was in Milwaukee in, ah, no, really. . . 1971. Geeeeeze). Joan Baez (three of her albums in the 1970s including "Diamonds and Rust"); Joe Cocker (including "I Can Stand A Little Rain" in 1974); and Richie Havens ("The End of the Beginning" in 1976.) Richie and I reconnected when I booked him for a sold-out concert performance at Arena Theater in Point Arena in 2007.

My good fortune of working with, lis-



tening to, and connecting with Havens, Baez, Cocker and Melanie is cherished. But in reality, we are all connected just by listening. And perhaps there is something to playwright John Guare's "Six Degrees of Separation". Or the variations, as in the "Six Degrees of Kevin Bacon", "Six Degrees of der Commissar" or your own life experience. We are all connected. What we do and say and how we live is all connected. And thinking of Woodstock, maybe we all were, in fact, at Max Yasgur's farm. At least when we're within those six degrees. Peace and love, man.

NOTE: I met and worked with Henry Diltz 25 years ago on a video project. The above image of Richie Havens is probably one of his. Henry's been a great photographer and historian for half a century. Thanks Henry. (He'll be 81 on September 6.)

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Lou Yank
(head of the police department in Monticello, NY, August 18, 1969.)

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Flynn Creek Circus Returns To The Coast Under The Big Top Tent in Point Arena August 8-11

First up is the arrival of Flynn Creek Circus with an all new show. It's time to experience a hilarious circus tale filled with incredible stunts and surprising twists! Mendocino County's own charmingly nostalgic, surprisingly fresh all human circus will be raising their vintage big top tent in Point Arena August 8-11 for five performances, including one just for adults.

Down the rabbit hole we go with Amelia Van Brunt as the magician's rabbit. Come to be enthralled as they present an original comic tale told from the rabbit's perspective as she explores the physics of magic and the



magic of physics. Revolutionist bunnies, a sinister magician, a two headed girl and animal control agents collide in a hilarious quest to get the rabbit back in the hat. Flynn Creek Circus has created the 2019 show, 'Out of Hat', to deliver explosively entertaining acrobatics, aerial stunts and feats of skill that require decades of passionate dedication. In true Flynn Creek Circus style, 'Out of Hat' is charmingly self aware, raw, edgy, sometimes profound and yet entirely family friendly (except for the Saturday evening adult showing).

Don't let the vintage (aka rough) exterior fool you. 'Out of Hat' brings Internationally award-winning performers to an intimate setting for a truly authentic theater experience. This year's show features Kris and Harrison Kremo from Switzerland. These world famous 'gentlemen jugglers' will charm your socks off. And Las Vegas acrobatic troupe Off Axis will return with an all new, jaw dropping act for 2019. Amelia Van Brunt will delight with hilarious characters for the family show and the popular Adults Only night.

The Flynn Creek Circus tent will rise at the north end of Point Arena with performances held next to Calfire at 24001 Highway One. Tickets can be purchased

in advance at flynncreekcircus.com. Performances are set for Thursday, August 8 at 7:00pm (Opening Night special, \$22/Adults - \$11/kids), and continue Friday, August 9 at 7:00pm, and an all-ages matinee on Saturday, August 10 at 3:00pm. Saturday evening August 10 at 7:00pm is the Adults Only 21+ version of their show. The final performance is Sunday, August 11 at 1:00pm, and it's a Family Day Special: 1/2 price children's ticket with adult ticket purchase. NOTE: the "online purchase only" promotion ends August 9.

Tickets may be purchased in advance for \$12/child, \$27/Adult, and \$20/Seniors, Students and Veterans. Door price ticket sales begin on the first show day. Door prices are \$15/child, \$32/adult, and \$25 Seniors, Students and Veterans. VIP front row seating is available for \$50 and includes complimentary popcorn or cotton candy, drink and souvenir program. No host bar available at all showings. Proceeds benefit Circus Mentors Inc 501C3. We recommend early purchase to guarantee your place.

Art In The Redwoods August 15-18 at Gualala Arts Art, Music, Food, Friends

The annual Art in the Redwoods Festival takes place over four days in August, engulfing the grounds of the Gualala Arts Center, a performing arts architectural gem nestled in the coastal redwoods and home to the festival since its opening in 1998. The festival features many events and activities, attracting vendors and artists from throughout Northern California along with hundreds of visitors, both local and from afar.

The public's first opportunity to view and purchase art is at the Hats Off Dinner. This year's theme is "Magic Happens", particularly as this is Gualala Arts' signature fundraising event, and the largest fundraiser of the year. The Hats Off Dinner kicks off the festival on Thursday, August 15, at 6:00pm. This is a "must attend" gala evening that truly encompasses the spirit and creativity of the Gualala Arts community. Dress as a star or come as you are. The Hats Off Dinner ticket (\$150) includes a VIP festival entry to all Art in the Redwoods events, and a sneak preview and



first purchase option of the Fine Art Exhibit that fills the Arts Center. (The cost includes a tax-deductible donation letter of \$100.)

At the heart of the festival is the Fine Arts Exhibit, with more than 300 art entries, all judged the night of the Champagne Preview on Friday evening. Art is judged and awarded in 16 categories, and more than \$5,000 is awarded in prize money. Awards include Best of Show, Best Local Work, Most Popular, Judges Awards, plus a dozen more.

Judging the art work this year are friends and colleagues Nikki Vismara and Silvia Paret. Vismara is a graduate of the School of the Art Institute of Chicago and she completed a Master's Degree specializing in Paleolithic Art at the Université Lumière in Lyon, France. Vismara lived in France for nearly a decade and currently works full time as an interdisciplinary painter at Hunter's Point Shipyard in San Francisco. She currently serves on Artspan's Open Studio Committee and oversees the Fall Art Bike Tour. Paret is noted for her knowledge of art history, modern and contemporary art, design, literature, foreign films. She attended medical school and includes science, physics, biology into her vast knowledge base. She's also lived and traveled around the world and is fluent in four languages.

The Champagne Preview, Friday, August 16, from 4:00pm to 6:00pm, offers the public its first chance to view the festival's winning entries, another opportunity to purchase art before the general public, and a front-row seat for the judges' critiques and awards ceremony at 6:15pm in Coleman Hall. Entry is \$10 at the door.

The full Art in the Redwoods Festival hits its stride Saturday and Sunday, August 17 and 18, opening at 10:00am, with 30-plus vendor booths, community and interest groups, live music, storytelling, great local food and drink, and fun activities for all ages. Entry is \$6 per person at the gate, youth 7-17 are free with a paying adult.

The continuing success and proceeds generated from the Art in the Redwoods Festival help Gualala Arts fulfill its mission to promote public interest and participation in the arts. The Arts Center presents over 100 publicized events, such as concerts, fundraisers, live theater and festivals, and close to 2,000 calendared events, workshops, lectures, classes, and other activities throughout the year. This year a special campaign is underway to replace the roof of the Arts Center building

Honey Island Swamp Band Blues On The Coast Arena Theater • August 31

Each year Arena Theater and the Blues on the Coast series brings great talent. If you're not familiar with the Honey Island Swamp Band, think The Band's "Big Pink" album and add a splash of hot sauce. This group of New Orleans vagabonds nails it. They perform Saturday, August 31, 7:30pm, at Arena Theater.

It's an anniversary, of sorts. 2019 is the 10-year anniversary of the Honey Island



Swamp Band, which formed in San Francisco via New Orleans after Hurricane Katrina displaced the founding members. With little hope of returning to their beloved city, the band channeled the blues and emotions of their circumstances to develop a soulful style and sound that critics have compared to legendary Blues-Roots-Rock Artists such as The Allman Brothers, Little Feat and The Band. They've been described as having an all-encompassing sound of blues, roots, country, and soul. In short, Bayou meets Americana. Members include Aaron Wilkinson (guitar, mandolin, vocals), Chris Mule (guitar, vocals), Sam Price (bass, vocals), Garland Paul (drums, vocals) and Trevor Brooks (keyboards).

Look for their show to draw from their most recent album, "Demolition Day". Clearly some of the songs are rooted in reality and personal experience. "Head High Water Blues" is a look back at the Hurricane Katrina experience now that more than ten years have passed. Much has been rebuilt, but much has not and never will be—and the song is more about the emotional scars that can never be fully erased. Others are just fiction and storytelling, or a renewal of purpose, reflected through powerful lyrics and stories, great slide guitar on top of deep bass and rhythms that continue to move the foundation that the band was built upon. New Orleans has a deep well of music, and that well has few rules: "the only boundaries are the ones that we place on ourselves."

Doors open at 7:00pm, and Arena Theater's bar and snack stand will be open.

Photos: left: Flynn Creek Circus' Kris and Harrison Kremo; center: Champagne Preview at Gualala Arts; above: Honey Island Swamp Band.

The Next Step

Our book reviewer, Jennifer Bort Yacovissi, considers her path out of the workaday world.

On December 31, 2018, my best friend since first grade retired from her job as a professional photographer for the federal government. Over the course of 31 years, Susanne has flown in fighter jets and gone behind the scenes at the space-shuttle program with NASA, photographed high-speed ballistics tests for the Naval Surface Warfare Center, and deployed to Kosovo in support of U.S. troops with the Army Corps of Engineers.

In her final 13 years, with the Architect of the Capitol, Susanne documented renovations of historic buildings and monuments, photographed presidents and other U.S. dignitaries lying in state in the Capitol Rotunda (Presidents Ford and Bush, Senators Inouye and McCain, among others), and participated in three presidential inaugurations.

(Great story: At the most recent inauguration, she and the other photographers sharing one of the elevated platforms built for their use — offering not only a bird's-eye perspective of the inauguration stage but also sweeping views down the Mall — looked at each other and said, "Where is everybody?")

Susanne has been actively planning her retirement for many years, with a view to selling her Maryland house and spending winters in Arizona and summers in Maine. So, in late January, we packed up her car with the stuff too critical to go in the moving van and drove from Rockville to her new townhouse in Gold Canyon. We got there in a stunning three-and-a-half days, a journey made tolerable by the accompaniment of Michelle Obama reading *Becoming* to us during our 12-hour travel days.

Along the way, we discussed a point that Stan Hinden made in his book *How to Retire Happy*: the practical consideration that — whatever else you might think of

your job or your co-workers — the office represents a support structure you can't appreciate until it's gone. Building your post-employment community is vital. You need to find your tribe.

All of this goes to say that I've been both an observer of and an active participant in my best friend's Operation Next Step, which begs the question for me: What's my next step?

". . . whatever else you might think of your job or your co-workers—the office represents a support structure you can't appreciate until it's gone. Building your post-employment community is vital. You need to find your tribe."

I hesitate to state that I look forward to transitioning away from a full-time career so that I can finally dedicate myself to writing. For one thing, most of my current job does involve writing, sometimes even a bit of creative storytelling.

But I understand how maddening this idea is for freelancers in today's gig economy who struggle to be paid a living wage. The last thing they need is someone who opted for a steady paycheck, 401(k), and employer-sponsored healthcare undercutting them by being willing to write for free. It's a justified fear.

Whatever my next step is, though, I know that I've found my tribe: the exceptionally generous, deeply interconnected DC writing community, which is welcoming to all of us no matter how we arrived here. DC authors are perpetual boosters of each other, celebrating every achievement as a collective win.

The support isn't just at the individual

level, either. Our many treasured indie bookstores (all feted last Saturday during Independent Bookstore Day) are so generous, they often give social-media shout-outs to each other. And many host readings and book launches by local debut authors woven in among the bigger names.

To the benefit of the writing community, there is a natural and thriving relationship among the Writer's Center, the Independent (and its Washington Writers Conference), and the Gaithersburg Book Festival. Together, these concerns provide the budding author with support for perfecting her craft, finding a path to publication, and celebrating the final result.

So I can answer for myself that this is where I want to spend more time, that I have found my post-work-life tribe. I'll be staying put in the area after I finally leave the workaday world. But I also know that, lately, I've been restless and distracted, with a heightened sense that time is accelerating in a way Einstein did not calculate.

I blame some of that restlessness on knowing my friend's days are no longer ruled by an alarm clock. For her, it's rather as though time is slowing down a bit. It also doesn't help that she continually suggests great vacations, if only my job would stop getting in the way.

Since I'm writing this from Gold Canyon, Arizona, where my husband and I are visiting for the second time since the January road trip, it's hard to argue that my job is getting in the way too much. Next up is my friend's early summer transition to her place in Maine.

Come to think of it, I do some of my best writing in Maine.

Jennifer Bort Yacovissi is a member of PEN/America and the National Book Critics' Circle and writes a monthly column and reviews regularly for the Independent. She is chair of the 2018 Washington Writers Conference and is president of the Annapolis chapter of the Maryland Writers Association.

The Top-15 Books (plus 1). Pick Up One You Missed

"Books are the carriers of civilization. Without books, history is silent, literature dumb, science crippled, thought and speculation at a standstill."

— Barbara Tuchman (1912-1989)


1. **City Mouse, Country Mouse**
by Maggie Rudy
2. **I Wish I Had A Pet**
by Maggie Rudy
3. **Mendonoma Sightings**
by Jeanne Jackson & Craig Tooley
4. **The Storied Life of A.J. Fikry**
by Gabrielle Zevin
5. **qh awala.li Water Running Down Place**
by Annette White-Parks
6. **A Gentleman in Moscow**
by Amor Towles
7. **Sea Ranch: Architecture, Environment and Idealism**
by Jennifer Dunlop Fletcher
8. **Where The Crawdads Sing**
by Delia Owens
9. **Indian Horse**
by Richard Wagamese
10. **Overstory**
by Richard Powers
11. **The Sea Ranch**
by Susan Clark
12. **Anthology of Intriguing Animals**
by DK
13. **Little Fires Everywhere**
by Celeste Ng
14. **Educated**
by Tara Westover
15. **There There**
by Tommy Orange

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William Penn (1644-1718)

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Scuttlebutt

by Mitch McFarland

For years the City of Point Arena and the unincorporated area surrounding the city has had different companies servicing the landfill and recycling needs of locals. While the unincorporated parts were served by Waste Management, the city had a contract with the Ratto Group through South Coast Disposal. Due to the constant changes taking place in the solid waste industry, much of unincorporated Mendocino county is now served by Solid Waste of Willits, who took over from Waste Management, while the Ratto Group was bought out by Recology Inc. Last year I wrote a piece about the transition to Recology and how it seemed like a big improvement over the often criticized (and fined) Ratto Group. Customers seemed quite satisfied with the friendly, efficient, and clean work being done by Recology employees.

Within a year, something became obvious to Recology: they couldn't make money on the Point Arena business. Sending a truck up from Sonoma County to service tiny Point Arena just didn't pencil out. That shouldn't surprise anyone. Consequently, they looked to Solid Waste of Willits (SWOW) to take over the actual hauling of landfill and recyclables within the city limits, as SWOW is already sending trucks the 80 miles from Willits to Point Arena to service the surrounding area.

This change has caused considerable consternation on the part of several Point Arena customers. It seems the problem lies with the transition from human to mechanical pick-up. Workers no longer physically handle landfill containers. They are lifted and emptied by mechanical means without any humans leaving the truck. Like any mechanical system it only works well when all the parts of the system are aligned. The mechanized system requires that cans be several feet apart so that the mechanical arms can properly grasp the can. Some cans placed immediately next to each other have not been emptied. Also, cans tightly packed were not always fully emptied, but with no one on the ground to notice this. Further, cans were not always set back down upright. Additionally, the arms on the trucks are 8 ft. long meaning if there is a parked car near the cans, the truck may not be able to reach the cans, especially if the cans are not near the curb. All these things would be resolved if a human was handling the cans, but hiring another worker or two

is precisely why Recology couldn't make any money in Point Arena.

After hearing from some customers in Point Arena, I visited the SWOW facility in Willits, met with owner Jerry Ward and toured his recycling materials recovery facility. There are actually two stories to be told. One is specifically about the service being provided to SWOW customers and the other is about the much bigger subject of recycling in general.

Before viewing the sort line, I spent a good deal of time with Jerry discussing the business of recycling

and it is a mess. As you may know, the market for most recyclables has crashed. Where once there was some money to be made handling recyclables, it is now a big loser as markets no longer exist for the products, mainly because China now refuses to be a dumping ground for the world's recyclables. That is partly due to the fact that China produces plenty of its own disposables and also because American consumers in general don't give a hoot about recycling. Recycling loads are usually heavily contaminated with landfill garbage. And think, only 11 states even have deposits on drink containers. To many of us it is just another hassle to deal with and recycling bins are just another place to hide their trash. Folks may tell themselves that they are recycling when they put the cardboard box their new home electronics came in, but then may leave the styrofoam packaging in the box. While they privately know that styrofoam is not acceptable for recycling, they likely assume that someone down the line will deal with it- or they flatly just don't care.

The current reality is that even items with recycling chase arrows numbers 3, 4, 6, and 7 have no markets whatsoever and are landfilled. I asked Jerry why he is still collecting them in recycling and he correctly pointed out that if he told customers to landfill those items and a market eventually returned for them, customers would be further confused when asked to adjust back to recycling them. Since they get pulled out of the recyclables sort line to be landfilled anyway, it wouldn't be any real advantage to having customers stop "recycling" them.

Here are few helpful tips I learned. First the "do not's": Please do not think you can recycle garden hose, styrofoam, FILM PLASTIC, or needles (yikes! people actu-

ally think they can recycle syringes?). If you shred paper, it is OK to recycle it, but first put it in a clear or blue plastic bag so that those on the sort line can recognize it. If it is in an opaque bag, they have to tear it open to see what is inside (it could be anything including a dead cat) and then it flies all over the place. You can recycle larger plastic items like waste paper baskets and plastic laundry baskets if they are only plastic. Deter animals from your garbage by dipping a rag in bleach and hanging it from the lid of your container.

Finally, if you have a question about recycling, don't guess; pick up a phone and call SWOW (707-459-4845) and ask. They are glad to answer questions and they really do care.

There are some very deep and intractable problems surrounding the politics of recycling and the whole subject of creating a sustainable society and we have had very little leadership on this issue. We are in a headlong rush to gobble up all the world's resources as fast as we can get to Walmart for another carload of cheap throwaway items- and then complain that garbage rates are going up (and they are January 1).

I can't let this issue go. Next month I will be questioning our state authorities about what they plan to do to deal with our mountains of disposables. Up until now they have relied on the Chinese to "solve" this problem for us, but now is time for us to solve our own problems.



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When a country wants television more than they want clean water, they've lost their grip.

Lewis Black (1948 -)

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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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)

Music, Music, Music • Plenty of Live Music in August
Arena Theater, Garcia River Casino, Gualala Arts,
Gualala Hotel, Mendoviné, Vue Kitchen

Live music will NOT be difficult to find in August. A number of venues will be offering live music in a variety of settings. Here's what we have at press time:

Mendoviné Lounge has been offering music for some time, usually on Friday or Saturday evening. This month Danny Barca will perform popular songs beginning at 6:00pm on Friday, August 2. Chris Doering will bring this Gizmodalities to Mendoviné Friday, August 9, also at 6:00pm. Jim & Sharon Lieberman perform American songs Saturday, August 10 at 6:00pm. The JET Jazz Ensemble plays Friday, August 23 at 6:00pm.

There'll be music at **Garcia River Casino** on August 1 The Casuals bring their evening of oldies music, memories, and trivia Thursday, August 1 at 7:00pm. Oldies music, trivia games, and the chance to win up to \$150 plenty of slot play prizes. August 10, Jukebox Money offers Country, Rock & Funk with a hot stage show beginning at 8:30pm. And long-time Sonoma County band Rhythm Method returns to the Casino stage on Saturday, August 24 at 8:30pm, offering a danceable mix of Rock & Roll and blues. Garcia River Casino is at 22215 Windy Hollow Road in Point Arena. (707) 467-5300.

The Mad Cow Jazz Quintet will perform in the big tent behind the **Gualala Hotel**



Friday, August 16 from 7:00pm to 10:00pm. Mad Cow performs classic standards from the Great American Songbook. The group includes Charlie Vally, Harrison Goldberg, Dorian May, Dorothea May, and Gabe Yanez. Gualala Hotel, Events Tent, 39301 S. Highway 1, Gualala. Information is at (707) 884-3441. Free admission.

The **Art in the Redwoods Festival** returns this month with numerous events on tap (see separate story on page 13). Musically speaking the weekend—August 17 & 18—will have a variety of music choices, all of them on the grounds of the Arts Center. Saturday morning Ernest Bloch Bell Ringers Sextet will be a moveable feast of music on the grounds during the Festival beginning at 10:30am. JJ Mule Kat returns to the JAMI Amphitheater on Saturday, from 3:00pm to 5:00pm. The group includes local musicians Tim and Paul Mueller, James Hayes,

Jesse Hanna and Katrina Coffman. Sonoma County acoustic trio the Tonewoods playing a mix of Americana, British and classic folk. They'll perform both Saturday and Sunday from noon to 3:00pm. The group includes Steve Gomes, Jenny Norse and Patrick Mullin. The Fort Ross Trio is a north coast vocal ensemble specializing in the Italian Renaissance Madrigal. Members are Song Hunter,



soprano, Lisa Prosek, mezzo, and Chris Greene, contralto. Closing out the musical performances (and the festival) is BAKU playing their synthesis of Jazz, Afro beat, Middle Eastern, and other world influences and rhythms. The group includes Harrison Goldberg, Chris Doering, Tim Mueller, David French and Nancy Feehan. Gualala Arts Center is at 46501 Old State Highway, Gualala. There is a \$6 fee at the gate for the all day festival which includes all the music. There is no admission charge for youth age 17 and younger. Information is at (707) 884-1138.

The **Vue Kitchen** will offer Dinner Jazz with Harrison Goldberg and Jay Messer Saturday, August 24 from 6:30pm to 8:30pm. They'll perform jazz standards, romantic ballads and bossa nova. On August 31 Harrison Goldberg and Gino Raugi perform jazz standards, romantic ballads and bossa nova. The VUE Kitchen is at 39300 South Highway 1, Gualala. Free admission. Reservations: (707) 884-9180.

Arena Theater brings the Honey Island Swamp Band for an evening of New Orleans-flavored blues, rhythm and Americana, all with a little hot sauce. The show is Saturday,



August 31, 7:00pm. (See separate story on page 13.)

Photos: top: Fort Ross Trio; middle: Mad Cow; bottom: Honey Island Swamp Band.

Klimt & Schiele: Eros and Psyche
Great Art on Screen

At Arena Theater, August 11

Art and artists are regularly a topic of interest in our coastal community. This isn't surprising given the number of artists, the community support for the arts, having a state of the art first-run and classic film theater, numerous art galleries, a first class arts center, and, of course, the inspiration of just living here. Once again Arena Theater will screen a film in its Great Art on Screen Series.

On Sunday, August 11, Arena Theater will screen "Klimt & Schiele: Eros and Psyche" at 1:00pm. Doors open at 12:30pm. Tickets are \$15, available at the door or online at ArenaTheater.org.

The film recounts the start of the Vienna



Secession, a magical art movement formed in the late 1890's for art, literature and music, in which new ideas are circulated, Freud discovers the drives of the psyche, and women begin to claim their independence. It was a movement that marked a new era outside the confines of academic tradition.

At the heart of Secession were artists Gustav Klimt and his protégé and dear friend Egon Schiele. This exhibition proves an in-depth examination of images of extraordinary visual power: from the eroticism of Klimt's mosaic-like works, to the anguished and raw work of the young Schiele in his magnetic nudes and contorted figures against the backdrop of nocturnal Vienna, full of masked balls and dreams imbued with sexuality.

"With elegant direction and clear photography by the young Mateusz Stolecki, which only serves to enhance the film's shapes and colours, the film takes viewers on a journey inside the innovative and often 'scandalous' works of art by the two great artists, as well as through history itself, accompanied by the voice of the actor Lorenzo Richelmy." - Cineuropa.

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"Woodstock was not about sex, drugs, and rock and roll. It was about spirituality, about love, about sharing, about helping each other, living in peace and harmony."

Richie Havens (1941-2013)

Ten Steps To
Losing Our Democracy:

1. Invoke a terrifying internal and external enemy.
2. Create secret prisons where torture takes place.
3. Develop a thug caste or paramilitary force not answerable to citizens.
4. Set up an internal surveillance system.
5. Harass citizens' groups.
6. Engage in arbitrary detention and release.
7. Target key individuals.
8. Control the press.
9. Treat all political dissidents as traitors.
10. Suspend the rule of law.

Naomi Wolf (1962-)

An advertisement in the public interest
paid for by a concerned citizen.

What Will You Save? by Susan Terence

*When the house burned down,
I saved my book, my vitamins,
and glasses*

*Shoes would not
serve me
or clothes
beyond a nightgown and robe
at three in the morning
when the house—our house
stood on its hind legs
and cried Fire!*

*Neighbors thought it was
New Year's fireworks—
We thought gunshots
until someone yelled, "Save yourself—
you're on fire!"*

*We all ran
And saved ourselves
And started
anew w/o shoes
or clothes
or a good winter coat—*

*I made lists
of all I'd lost—
(wigs, kimonos, crayons e³ paper towels,
rock collections, books of Chelms, the city
between heaven and hell,
lace-up boots e³ bicycle parts,
clay masks e³ carpets,
pancake mix and mattresses...)*

*Will you save a note scribbled on an
envelope,
a curtain ring from a marriage booth in the
7th grade school carnival,
a foil apple, a fifth grade prize, a leaf, all
the yellowed
leaves from Mt. Lemmon in the brisk fall?*

*Will you save feathers e³ bottle caps,
tea boxes,
and library books, paints and magnets,
continents on an unsteady axis?*

*What would you save?
the oceans, the poor birds doused in oil,
the melting ice cap?*

*Will you go with a measuring cup to save
the water to re-freeze it?
Will you save the polar bears—
bewildered, hopping
from one ice floe to another?*

*Will you save every person on the street
walking without food,
a warm shirt
or a kind word?*

*Will you save a song?
Will you save a dance for me?
A dance on the intersection
of O'Farrell and Fillmore
one Friday at five o' clock
one turn around the
parking meter before
our time is up?*



*Will you save at least one seed
from every plant you've eaten?
Will you save one song, one
memory, one
word for me?*

Know Your Numbers!

Free Blood Pressure and Cholesterol Screenings In August

The Mendonoma Health Alliance has announced Blood Pressure & Cholesterol screenings. And it's free. You can have your Blood Pressure & Cholesterol checked and learn how to better manage your health. As the saying goes, "knowledge is power". It's good to "Know Your Numbers!"

- Have your Blood Pressure & Cholesterol checked.
- Receive free information about how to better manage your health.

- Haga revisar su presión arterial o colesterol,
- sin costo y reciba información sobre cómo manejar mejor su salud.

¡Conozca sus números!

- Since high blood pressure and high cholesterol have no symptoms and can greatly increase your risk of developing heart disease and stroke, it's important to know your numbers.
- Dado que la presión alta y el colesterol alto no tienen síntomas, pueden aumentar en gran medida el riesgo de desarrollar enfermedades cardíacas o derrame cerebral. Es importante saber sus números.

Screenings are scheduled in August as follows:

Day/Date	Time	Location
Monday, August 5	1:00pm to 3:00pm	MHA Office, Gualala
Wednesday, August 7	11:00am to 1:00pm	Senior Lunch, Point Arena
Saturday, August 10	12:00pm to 3:00pm	Sea Ranch Fire & Safety Fair
Sunday, August 11	10:00am to 12:00noon	Sunday Market, Timber Cove
Tuesday, August 13	11:00am to 1:00pm	Senior Lunch, Gualala
Tuesday, August 20	10:00am to 1:00pm	Pt Arena schools—District Office
Wednesday, August 21	1:00pm to 3:00pm	MHA Office, Gualala
Friday, August 23	10:30am to 1:00pm	Food Bank Baptist Church, Gualala
Monday, August 26	1:00pm to 3:00pm	MHA Office, Gualala
Friday, August 30	9:00am to 12:00noon	S&B Market, Manchester

To get more information contact the Mendonoma Health Alliance (707) 412-3176 x 102
Para más información, por favor llame Mendonoma Health Alliance (707) 412-3176 x106



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NOTE:

Gualala Arts Limited Hours
Arts Center Closed August 1-15

Gualala Arts has announced that the Arts Center will be closed beginning August 1 for approximately two weeks. Annual maintenance is underway and preparations for Art in the Redwoods, which begins with the Hats Off Dinner August 15.

Wonderful Day At Cooks Beach



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May 2019

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Crossword

by Margie E. Burke

ACROSS

- 1 Place for a massage
 6 Chowder morsel
 10 Highway exit
 14 Teach one-on-one
 15 "Unfaithful" star
 16 Burn soother
 17 Make amends (for)
 18 Gambler's concern
 19 Overabundance
 20 Like summer school classes, often
 22 Bone brace
 24 Hook, line and _____
 26 Worse for wear
 27 Informant
 30 Express a thought

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21				22	23				
			24					25		26				
27	28	29						30	31					
32							33					34	35	36
37					38	39					40			
41				42					43	44				
		45	46						47					
48	49					50	51	52						
53					54		55				56	57	58	
59					60	61					62			
63					64						65			
66					67						68			

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- 32 Track down
 33 "Cheers" regular
 34 Kind of race
 37 State with certainty
 38 No _____ or reason
 40 Corduroy ridge
 41 Cooking fuel
 42 Italian import
 43 Furnace, for one
 45 Ungraceful one
 47 Favor
 48 Case opener?
 50 Wear away
 53 Dot above the i
 55 Priest's helper
 59 "Beat" anagram
 60 70's hairdo
 62 Delve into
 63 Elvis movie, "____ Happy"
 64 Pixar movie set in Mexico
 65 Prop for Picasso
 66 Ill at _____
 67 Follow, as advice
 68 Gas additive
DOWN
 1 Hollywood sighting
 2 Adorable
 3 Kind of bomb
 4 Country group with the #1
 5 Do a meteorologist's job, say
 6 Dagger's companion
 7 Big dipper
 8 Here-now link
 9 State of disorder
 10 Type of sleeve
 11 Repeat starting letters, as in "good as gold"
 12 Everest or Ararat
 13 Tom who sang "I Won't Back Down"
 21 Get what was left?
 23 Stiffly formal
 25 _____ and board
 27 Refinery residue
 28 Exploding star
 29 Some Winter Olympians
 31 Warm up, in the kitchen
 33 WSJ alternative
 35 Sheltered, at sea
 36 School session
 39 Confusion
 40 "The Wind in the Willows" critter
 42 Roll up, as a flag
 44 One that got away
 46 Pint-sized
 48 Theater platform
 49 Fibula's neighbor
 51 Ludicrous show
 52 Biblical disaster
 54 Inventory unit
 56 Nonsense
 57 Follow orders
 58 Holler
 61 Friend's opposite




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 David Crosby (1941-)

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Farallones Dispatches: "Double Indemnity: When White Sharks Are The Catch Of The Day"

by Mary Jane Schramm

When a top predator becomes the prey, interesting things begin to happen. On October 4, 1997, whale watchers in NOAA Greater Farallones National Marine Sanctuary off San Francisco witnessed the first-ever documented attack by a transient killer whale named "CA-6" on a white shark. Until then, the debate raged over whether a killer whale's intelligence was superior to the sheer brute power of white sharks - brain vs. brawn.

Point Blue Conservation Science researchers arrived just after the kill, and with pole-camera and surface observations they captured invaluable information about the whales' behaviors and relationship between two top predators. The incident ended all doubts about dominance,

lion! Ecotypes were expected to adhere to their respective mammal, fish and shark diets. But here was a strange pairing: meat as a



main course, fish liver for dessert.

DOUBLE INDEMNITY: These killer whales were winners twice-over: not only did they knock out the competition; their prize was an energy-rich meal of the sharks' oily liver - "CA6" had shared her kill with running buddy "CA2." (The elephant-seal crowd must have gone wild!)

WHAT NEXT?!! As it happened, the aftermath was even more intriguing than the kill, especially when the white sharks suddenly fled the scene en masse, and stayed away for the duration of their feeding season. But, the next fall they returned. The coast was clear.



and similar attacks have since occurred in Australia and South Africa, where killer whales extracted white sharks' livers with almost surgical precision. But that October day, the real fun in the Farallones was just beginning.

THE MENU: Killer whale (*Orcinus orca*) sightings are uncommon locally, but three "ecotypes" are recognized: the mammal-eating transients

(like CA-6); the shark- and ray-eating offshore types; and the highly endangered Pacific Northwest "resident" killer whales that now venture into our waters in search of salmon. White sharks (*Carcharodon carcharias*) are our most prominent and intensively studied apex predator.



They mainly target young, naïve, blubber-rich butterball elephant seals in the Gulf of the Farallones.

SURF 'N TURF: The attack itself was astounding. But curiously, it occurred just after the whales had already killed and fed on a sea

TOP SECRET: Clearly, a disruption at the top of the food web would have repercussions throughout, especially when an entire contingent of apex predators suddenly decamped. But Pt. Blue's research, which became part of the Census of Marine Life's "Tagging of Pacific Predators" (TOPP) project, continued to probe the dynamics and intricacies of this unique food web even more comprehensively. Read the latest TOPP study examining ecosystem-wide consequences of white shark-killer whale interactions: <https://www.nature.com/articles/s41598-019-39356-2.pdf>.

National Geographic recently premiered "The Whale that Ate Jaws: Eyewitness Report" chronicling earlier and more recent killer whale-white shark activity around the Farallones and elsewhere, and incorporating TOPP's research. See related article, <https://www.nationalgeographic.com/animals/2019/07/killer-whales-orcas-eat-great-white-sharks/>.

that Ate Jaws: Eyewitness Report" chronicling earlier and more recent killer whale-white shark activity around the Farallones and elsewhere, and incorporating TOPP's research. See related article, <https://www.nationalgeographic.com/animals/2019/07/killer-whales-orcas-eat-great-white-sharks/>.

PROTECTING THE PREDATOR: In 2009 NOAA Greater Farallones National Marine Sanctuary protected white sharks against disturbance during their brief feeding season here. Unfortunately for the sharks, our jurisdiction doesn't extend to killer whales. But simply knowing that our waters are so bountiful, that they can support two such magnificent apex predators, gives us justifiable pride and a delicious shiver of respectful fear. Our wild oceans are exemplary self-managed ecosystems, constantly changing; their denizens constantly adapt and innovate, and thereby survive and thrive. When we do intervene on behalf of the surprisingly vulnerable white shark, we're helping to maintain and restore a natural dynamic. So, continue to support your local marine sanctuary. Explore it, join our Get Into Your Sanctuary Photo Contest at Get Into Your Sanctuary, and consider becoming an active ocean steward. However you do it, get involved, and show your love for the sea that sustains us.


However you do it, get involved, and show your love for the sea that sustains us.

*"The Whale that Ate Jaws: Eyewitness Report" will air again on the NatGeo and NatGeo Wild channels, so check your local listings.



Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
Maryjane.schramm@noaa.gov
Photo Credits: Top: Fish-eating Southern Resident KWs visit Farallones. Credit: Copyright Chris Colombana 2009; middle: Killer whales, glad they're not white sharks. Credit: Robert Pitman/NOAA/NOAA; Bottom: White shark at Farallones. Credit: Copyright Peter Winch.

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Ted Williams
Mendocino County Supervisor
Quarterly Meeting, August 7
Ted Williams will be at the Manchester Community Center on Wednesday night, August 7 starting at 6:00pm for his quarterly meeting with residents in the area. This is a chance to meet with the supervisor and share ideas and priorities, and to share any concerns.
This is a potluck dinner where we'll all sit around the table with Ted. Bring a dish to share. However, you do not have to partake in the potluck to come to this meeting. All are welcome.

"Diamond In The Rough"
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**"Get Into Your Sanctuary" • A Special Short-Film Series Event
At Arena Theater, August 3**

Cordell Bank and Greater Farallones national marine sanctuaries, in collaboration with the International Ocean Film Festival, present "Get Into your Sanctuary - an Ocean Film Event at Arena Theater on Saturday, August 3, from 3:00pm to 5:30pm. Tickets are \$10, available at the door and online at www.arenatheater.org. Veteran with ID card will be admitted free.

This year, NOAA's Office of National Marine Sanctuaries is hosting its fifth National "Get into Your Sanctuary" celebration to raise awareness

about the value of our sanctuaries as iconic destinations for responsible recreation through a series of special activities. Events will be held August 2-4, 2019 across the National Marine Sanctuary System – from sea to shining sea.

The program at Arena Theater features five selected shorts from the 2019 International Ocean Film Festival in San Francisco and includes presentations by filmmakers.

Offshore of Point Arena and the Sonoma Coast are the Greater Farallones and Cordell Bank national marine sanctuar-



ies. Join us in spreading the importance of ocean stewardship and learn more about Get Into your Sanctuary Day.

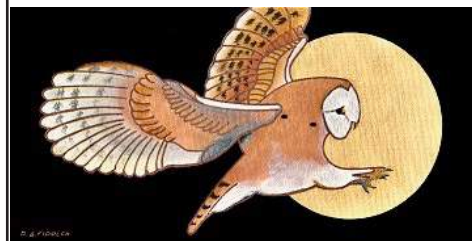
National marine sanctuaries are premiere destinations for people to recreate responsibly, enjoy the ocean's beauty, and be inspired by meaningful marine conservation. The Office of National Marine Sanctuaries serves as the trustee for a network of underwater parks encompassing more than 620,000 square miles of marine and Great Lakes waters.

The network includes a system of 13 national marine sanctuaries and Papahānaumokuākea and Rose Atoll marine national monuments.

Within these protected waters, majestic whales feed and migrate, coral reefs flourish, and shipwrecks reveal secrets of our maritime history. And it's YOURS to enjoy, because the vast majority of national marine sanctuary waters are open to recreational fishing, birding, wildlife watching, diving, surfing, kayaking and many more activities that are compatible with conservation goals.

**Artist's Collective in Elk
Features Daniel Fiddler
Acrylics & Ceramics
Opening Reception August 10**

This August the Artist's Collective in Elk will feature Daniel Fiddler with his show WINGS. From birds to butterflies, a look at nature's flying creatures. Daniel's metallic acrylic paintings on canvas accent the vivid



colors of our winged friends, each captured in mid-flight or at rest on a branch or twig. These paintings are then scanned and infused on aluminum, maintaining their deep, lustrous colors. No framing needed, ready to hang on your wall.

Daniel will also be showing his hand painted butterfly images on ceramic bud vases, and his latest humorous creations, pinecone birds.



Opening, second Saturday reception will be from 3:00pm to 5:00pm on Saturday, August 10. Come see his work at the Artists Collective in greater downtown Elk at 6031 South Highway One, Elk. Open daily 10:00am to 5:00pm. 707-877-1128.

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"But when I played Woodstock, I'll never forget that moment looking out over the hundreds of thousands of people, the sea of humanity, seeing all those people united in such a unique way. It just touched me in a way that I'll never forget."

Edgar Winter (1946 -)

**Marine Sanctuaries Schedule Advisory Council Meeting
Public Invited August 15 in Half Moon Bay**

The Greater Farallones and Monterey Bay National Marine Sanctuaries will hold a Joint Sanctuary Advisory Council Meeting Thursday, August 15, 8:45am to 4:30pm at Half Moon Bay Yacht Club, 214 Princeton Ave, Half Moon Bay, CA. The public is welcome to attend.

Sanctuary Advisory Councils meet to discuss matters relating to our marine sanctuaries along the north-central California coast, and serve as advisory bodies to sanctuary management, who may take action on various issues. Councils represent various sectors including marine conservation, fisheries, shipping, research, education, and other stakeholders. Agenda topics include: • Threats to whales (shipstrike, entanglement) • Sanctuary protection efforts; seasonal presence in local sanctuaries • Threats to seabirds (pelicans) from fishing activities • Coastline resilience sediment plan (GFNMS) • Oyster mariculture in Tomales Bay, plus other topics of interest. Two Public Comment periods are scheduled.

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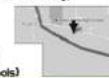
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Saturday, October 12

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Online: RunSignUp.com or www.actionnetwork.info



POINT ARENA LIGHTHOUSE Celebrating **150 YEARS**
Fundraising Dinner & Auction
Sat, Sept 28 | 5pm | Gualala Community Center

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For information: PointArenaLighthouse.com | 877-725-4448 x1

Get Out! August's Music, Poetry, Theater, Films, Art and Events

- Friday 02: 6:00pm, Mendociné, Music with Danny Barca. Popular Songs.
- Saturday 03: 1:00pm, Coast Community Library film. "Sherlock Gnomes"
- Saturday 03: 1:00pm, Arena Theater. Great Art on Screen: "Klimt & Schiele".
- Saturday 03: 3:00pm, Arena Theater, Opening "Get Into Your Sanctuary". Ocean Film Shorts.
- Saturday 03: 5:00pm, Coast Hwy Artist's Collective, Opening "Pots, Shots, and Tees"
- Saturday 03: 5:00pm, Dolphin Gallery, Opening. Carol Chell & Brenda Phillips
- Monday 05: 7:00pm, Arena Theater Film Club: "Sorry To Bother You"
- Tuesday 06: 7:00pm, Garcia River Casino. The Casuals Music & Memories Trivia Night.
- Thursday 08: 7:00pm, Flynn Creek Circus Opening Performance in Pt. Arena (all ages)
- Friday 09: 6:00pm, Mendociné, Music with Chris Doering. Gizmodalities (7-string).
- Friday 09: 7:00pm, Flynn Creek Circus Performance in Pt. Arena (all ages)
- Saturday 10: 1:00pm, Coast Community Library film. "Explorers"
- Saturday 10: 3:00pm, Flynn Creek Circus Performance in Pt. Arena (all ages)
- Saturday 10: 6:00pm, Mendociné, Music with Jim & Sharon Lieberman "American Songs".
- Saturday 10: 7:00pm, Flynn Creek Circus Performance in Pt. Arena (adults 21+ only)
- Saturday 10: 8:30pm, Garcia River Casino. Jukebox Money Country, Rock and Funk.
- Sunday 11: 1:00pm, Flynn Creek Circus Performance in Pt. Arena (all ages)
- Monday 12: 7:00pm, Arena Theater Film Club: "Don't Worry He Won't Get Far on Foot"
- Thursday 15: 6:00pm, Art In The Redwoods, "Top Hat" Dinner at Gualala Arts.
- Friday 16: 4:00pm, Art In The Redwoods, Champagne Preview at Gualala Arts.
- Friday 16: 6:00pm, Mad Cow at Gualala Hotel (in the big tent).
- Saturday 17: 10:00am, Art In The Redwoods, Festival at Gualala Arts.
- Saturday 17: 10:00am, Pt. Arena Lighthouse. National Lighthouse Day. Open House.
- Saturday 17: 5:00pm, Pt. Arena Lighthouse Lecture Series w/ Eric Wilder (Kashaya Song)
- Saturday 17: 7:30pm, Arena Theater Fundraiser: Peace & Love 1969. Live theater.
- Sunday 18: 10:00am, Art In The Redwoods, Festival at Gualala Arts.
- Tuesday 20: 7:00pm, Arena Theater. Music on Film: "The Last Waltz".
- Friday 23: 6:00pm, Mendociné, Music with JET Jazz Ensemble.
- Saturday 24: 10:00am, Studio Discovery Tour. Galleries & studios on the coast. (and 8/25)
- Saturday 24: 12:00pm, Great Day In Elk, Downtown Elk.
- Saturday 24: 1:00pm, Arena Theater, Stratford Festival on Film: "The Tempest".
- Saturday 24: 6:00pm, Mendociné, International Themed Dinner. Italian Night.
- Saturday 24: 8:30pm, Garcia River Casino. Rhythm Method. Danceable Rock.
- Monday 26: 7:00pm, Arena Theater Film Club: "Is The Man Who Is Tall Happy?"
- Friday 30: 6:00pm, Mendociné, Talk Series w/ Bill Schall. "U.S. Trade Policy"
- Saturday 31: 7:30pm, Honey Island Swamp Band at Arena Theater (Blues On The Coast)

AFRICA ON THE MENDOCINO COAST

B. Bryan Preserve in Pt. Arena

is a 110-acre conservation center dedicated to the breeding and preservation of African hoof stock. Not a zoo, but a private preserve housing endangered majestic African animals in large open fields.

Visits available at 9:30am and 4:00pm
by reservation only. Stay with us in the comfort and style
of one of our eco-friendly cottages.
(707) 882-2297 • www.bbryanpreserve.com

