

**ALWAYS  
FREE**

February 2019



# Lighthouse Peddler

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

## *The Soul Rebels.*

*The New Orleans Group  
Live at Arena Theater  
February 23.*

*A Jubilant Mix of Jazz,  
R&B, Hip-Hop, & Funk.*



Arena Theater brings The Soul Rebels, a premier mixed bag of New Orleans-flavored music, to the stage this month. Mark your calendar now: February 23!

The Soul Rebels started with an idea: to expand upon the pop music they loved on the radio and the New Orleans brass tradition they grew up on. They took that tradition and blended funk and soul with elements of hip hop, jazz and rock all within a brass band context. That New Orleans history, with influences from other genres, makes the Soul Rebels stand alone. One moment you think you're in the Big Easy and the next your in a club on the south side of Chicago. And that might happen all within

the same song. That's why a chance to hear this band is not to be passed up. The Soul Rebels hit the stage at Arena Theater Saturday, February 23 at 7:30pm.

The band has built a career around an eclectic live show that harnesses the power of horns and drums in a deep pocket funk party-like atmosphere. The Soul Rebels continue to chart new territory as they feature in major films, tour globally, and combine top-notch musicianship with songs that celebrate dancing, life, funk and soul.

The Soul Rebels were riding high in 2018, receiving national attention . . .

*cont'd on page 13*



Open Thursday-Tuesday • 11:00am to 8:00pm  
Serving Seafood, Burgers, and More!

In The Bar: Taco Tuesday: 5 pm 'til we run out  
Thirsty Thursday—\$2 pints, 6-8pm

Make Your Valentines Dinner  
Reservations: (707) 882-3400

790 PORT ROAD (The Cove) IN POINT ARENA



Acupuncture and Massage  
Chi Kung Classes  
Call to schedule an appointment



**The Tea Shop**

Local Herbal Teas & Essences  
See website for product information

707-291-5765

35590 Verdant View, The Sea Ranch  
www.birdsongclinic.com  
birdsongclinic@gmail.com



790 Port Street, Pt. Arena 95468

• open every day but Tuesday •

3:00pm to 9:00pm

• available for private parties •

• Catering Available! •

www.unedaeat.com

707-882-1960

215  
main

— IN POINT ARENA —

Good Things  
Are Coming to  
150 Main Street.

A New Tavern  
Just South of the  
Wildflower Motel.  
Stay Tuned!

Coast Highway Art Collective • Opening Reception February 2  
New Exhibit Featuring Quilts and Metal Sculpture

The public is invited to an opening reception at the Coast Highway Art Collective on Saturday, February 2, from 5:00pm to 7:00pm for works by local artist Laura Leigh, quilts, and Kristen Hoard, metal sculptor. Wine, beverages and tasty snacks will be served during the reception.

Point Arena resident and guest artist Laura Leigh has created a visual wonderland with her Keepsake Tropical Baby quilts, using fabric that is one hundred percent from Hawaiian classic and vintage materials. Leigh's attention to detail is evident in each square of her quilts, which she hand-embroiders. "Each quilt conveys my rela-



tionship to the sea and it's creatures and the flora and fauna from the islands. A visual feast of the tropics," says Leigh.

Collective member Kristen Hoard began working in metal sculpture in 1999 after taking classes at The Crucible in Oakland. She quickly realized using a forty-foot extension cord on the balcony of her condo was not a great studio space, so she moved to midtown Sacramento where she found

a house with a two -car garage, which she converted to her studio.

Hoard regularly participates in art festivals throughout Northern California, including the Palo Alto Fine Art Festival and the Crocker Art Museum Holiday show. Her work is often featured at local galleries throughout the area.



Inspired by her trips to Burning Man, Hoard started exploring sculptures that incorporate fire, flames or LED lighting. She has also completed several large corporate sculpture pieces and public artwork that can be seen around the Bay Area and Sacramento. Hoard recently finished a large lotus flower firepit for Siegfried and Roy's home in Las Vegas. This past year, she's been taking apart clocks and scavenging antique fairs for items to go into her new steampunk pieces.

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. Winter hours are Thursday through Sunday, 11:00am to 4:00pm. Visit the website at [www.coast-highway-artists.com](http://www.coast-highway-artists.com) for information about the collective's artists, upcoming events and how to join.

The Approach of Spring and the Mystery of Eternal Youth  
"Staying Healthy With The Seasons Series" • Gualala Arts, February 5

Youth is part of the cycle of life. And we only go through a single revolution of that cycle in our lifetime. But our life is still part of the greater energy of Nature all around us - and that greater energy that we're part of is eternally cycling back through youth, through the stage of "being young" - everyday another early morning, every month another waxing moon, every year another Springtime.

So that even as the arc of our own life ushers us through the linear seasons of our aging, Nature continually gives us access to the energies of youth and beginnings.

As Spring approaches, let us be reckless! Let us be unplanned! Let us be wide-eyed! Let us be inspired! Let us be unburdened! Let us be inexhaustible!

Let us allow the sun's inexorable climb into the sky, and the warmth and the burgeoning vitality course freely through our

sinews and move us in unanticipated ways, quickly, without giving our worries and concerns a chance to catch up! Let us revel in the finite moments of early Spring, and be taken by Nature to wherever she chooses to lead!



We'll have plenty of time to reflect on the wisdom of all this when Autumn arrives. For now, let the journey begin!

Karl Danskin will host the group at Gualala Arts on Tuesday, February 5. This will be a talk about engaging with the approach of Spring. We will look at the cycle of the whole year, and think about what is most natural to pursue in this period of reawakening Yang. And we will explore a simple practice for cleansing ourselves in the energy swirling around us.

No previous experience or knowledge is needed. Part of the Global Harmony Arts series at Gualala Arts Center. Further information is at [www.birdsongclinic.com](http://www.birdsongclinic.com).

Point Arena Lighthouse Has  
Full Snow Moon Night Tour  
February 19

The Point Arena Lighthouse will have a Full Snow Moon Night Tour this month. The Tour will be held on Tuesday, February 19. The Lighthouse gates will open at 6:00pm and the guided tour will begin around 6:30pm. The evening features a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast, and sweet and savory snacks accompanied by champagne or sparkling juice will also be provided. An etched Point Arena Lighthouse souvenir



champagne flute is included in the price of admission for each participant, which is \$30 per person or \$50 for two.

Reservations must be made at least three days in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. Tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund. The Lighthouse is at 45500 Lighthouse Road in Point Arena.

According to the Old Farmer's Almanac, February's Full Snow Moon is traditionally called the Full Snow Moon because usually the heaviest snows fall in February. Hunting becomes very difficult, and so some Native American tribes called this the Hunger Moon. Other Native American tribes called this Moon the "Shoulder to Shoulder Around the Fire Moon" (Wishram Native Americans), the "No Snow in the Trails Moon" (Zuni Native Americans), and the "Bone Moon" (Cherokee Native Americans). The Bone Moon meant that there was so little food that people gnawed on bones and ate bone marrow soup.

"These Night Tours have been extremely popular, selling out well in advance many times in the last several months," says Mark Hancock, Point Arena Lighthouse Executive Director. "We do limit the number of guests to 20 so make your reservations early!" For more information or to make a reservation, call the Lighthouse at 707-882-2809, ext. 1 at least three days prior to the tour.

# ADVERTISERS INDEX

• 215 Main	2	• KGUA	15
• Action Network	11	• KTDE	18
• Anchor Bay Store	13	• KZYX	20
• Arena Frame	15	• Little Green Bean	10
• Arena Pharmacy	3	• Loft, The	4
• Arena Tech Center	17	• Mar Vista	8
• Arena Theater	5	• McCann, Peter P.T	16
• Arff Feed and Pet	16	• MTA	17
• B Bryan Preserve	20	• Office Source	10
• Banana Belt Properties	12	• Oz Farm	7
• Bed and Bone	8	• Phillips Insurance	8
• Birdsong Clinic and Tea Shop	2	• Pier Chowder House	Front cover
• Cove Coffee	18	• Point Arena Light Station	3
• Denise Green	9	• Red Stella	4
• Dream Catcher Interiors	6	• Redwood Coast Chamber of Com.	17
• Four-Eyed Frog Bookstore	14	• Rollerville Cafe	12
• Garcia River Casino	19	• Sea Trader, The	4
• Green Room, The	10	• Spirit Veterinary Services	9
• Gualala Arts	7, Back Cover	• Transformational Bodywork	18
• Gualala Building Supply	13	• Uneda Pizza	2
• Gualala Supermarket	6	• Village Bootery	19
• Healing Arts and Massage	16	• Wellness On The Coast	8
• Ignacio Health Insurance	10	• Zen House Motorcycles	4
• Lorraine Lipani	13		

Our thanks to February contributors Warren Galletti, Rozann Grunig, Mitch McFarland, Blake More, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

**Read the Peddler Online-  
Its Free & In Full Color!**  
[www.thelighthousepeddler.com](http://www.thelighthousepeddler.com)

# FROM THE EDITOR'S DESK

- The Soul Rebels. New Orleans Music Comes to Arena Theater. (Cover).
- Coast Hwy Art Collective Opening Reception for Quilts & Metal Sculptures. (Page 2).
- Slow down and consider Staying Healthy, with Karl Danskin at Gualala Arts. (Page 2).
- The Full Snow Moon makes its appearance. Tour at Pt. Arena Lighthouse. (Page 2).
- Workshops are in Full Force at Gualala Arts. (Page 4).
- Lifelong Learning classes return to Coast Community Library. (Page 5).
- Not sure what to say on Valentines Day? Helpful hints for you. (Page 5).
- Moon phases no longer a mystery. (Page 6).
- Robin Joy Wellman talks about the California Collection. (Page 6).
- Young cellist Jeremy Tai performs at Chamber Music Concert at Gualala Arts. (Page 6).
- Zepparella returns to Arena Theater February 9. (Page 7).
- Action Network wants to connect with you. (Page 7).
- Arena Theater screens three classic films including the greatest of all time. (Page 8).
- Have a seat. No Really. Have a seat and help Arena Theater raise some funds. (Page 8).
- Karin Uphoff is thinking about the letter "D". (Page 9).
- There's a Pine Siskin who wants to meet you. (Page 9).
- Cathy Sue Riehm considers Cats and Kidneys. (Page 9).
- It's no border but you can cross boundaries at Gualala Arts February 1. (Page 10).
- How about 'dem Mets. Opera, that is. "Carmen" at Arena Theater February 2. (Page 10).
- Dolphin Gallery wants you to meet Ellen Boulanger & Joan Rhine. Feb. 2. (Pg.11).
- Antony & Cleopatra will both be at Arena Theater for Nat'l Theatre Live. (Page 11).
- David Steffen is thinking about Rocky. (Not Road, Balboa, or Raccoon.) (Page 12).
- A poem from Marilyn Motherbear Scott. (Page 13).
- Read about Poetry Out Loud at the High School February 12. (Page 13).
- Third Thursday Poetry at Arena Market and Cafe, February 21. (Page 13).
- Curious? See what's selling at Four-Eyed Frog Books.
- Mitch McFarland is thinking healthy thoughts. (Page 15).
- Jennifer Bort Yacovissi reviews " The Tangled Tree". (Page 14).
- This month's Sudoku is here. (Page 15).
- Warren Galletti returns to the coast. And we're pleased to have him here. (Page 16).
- Mendonoma health Alliance wants yo to know what's goin' on. (Page 17).
- The Girls Choir of Hamburg is coming to the coast for a concert. (Page 17).
- The crossword puzzle is here. (Page 18).
- M.J. Schramm returns with thoughts about Sperm whales. (Page 19).
- There's a Love Letter waiting for you. Come see the play, Feb 16 & 17. (Page 20).
- Young Picasso welcomes to explore his life at Exhibitions on Screen, Feb 10. (Page 20).
- Bob Schwein and Vicki Talbot take us exploring in the ancients. (Page 20).

Issue #208 February 2019

## Lighthouse Peddler

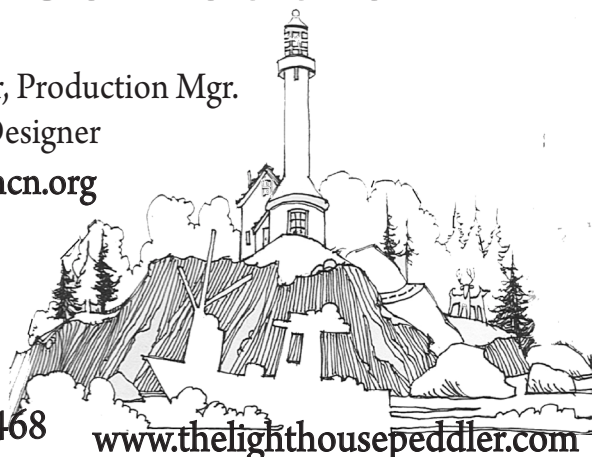
Dolly Steffen: Publisher, Production Mgr.  
David Steffen: Editor, Designer  
[lighthousepeddler@mcn.org](mailto:lighthousepeddler@mcn.org)


(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

[www.thelighthousepeddler.com](http://www.thelighthousepeddler.com)






**Natural  
Cosmetics  
Homeopathic  
& Natural  
Remedies  
Available**

**MediCal  
& Insurance  
Cheerfully  
Accepted**

**Arena Pharmacy**  
882-3025  
9 - 5:30 p.m. Mon - Fri  
Delivery Available  
235 Main Street, Point Arena



*"Climb  
to the  
Top!"*

**Point Arena  
Lighthouse**

- \* Tower Tours
- \* Museum
- \* Gift Store
- \* Lodging

Open Daily  
10:00am - 3:30pm  
4:30pm Memorial Day  
to Labor Day

45500 Lighthouse Rd.  
Point Arena, CA 95468  
(707) 882-2809 ext. 1

[PointArenaLighthouse.com](http://PointArenaLighthouse.com)

TheZenHouse.net



Just in case you haven't noticed  
We've moved "downtown"  
come see our new home  
hwy 1 in Gualala

**red stella**  
open daily 11-5:30 • sunday 11-4  
hwy 1 gualala • 707-884-1072 • www.redstella.com

**The Loft**  
*Creativity Soars Upstairs*

Quilting, Fine Yarns, **884-4424**  
Fabric, Arts & Crafts, 10-5 Mon. - Sat./11-3 - Sun.  
Handmade Gifts Sundstrom Mall, Gualala

*The Sea Trader is a fine emporium of delightful and heart-felt gifts including beautiful handcarved sculptures from Thailand, spiritual books, greeting cards, CD's and much much more. . .*

**884-3248** Hwy. One, N. Gualala  
Daily 10-5, Sun. 11-5

## Gualala Arts Has Workshops To Stimulate Any Brain Sign Up Now. There's Something For Everyone

Workshops are offered regularly at Gualala Arts. Some of them are Arts-Related. Some are intuitive or learned skill sets. Start from scratch or add to your knowledge base. What follows is a collection of upcoming events, all classified as workshops, even if you wouldn't consider them "work".

The **Redwood Coast Recreation Center** is more than a sign on Ocean Ridge Drive. (Full disclosure: I live on Ocean Ridge Drive.) I've never ventured into the 12 acres but I see the sign every day. Those dedicated people tending to what's available and what's to come for the park/center are hosting a lecture and discussion on the future of Ocean Ridge Park. From the original idea of including a swimming pool (not there yet) to a challenging disc-golf course (already there) and more, the public is invited.



There is no charge. It's scheduled for Saturday, February 23, 2:00pm at Coleman Hall. Open to all interested people. I'm pretty sure I'll be there.

Then there's "Get To Know Yourself Even Better" with Instructor Charles Ross. It's scheduled for five Thursdays: February 21, 28, and March 7, 14, 21, from 3:00pm to 4:30pm at Gualala Arts.

The cost for members of Gualala Arts is \$60; non-members, pay \$75, and if you simply drop in the cost is \$12. Register by calling the Art Center at (707) 884-1138. Register by February 14.

The classes will cover each participant's personality type and how they can learn, why certain tasks are easily understood and why some subject matter is not. How people learn best is influenced by many factors. Eyesight, which ear you hear best with and which side a person is sitting next to you, are just some of the influences that affect how you learn. Elements of the Myers-Briggs Brain Gym, NLP, Field dependent and Field independent, Impulsive/Reflective continuum will be included. The last class will add how to have open dialogue on any subject matter without rancor.

How about "Teasing Your Muse—An Introduction to Creative Journaling" with instructor Donnalynn Chase. The workshop is set for Saturday, February 23 from 12:00noon to 2:30pm. The cost for members of Gualala Arts is \$25; non-members, pay \$30, plus a \$7 materials fee. Register by calling the Art Center at (707) 884-1138. Register by February 16.

Creative Journaling promotes deeper self-awareness and personal satisfaction through self-expression. Creative (or visual) journaling goes beyond the symbols of words by using color, lines and images. Teasing your muse involves having fun with guided journaling exercises, reflection on your understanding of creativity, and practical "tools" to take home. This workshop is about exploring and expressing yourself creatively; not about a new art technique. People who have had, or have a journaling practice or who would like to begin to journal will enjoy this workshop.

Teasing your muse will expand, refresh, or reignite (maybe all!) your intention or desire to access your creative side. The playful guided exercises will release inner potential and awareness by shifting your focus of expression from linear words to color and form. Creativity is a birthright of every person – and expect to experience it through creative journaling by teasing your muse.

Feel like getting in front of an audience? There's "Intro to Improv Comedy", an acting workshop with Jim Cole. The workshop group meets Wednesdays: March 6, 13, 20, 27, and April 3, 10, 17 & 24, from 6:00pm to 8:00pm at Gualala Arts Center. The cost is \$80 for Members, \$95 for non Members. Call (707) 884-1138 to sign up by March 1.

Jim Cole urges you to "Come play with us!" The group will be doing exercises to get your brain warmed up along with actual scenes that you have seen the pros do on TV!

You mean you can actually take a class on improv comedy? Yes, Martha you can!!!! Learn the art of improvisation in a positive, supportive, and safe environment. Improv classes are a great way to improve public speaking skills, overcome shyness, meet new friends, and laugh out loud! This class will be the highlight of your week! Cole, who



by nature is a born teacher who taught and coached at the high school level for 13 years,

also performed with the San Ramon Comedy Club for 3 years. Dress comfortably and be prepared to laugh!

For those of you who are not familiar with Improvisational Comedy, it is simply acting or stand-up comedy with no script. So, how can you learn the tricks of the Improv trade? Each class will begin with getting our bodies and brains warmed up using different low-key exercises. Then, we will move on to doing different skits with ideas coming from our classmates. Jim adds, "Don't worry about thinking "I'm not funny!" Just come and be ready to have fun!"

And as someone once said, "and now for something completely different. I remember going to China in 1986 and in addition to taking in the culture and history, from time to time we were given glimpses of artists, some of whom were practicing Chinese brush painting. The elegance and skill we witnessed was extraordinary. Seeing the image of instructor Andrea Allen brought back all of those wonderful memories. Gualala Arts is offering "Chinese Brush Painting" on Thursdays, including March 7, 14, 21, 28, April 4 & 11 from 2:00pm to 4:00pm at Gualala Arts Center. The cost is \$120 for GA Members & \$135 for non Members, \$20 materials fee, call 707.884.1138 to sign up by February 26.

Here's an opportunity to learn the ancient art of Chinese Brush Painting, including grinding your own Sumi Ink, loading the Calligraphy Brush & applying the Dynasty-old Brush Strokes to rice paper, creating Bamboo



Flowers & more. This class includes Asian symbolism & philosophy, enhancing the serenity that comes from ancient Asian traditions.

As a Chinese Brush Artist, Andrea Allen has developed a unique style that combines the traditions of the Chinese Masters with a subtle, contemporary flair. She studied with a Chinese Master for six years, and has been painting and teaching in this style for over twenty years.

There you have it. I hope you're intrigued enough to sign up for one. To register for any of these workshops contact Gualala Arts. (707) 884-1138. Your brain will thank you.

## Five New Lifelong Learning Classes Return in February Coast Community Library Hosts New and Returning Classes

After a break for the holidays, our Coast Community Library in Point Arena is back with a new schedule of classes and workshops.

There are five new Lifelong Learning classes: Archaeology, Linguistics, Celtic history, Investing and Sketching, scheduled to begin at the Coast Community Library Wednesday February 6 and Thursday February 7. These college-level classes are available free to the public, all in a DVD format produced by The Great Courses, and are shown on a big screen TV in the Library's comfortable Community Room. Most lectures last half an hour and two lectures are usually viewed during each class meeting. Here are the new courses:

"How the Stock Market Works", taught by Professor Ramon De Gennaro, University of Tennessee, Knoxville is scheduled for nine Wednesdays, from February 6 to April 3 at 9:00am. Its focus is on the fundamentals of investing. Facilitating this class is South Coast resident, Jay Brawner.

Next, at 10:30am, is the "Story of Human Language" with Professor John McWhorter of Columbia University. This five out of five star rated class is on Wednesdays from February 6 to June 5. In fascinating detail McWhorter shows how a single tongue spoken 300,000 years ago has evolved into the estimated 7,000 languages used around the world today. This course is facilitated by Gary Klein of Irish Beach.

"Sketching People, Places, and Landscapes" begins Wednesday February 6 through May 29 at 12noon. This Great Courses class is a compilation of the best sketching courses

Craftsy has to offer. Taught by four well known artists, it is divided into five modules

of close-up instruction and essential tips and techniques. Occasional weekend drawing/sketching sessions will be offered depending on class interest. Facilitating this course will be South Coast resident Larry Riddle who holds a degree in Studio Art.

"Maya to Aztec: Ancient Mesoamerica Revealed" taught by Professor Edwin Barnhart of the Maya Exploration Center is set

for 12:30pm on Thursdays from February 7 to April 25. This is the last in a series of courses on the archaeology of the Americas.

It focuses on the history and culture of Mesoamerica societies which were the equal of the world's greatest civilizations. Their achievements include development of a calendar, complex mathematics and writing. Facilitator is Virgil Knoche of Manchester.

Last in the lineup of new classes is "The Celtic World" taught by Professor Jennifer Paxton, director of the University Honors Program, the Catholic University of America. Starting

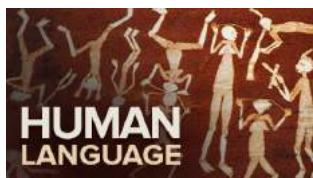
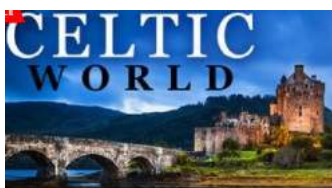
at 2:00pm February 7 and continuing on Thursdays through April 25,

this class tells the story of the Celtic speaking peoples whose art, language and culture once spread from Ireland to Austria and who in 2,500 years helped shape the modern world. Carol Eastwood of Point Arena facilitates the class.

These five new classes join two ongoing classes. "Screenwriting 101" begins again on Wednesdays at 2:00pm from February 7 until April 17. Professor Angus Fletcher of Ohio State University teaches the class. Upcoming lessons focus on the structure and techniques of scripts for TV. Paula Gann of Irish Beach is the facilitator. The second class, on Thursdays at 11:00am is "How to Listen to and Understand Opera". Taught by Professor Robert Greenberg of San Francisco Performances, it ends May 9. Facilitator is local music lover, Bob Schwein.

No signups are necessary to attend these free classes which are paid for and supported by Friends of Coast Community Library.

There are still people who look at a library and think "books". The reality is yes, they have books. But a library—particularly one in a coastal community like ours—is more than books; a library is a resource to help all of us, young and old, continue to grow. Take advantage of it. And while you're there, think about dropping off a donation. After all, it's your library too. The library is at 225 Main Street, Point Arena.. (707) 882-3114.



## All you need is love

"All you need is love. But a little chocolate now and then doesn't hurt."

Charles M. Schulz

"How did it happen that their lips came together? How does it happen that birds sing, that snow melts, that the rose unfolds, that the dawn whitens behind the stark shapes of trees on the quivering summit of the hill? A kiss, and all was said."

Victor Hugo

"The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along."

Rumi

"Romance is thinking about your significant other, when you are supposed to be thinking about something else."

Nicholas Sparks

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon."

Author Unknown

"Love makes your soul crawl out from its hiding place."

Zora Neale Hurston

"For twas not into my ear you whispered  
But into my heart  
Twas not my lips you kissed  
But my soul."

Judy Garland

"I've fallen in love many times... always with you."

Author Unknown



**ARENA THEATER**

[arenatheater.org](http://arenatheater.org)

February 2019

New Orleans' Finest  
**The Soul Rebels**

Saturday Feb. 23 7:30 PM

Coming in March 2019!

Blues on the Coast Presents  
Shawn Holt and The Teardrops

Saturday March 9 7:30 PM

Met Opera Live in HD

Saturday Feb. 2 9:55 AM

Carmen

Arena Theater Live  
Saturday Feb. 9 8:30 PM

Zepparella

Exhibition on Screen

Sunday Feb. 10 1 PM

Young Picasso

National Theatre Live  
from London

Saturday Feb. 16 1 PM

Antony and Cleopatra

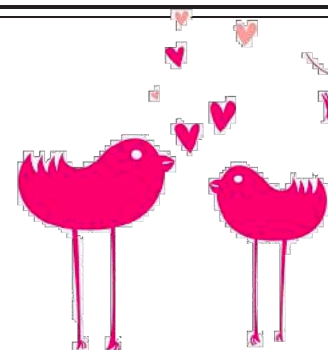
Arena Theater Film Club  
Mondays 7 PM

Feb. 4 Orpheus

Feb. 11 Melancholia

Feb. 25 Citizen Kane

214 Main Street Point Arena



T	O	R	I	A	S	V	N	E	E	R	T
S	S	V	S	R	E	D	D	O	H	O	V
L	E	A	B	L	E	R	A	P	O	N	I
R	A	V	E	R	A	P	O	N	I	N	E
F	R	E	N	E	R	E	N	E	R	F	
R	E	G	A	L	R	E	G	A	L	R	
T	R	E	S	R	O	F	E	R	N	A	P
N	E	M	E	L	V	A	N	V	A	N	E
I	R	I	S	R	E	N	O	G	N	E	V
R	O	T	U	T	U	L	N	N	A	R	O
P	C	A	M	P	E	R	I	N	A	L	E
E	G	A	V	E	R	A	C	T	A	L	E
R	E	A	R	I	A	V	A	R	M	A	L
O	N	I	N	T	O	C	O	N	T	E	R
T	S	O	H	E	S	W	E	D	E	S	S

Solution to Crossword

New Moon



February 4

Full Moon



February 19

### Dream Catcher Interiors

We carry carpet, wood, tile, laminate, vinyl, window coverings, kitchen cabinets, and area rugs.

Monday To Friday 10 AM - 5 PM  
Saturday 10 AM - 3 PM

39200 S. HWY 1 GUALALA CA  
dreamcatcherinteriors@outlook.com  
707-884-9655

### Robin Joy Wellman Visits The P. A. Lighthouse February 16 As Part of 2019 Lecture Series

On Saturday, February 16 at 4:00pm Robin Joy Wellman will present "California Collection - The Project of the Sonoma-Mendocino Artifacts in St. Petersburg Kunstkamera" as part of the Lighthouse Lecture Series.

Robin retired after 27 years at Fort Ross State Historic Park where she worked closely with natural and cultural history interpretation providing research, curriculum devel-



opment, and programs. The Peter the Great Museum of Anthropology and Ethnography (the Kunstkamera) is one of the richest ethnographical museums in the world and is a scholarly center of international fame. Today the museum houses the largest collection of Pomo and Coast Miwok basketry and adornment in the world with known provenience.

The museum's unique collections include collections from scientists and ethnographers of the Russian American and Northwest Pacific histories. Not only is the collection from original work of native people is also includes the provenance which is very important.

The Point Arena Lighthouse is at 45500 Lighthouse Road in Point Arenas. Information is at (877) 725-4448, ext. 1 or (707) 882-2809, ext. 1, and at pointarenalighthouse.org.

### Jeremy Tai • Chamber Music Concert Gualala Arts, February 10 Klein Award Winning Cellist

Award winning cellist Jeremy Tai comes to the coast as part of Gualala Arts' Chamber Music Series. At 19 years of age, he has already been recognized as an emerging artist of fierce energy, musical sincerity, and dynamic colors. The performance is scheduled for Sunday, February 10, 2019, 4:00pm at Gualala Arts Center' Coleman Hall. Tickets are \$25 in advance (plus \$5 day of) and are available at Gualala Arts, the Dolphin Center, and online at Brown Paper Tickets.

Jeremy Tai has appeared with the Utah



Symphony, Symphony Parnassus in San Francisco, the Palo Alto Philharmonic Orchestra, the University of California at Davis Symphony Orchestra, and the California Youth Symphony Orchestra. Mr. Tai made his solo debut at the Junior Bach Festival in Berkeley, California at age 10 and his national debut at the Music Teachers National Association Convention in New York City at age 14. He has played for esteemed musicians and groups such as Emmanuel Ax, Jian Wang, Zuill Bailey, Mark Kosower, the Dover Quartet, the Borromeo String Quartet, Borromeo String Quartet, Israeli Chamber Project, Henschel String Quartet, Lee Trio, and the Horszowski Trio.

The program will include Cello Suite No. 3 in C Major by J.S. Bach, Cello Sonata No. 3 in A Major, Op. 69 by Ludwig von Beethoven, Pezzo Capriccioso in B Minor,

Op. 62 by Pyotr Ilyich Tchaikovsky, and Cello Sonata in C Major, Op. 119, by Sergei Prokofiev.

Accompanying Jeremy Tai is pianist Dmitriy Cogan. Mr. Cogan began his music studies at the age of six at the Central Music School in Moscow. In 1974, he immigrated with his family to the US and settled in San

Francisco, studying conducting at the San Francisco Conservatory of Music and continuing his piano studies with Vladimir Pleshakov and Maria Cisyc. In 1979, he moved to New York to study with Martin Canin at the Juilliard School, where

he received Bachelor and Master of Music degrees.

The recipient of numerous honors and awards, Mr. Tai is the first prize winner of the Klein International String Competition, Music Teachers National Association National Strings Competition, Mondavi Center National Young Artists Competition, American Fine Arts Festival International Concerto Competition, and Music Teachers' Association of California VOCE State Competition.

Raised in Cupertino, California, Mr. Tai began his studies with Jonathan Koh at the age nine and later entered Mr. Koh's studio at the San Francisco Conservatory of Music Pre-College. Mr. Tai, a full scholarship recipient from the Bienen School of Music at Northwestern University, studies with Hans Jorgen Jensen.

Happy Valentines Day from

## GUALALA SUPERMARKET

Your FULL SERVICE Grocery  
...with High Quality Fresh Meats  
& Vegetables

SENIOR  
DISCOUNT  
EVERY  
MONDAY



WE  
ACCEPT  
EFT  
CARDS

SUNDSTROM MALL, GUALALA

884-1205

7AM UNTIL 8PM DAILY

## Zepparella Returns February 9 Arena Theater Presents A Local Favorite

This month one of the coast's favorite bands returns to Arena Theater. Back by popular demand, rock tribute band



Zepparella performs at Arena Theater on Saturday, February 9, at 8:30pm with doors opening at 8:00pm. Local outfit Middle Children will open the concert.

Hailing from San Francisco, Zepparella is an all-female tribute band that sees itself as more than just a tribute band. "Our shows replicate the powerful, improvisational musical journey for which Zeppelin shows were renowned and we're intent on bringing alive the passion, the beauty, the aggression, the musicality of Led Zeppelin," they said.

The line-up includes drummer and founding member, Clementine, Gretchen Menn on guitar, Holly West on bass, and vocalist Anna Kristina.

Clementine tackles the arguably best rock drumming ever written with her own emotionally powerful style, bringing the



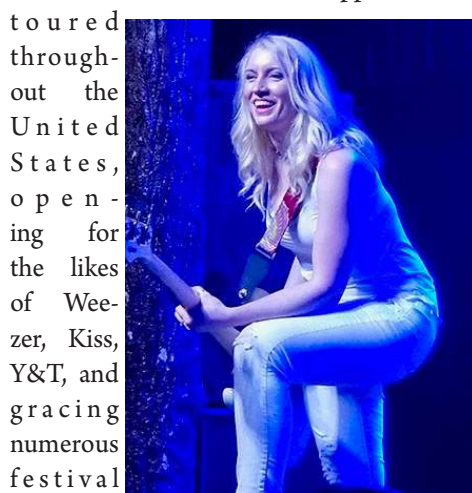
Motown influence of the Bonham groove to the forefront. Guitarist Menn began her path studying classical guitar but she admits that she loved Jimmy Page's guitar playing longer than she has played the guitar. "It was through the music of Led Zeppelin that I

found a gateway into music that resonated deeply with me, creating a love for guitar-oriented music, and, ultimately, the guitar."

Bassist West, a self-taught bass player, is also a blossoming vocalist with rich rock pipes. Her time on stage has been well spent, developing an impressive attack, impeccable feel, and a technique which seems to have come completely naturally to her.

Singer Anna Kristina is a soulful, fiery, and rocking vocal powerhouse who has stepped into Zepparella's Plant spot for a second time. Anna was with the band for 5 years, became known for her performance in the band's 10 million-view "When The Levee Breaks" video, took a 6-year hiatus, and returned in 2018 to front the band. Her career has spanned acoustic, jazz, soul, rock, and her charisma and power delivers captivating performances every night.

Over the course of their career, Zepparella has released two live albums, and in 2014 put out a self-titled 10-song studio album. "Live at 19 Broadway" was self-released in 2005 and "A Pleasing Pounding" was released on WhatAreRecords? in 2010. Zepparella has



touring throughout the United States, opening for the likes of Weezer, Kiss, Y&T, and gracing numerous festival stages, private parties, theaters, and down and dirty rock venues. More information about the band can be found at [www.zepparella.com](http://www.zepparella.com).

New York Minute Magazine wrote, "What makes them special is the perfect storm of incredible musical talent combined with a zeal for the music they are performing. Each member is a proven virtuoso in their own right, with a reputation for an expert command of their instrument."

The Arena Theater bar and snack stand will be open. Tickets are \$20 general, \$15 youth, available at Four-Eyed Frog Books and Sea Trader in Gualala, Arena Market in Point Arena, Twist in Mendocino and online at [www.arenatheater.org](http://www.arenatheater.org).

Cover Band? Tribute Band? Rock band? They've got it all.

## The Across Ages & Cultures Prevention Coalition Monthly Meeting February 20

The Across Ages & Cultures Prevention Coalition would like to invite you to their next monthly meeting on Wednesday, Feb 20 at 3:30pm at Action Network in Point Arena. Agenda items will include:

1. Review of the PRIDE Survey from Spring 2018,
2. Plan to administer the PRIDE Survey again in Spring 2019, and
3. A discussion about Differential Response. Differential Response is a new program from Mendocino County designed to respond to all reports filed via their hot line with the less serious reports being referred to Action Network Family Resource Center for follow-up.

Contact Action Network if you'd like to read the January 16 meeting minutes in-

cluding the PowerPoint Presentation and CARA Action Plan for prevention of opioids, methamphetamines and other prescription drugs over the next three years. The AAC Coalition continues to work on other initiatives as well throughout the year to bring positive influences and prevention to our community of our community. The Coalition Involvement Agreement (CIA's) are also available if you would like to sign up to be an active member of AAC. If you are already signed a CIA, we thank you very much for committing to be an active part of the coalition.

For 2019, the AAC Prevention Coalition will meet every third Wednesday of the month at Action Network Point Arena location (200 Main Street, Point Arena, CA. 95468) from 3:30pm to 5:00pm with the exception of April, July, and October at which time we will collaborate with Mendocino Opioid Alliance by attending their quarterly meeting and provide an update on Coalition activities.

Please join them for their next meeting on February 20. A reminder and final agenda will be sent prior to the meeting. If you have any questions (or you're not yet signed up for information), you're invited to contact Kathleen Bennett at Action Network. ([kathleen@actionnetwork.info](mailto:kathleen@actionnetwork.info)).



**Gualala Arts**  
SINCE 1961  
707.884.1138  
[GualalaArts.org](http://GualalaArts.org)  
46501 Old State Hwy  
Gualala, CA 95445

*New Gualala Arts Opening*  
**Fri., 2/01** **Free** **5-7 pm**

**Crossing Boundaries:  
The Art of the Book**  
Art that's about more than books and as limitless as the imagination.

**The Classical View:**  
Botanical paintings, nudes and watercolors by Lisa & Tom Prosek.  
**Both Exhibits Continue through Feb. 24**

*Dolphin Gallery Opening Reception*  
**Sat., 2/02** **Free** **5-7 pm**

**Ellen Boulanger and Joan Rhine**  
Plein Air and Studio Oil Paintings, Jewelry and Mixed-media sculpture.  
**Exhibit Continues through Feb. 24**

**Sun. 2/10** **4 pm**  
**Jeremy Tai, Cello**  
**Chamber Music Concert**

\$25 advance, Plus \$5 day of Event  
Youth 7 - 17 free with adult

**Sat., 2/16, 7 pm • Sun., 2/17, 2 pm**  
**Love Letters**  
A Play by A. R. Gurney

\$15 advance, Plus \$5 day of Event

**Mon., 3/04** **7 pm**  
**Girls Choir of Hamburg**  
(Mädchenchor Hamburg)

50+ Girls in a Special Choral Event  
\$10 advance, Plus \$5 day of Event  
Youth 7 - 17 free with adult

**February Workshops**  
**2/2: Womens Self-Defense**  
**2/21: Get To Know Yourself Even Better**  
**2/23: Introduction to Creative Journaling**  
To register for these and other workshops, call 707-884-1138

Purchase Advance Tickets at  
BrownPaperTickets 1-800-838-3006  
or in person at  
Gualala Arts Center or Dolphin Gallery  
10 am - 4 pm • Noon - 4 pm weekends



**OZ FARM**

• CSA • Weddings • Retreats •  
**OZFARM.COM**  
707.882.3046  
[info@ozfarm.com](mailto:info@ozfarm.com)

USDA ORGANIC Certified Farmers



**Mar Vista Cottages**  
 Hwy. One - Anchor Bay  
 884-3522  
 www.MarVistaMendocino.com



**Bed & Bone**  
 Lodging for Paws  
 Boarding Grooming  
 882-2429  
 PO Box 174 Point Arena 95468  
 www.bednbone.com

"Truth is not only stranger than fiction, it is more interesting."  
 William Randolph Hearst

**ANCHOR BAY STORE**  
 featuring a full line of  
 Organic & Conventional Foods  
 Beer & Wine Camp Supplies

MON- SAT 8-7  
 SUNDAY 8-6

884-4245



**ENHANCE YOUR HEALTH & VITALITY**  
 www.Wellness On The Coast.com  
 See Our Website To Find  
 20+ Local Bodywork Practitioners and Teachers provide exceptional resources & services

MASSAGE · CRANIOSACRAL · YOGA  
 JIN SHIN JYUTSU · CHIROPRACTIC  
 FACIALS · REFLEXOLOGY · PILATES  
 ACUPUNCTURE AND MORE

**Poetry, Cosmic Hazzards, and the Greatest Film of All Time  
 Arena Theater Film Club Won't Disappoint in February**

Arena Theater Film Club was designed for months like this. In February, the Club presents three films covering the emotional spectrum to a T.

First up is Orpheus, screening Monday, February 4 at 7:00m. Adapted from the Orpheus myth, Jean Cocteau—French poet, novelist, dramatist, designer, boxing manager, filmmaker—Orpheus (1950) is an update of the Orpheus myth. It depicts a famous poet (played by Jean Marais), scorned by the Left Bank youth, and his love for both his wife, Eurydice (Marie Déa), and a mysterious princess (Maria Casarès).

Seeking inspiration, the poet follows the princess from the world of the living to the

*Orpheus* land of the dead, through director Jean Cocteau's famous mirrored portal. Orpheus's peerless visual poetry and dream-like storytelling represent the legendary Cocteau (1889-1963)



at the height of his powers. The 1950 film is unrated, has a runtime of 95 minutes, is in B&W, in French with English subtitles. Orpheus also stars François Périer, Juliette Gréco, and Henri Crémieux.

One week later on Monday, February 11 the screen lights up with Melancholia (2011), a film by director Lars von Trier. I'll resist the temptation to divulge—as a 2012 reviewer chose to do—how the film ends.

Let's just say that by the times the end credits roll, the story is complete. If that has piqued your curiosity that was the point.

Justine (Kirsten Dunst) and Michael (Alexander Skarsgård) celebrate their marriage at a sumptuous party in the home of Justine's sister Claire (Charlotte Gainsbourg) and brother-in-law John (Kiefer Sutherland). Despite Claire's best efforts, the wedding is a fiasco with family tensions mounting and relationships fraying. Meanwhile, a planet called Melancholia is heading directly towards Earth threatening the very existence of humankind. It's not just the guests at the grand wedding, held at an ever-so-romantic castle surrounded by — what else? — a golf course.

If you've thought about Earth being a planet unique (and alone) in the universe,

the Danish film maker wants to put a sharp point on it. Personal and communal worlds collide. Skillfully crafted by von Trier, the film also stars John Hurt, and Stellan Skarsgård. With



credits from Denmark, Sweden, France, and Germany, the film is in English and runs 135 minutes.

As befitting its status as "the Greatest Film of all Time", the final film of the month is Orson Welles' Citizen Kane (1941). And in these highly-charged political times Welles' classic is, perhaps, a bit of a reminder of power, and the axiom that "absolute power corrupts absolutely". Citizen Kane screens at Arena Theater on Monday, February 25 at 7:00pm.

Orson Welles, Hollywood's then 26-year old wunderkind was already a household name by virtue of his work already in radio and theatre, and was ready to conquer film as well. While William Randolph Hearst is still recognized as one of the most powerful figures of the twentieth century, Welles chose to create a fictionalized version of Hearst in the persona of Charles Foster Kane. He charts the rise of Kane, using inherited wealth (as I said, there is familiarity with today's political and media titans) to start a newspaper with his inherited fortune – Welles' film is a classic story of the corrupting effects of power.

The story unfolds through the eyes of the people important to the tycoon--each showing a different aspect of Citizen Kane. Frequently regarded as the best American film ever made; winner of an Academy Award for Best Writing, Original Screenplay; and nominated for an additional eight Academy Awards including Best Picture, Best Director and Best Actor. (William Randolph Hearst fought to prevent the release of the film by RKO.) Orson Welles directs and stars, along with Dorothy Comingore, Joseph Cotten, Everett Sloane, Agnes Moorehead, Ray Collins, Paul Stewart, Everett Sloane. If you don't recognize all the names, you will absolutely recognize the faces as they come on screen. Citizen Kane is rated PG and has runtime of 119 minutes.

**Arena Theater's "Have-A-Seat" Fundraising Continues (and Frances McDormand Joined the Fun.)**

Actors Frances McDormand and David Strathairn were recently in the area to shoot part of their most recent film. During their visit Ms. McDormand took time to visit with an old friend, Alethea Patton, who recently moved to Point Arena from Bolinas. McDormand has a home in Bolinas where, over the years, she became friendly with Patton.

On behalf of the Arena Theater Patton was asked to inquire of McDormand if she would like to commemorate her visit to Point Arena by purchasing a theater seat under the Have-a-Seat program that Arena Theater is using to help pay down their mortgage. It was a long shot, but here is a portion of McDormand's quick response:

*My only regrets of the time I recently spent in Point Arena is that:*  
 A. I didn't have more time with my dear friend Alethea.  
 B. That she and I didn't have time to take in a show at the cinema... One seat plaque for Joel and I (she is married to Joel Coen)...and... for my character, Fern/NMDLND.  
 Thank you for what you do. Brick and Mortar cinemas are our temples, churches, mosques. Long may they thrive!  
 Yours,  
 Fran McD

Seats 13E and 11E will soon bear the names of these film luminaries. Perhaps this could start a trend that visiting celebrities be invited to be enshrined in our little movie house.

The highly successful Have-a-Seat project has over the last few years reduced the theater's mortgage by \$100,000. Once the mortgage is retired, it will free funds to enhance entertainment programs at the Theater.

MM

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

**Solution to Sudoku:**



## Words on Wellness • Vitamin D

by Karin Uphoff

The light is returning and longer days are right around the corner, though the cold keeps us under wraps. Our vitamin D stores, which our skin synthesizes in summer, start to deplete. Vitamin D is an important nutrient that helps regulate calcium and phosphorus levels for bone health. It is also part of a vital immune system, healthy gut and brain health. There are essentially two types: D3 (cholecalciferol) from fish oils, liver, egg yolk, dairy exposed to sun or D3 supplements derived from sheep lanolin, and D2 (ergocalciferol) made from irradiated yeast and added to fortified foods. Only one plant makes Vitamin D2; Mushrooms.

Mushrooms can synthesize D because they contain a "pro-vitamin," or precursor, called ergosterol that is converted into vitamin D2 when exposed to the sun's ultraviolet (UV) radiation—similar to how our skin synthesizes D2. All D2 must be activated to D3 in the kidneys for bone building. The best vegan vitamin D is from wild mushrooms—notably chanterelles, maitake, and morels who get natural sun exposure.

Commercially cultivated mushrooms are usually grown in the dark, so they have negligible amounts of vitamin D, however,

*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](http://www.karinuphoff.com)*



some commercial growers produce D-enhanced mushrooms by exposing them briefly to UV lamps after harvesting. They are usually labeled "UV-treated" or "high in vitamin D". D-enhanced mushrooms can contain 400 IU of vitamin D per 3-ounce serving. Just 15 minutes of direct sunlight can produce 200 to 800 IU in 3 ounces of mushrooms (the daily RDA is 600 to 800 IU), regardless of type or season. At least 90 percent of the vitamin is retained after storage and cooking.

A study of the bioavailability of vitamin D2 in mushrooms revealed that ingestion of 2000 IUs of vitamin D2 in mushrooms was as effective in raising and maintaining blood levels of D as ingesting a supplement of 2000 IUs of vitamin D2. Whole button mushrooms synthesize the least D, but sliced buttons are proficient producers if placed with the "gills" facing the sun to increase D production. Shiitake mushrooms do well and have even demonstrated the ability to synthesize D3 in small amounts. Though this D enhancement process may slightly dry and discolor them, you can enhance D2 levels in any mushrooms you buy or pick, by letting them sunbathe in the middle of the day.

## Pine Siskin. Nondescript? Sez who?

Pine Siskins are nondescript birds seen visiting here in large flocks. Their calls clue me in to their presence and leading me to look for a foraging flock in the tree tops. These flocks can be mixed with other species, such as goldfinches, juncos and crossbills.

Pine Siskins are a five-inch finch with an uncharacteristically narrow bill -- for a finch. They are heavily streaked with shades of brown with a bit of pale yellow at the base of their short, notched tail and a yellow line on their wings that is most easily visible in flight.

It is said that when it rains Pine Siskins it pours. These nomadic flocks appear in the fall and winter as birds descend from higher elevations. Flocks of fifty to two hundred are common and some reach a thousand. They will descend on bird feeders and clean them out. They feed on plant buds and seeds, such as thistle seeds. They also eat



some insects, drink nectar from blossoms, and sap from the holes made by sapsckers. They are also attracted to road salts, mineral licks, and ashes.

Courtship displays begin before the winter flocks break up. The singing male will fly circles above the female. They return to the coniferous forest or to mixed forest with hardwoods to breed. Since the choice of breeding areas is based on food availability, it is not very predictable.

Pine Siskins nest semi-colonally, building their nests only a few feet apart on the outer branches. They are made of grass and rootlets lined with fur and feathers. The female incubates four to five greenish-blue eggs that are speckled brown. The male feeds the female in the nest for two weeks of incubation and later provides food for the female and nestlings.

So look up in the trees for glimpses of yellow in tight flocks.

*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](http://www.mendocinocoastaudubon.org). Photo credit: Audubon*

## Animal Care & Welfare • "Kidney Disease"

By Cathy Sue Riehm

Meet Jilly Beans, one of my favorite patients of all time. She is, what I call, a 'kidney cat'. Jilly Beans is a 17 year old kitty with chronic kidney disease that I've been treating with subcutaneous fluids for almost a year.

Chronic renal disease is, unfortunately, pretty common in geriatric cats. It is a progressive and irreversible loss of functioning kidney tissue. Chronic kidney disease in cats will cause an increased water intake (you might notice your kitty drinking more water than she normally does) as well as an increase in urination (you might notice your cat going to the litter box twice as many times per day). Other signs of chronic renal disease in cats are weight loss, anorexia (or loss of appetite) and anemia.

Why do kidney cats show these signs? A function of the kidneys is to concentrate urine- which contributes to the body's hydration status. If the kidneys are not functioning properly and cannot concentrate urine, the patient will urinate more, decreasing their hydration status. This is what causes the kidney cat's routine of drinking more water, being unable to concentrate their urine, urinating more, becoming more dehydrated, drinking more water, being unable to concentrate their urine, urinating more, becoming more dehydrated....

What can we do for our kitties before

we see any of these signs? Early detection is key- if we catch an irreversible disease early, we can possibly slow its progression with treatment. Blood work and a urinalysis



from your veterinarian will provide crucial information. For example, high BUN (or blood urea nitrogen) levels in the blood can indicate abnormal kidney function- if the kidneys cannot filter waste products from the urine, these products will go back into the bloodstream. One component of the urinalysis, specific gravity, indicates the number and weight of particles in the urine, thus the

concentrating ability of the kidneys.

Some tips that can possibly help to prevent chronic kidney disease in cats include feeding wet food (moisture-rich raw or canned), maintaining your kitty's oral health (a healthy mouth is less work for the kidneys) and keeping litter-box conditions clean (to prevent UTIs, or urinary tract infections).

Should your kitty be diagnosed with chronic kidney disease, your veterinarian can help with slowing the progression of this disease by developing a treatment plan that can include fluid therapy, a special prescription kidney diet and renal support supplements.

And Jilly Beans shares that her favorite is getting scratched under her chin while getting her fluids- she's just sayin'.

Please. Think.  
"People, and their actions, directly and indirectly affect living things, either by overharvesting them, affecting or removing their habitats, or even altering the conditions they need to survive via local pollution or global climate change."

### Spirit Veterinary Services

Mobile Veterinary Services for Dogs & Cats

**Dr. Jennifer L. Frankot, DVM, MBA**

Monday - Thursday: 8:00am - 5:00pm

Friday: 8:30am - 12:30pm

*In-Home Visits, Stewarts Point to Manchester*



(707) 840-3410

Gualala, CA 95445

[www.spiritveterinaryservices.com](http://www.spiritveterinaryservices.com)

## JIN SHIN JYUTSU

Gentle and Powerful Relief for:  
**Pain**

**Stress**

**Allergies**

Since 1981

**DENISE GREEN, CMT**

882-2437



39150 Ocean Drive, Suite 2  
in Gualala

**PRINT • SCAN • FAX • EMAIL**  
Business Cards • Building Plans  
Postcards • Flyers • Posters  
Signage • Secretarial Services  
Office Supplies • Tech Accessories

ph 707.884.9640

fax 707.885.0191

officesourcegualala@gmail.com

**BUSINESS HOURS**

Monday • Tuesday • Thursday • Friday

10am-5pm

**CLOSED Wednesdays & Weekends**

Mendocino Coast Coffee Roastery



Locally Roasting Specialty Coffee in Small  
Batches and Delivering Often,  
for Freshness & Flavor

Available In Stores Locally, and online at  
littlegreenbeanroastery.com

The Little Green Bean • 211 Main Street (Hwy 1)  
Pt. Arena, 95468 • (707) 684-9813



## Crossing Boundaries: The Art of the Book A New Exhibit At Gualala Arts Opening February 1

Book Art is as expansive as the artistry of books, which have been made for centuries within the countless genres of art. In the past, "Book Art" has been simply defined as art made from a book, yet that description is very limited and somewhat boring. The contemporary field of Book Art includes, but is not limited to, fine press books, sculptural book works, artist books, altered books, designer bookbinding, installation, and performance.

Crossing Boundaries: The Art of the Book opens with a reception Friday, February 1, from 5:00pm to 7:00pm at Gualala Arts' Burnett Gallery. The exhibit continues through Sunday, February 24.



One of the exhibits is a valise repurposed by artist Jackie Gardener. As she reflected last month "A good day to be in my studio with the rain pounding down. I've been working on this old valise for quite a while and just made my final decisions and glued the last bit into place. Inside, in beautiful wooden letterpress letters, it says "talk! Do & be". Lots of different parts came together on this one." The idea that "Book Art is art that is about more than books and as limitless as the imagination" seems to fit Gardener's Valise perfectly.

Any number of the exhibited works will be surprising to visitors as not everything being featured is, strictly speaking, a book. The disciplines used to create Book Art include printing, printmaking, papermaking, letterpress, photography, poetry, experi-

mental narratives, visual arts, graphic design, and many more disciplines, too numerous to mention. As a discipline that is as hard to define as art, it has limitless potential. What all Book Arts do have in common is that the form or function of a book relates directly to the artist's intent. The artist has chosen a "book" for his/her artistic expression. This choice originates from a love and respect for the power of the book; books communicate.

Another example of book art to be found in this exhibit is a dress suggesting roots in another medium.



night and get a close look at the dress. Or the books. Or the valise. Or...

## Met Opera Live February 2 "Carmen" At Arena Theater

The Metropolitan Opera returns to Arena Theater this month with "Carmen", screening Saturday, February 2, at 9:55am. Tickets are \$24 general admission, \$22 seniors, and \$18 students. Tickets are available online at ArenaTheater.Org.

Mezzo-soprano Clémentine Margaine reprises her remarkable portrayal of opera's ultimate seductress, a triumph in her 2017 debut performances, with impassioned tenor Roberto Alagna as her lover, Don José. Louis Langrée conducts Sir Richard Eyre's powerful production.

"Carmen" was a scandal at its 1875 premiere but soon after became a triumphal success and has remained one of the most frequently staged operas in the world.



The opera takes place in and around Seville, a city that, by the time "Carmen" was written, had already served many operatic composers as an exotic setting conducive to erotic intrigues and turmoil. The hometown of Don Juan, Seville inspired Mozart with "Don Giovanni," and Beethoven used Seville as the setting for "Fidelio."

The score of "Carmen" contains so many instantly recognizable tunes that it can be easy to overlook how well constructed it is. The major solos are excellent combinations of arresting melody and dramatic purpose—from the baritone's famous Toreador Song to the tenor's wrenching Flower Song to the title character's alluring Habanera and Seguidilla—and the duets and ensembles are equally beguiling.

The opera has a runtime of 221 minutes with 2 intermissions.

the green  
ROOM

CannabisMendocino.com



HOURS: MON-THURS 11-6PM • FRI-SUN 11:30-7PM

**707-320-1918**

CALL FOR DELIVERY • 138 MAIN STREET, POINT ARENA



**KEEP  
CALM**

AND CALL

**VANESSA**



INDIVIDUAL, FAMILY, & SMALL BUSINESS  
HEALTH INSURANCE PLANS

**35512 S. Hwy 1, Anchor Bay**

Across the street from the  
Anchor Bay Store

**Vanessa Ignacio**  
Agent / Broker

**884-4640**

Get Covered, Now!

vanessa@ignaciohealth.com  
OK08156 | OH53499

## Dolphin Gallery's New Exhibit Opens February 2 Ellen Boulanger's Paintings and Joan Rhine's Jewelry and Sculpture Are Featured

The first weekend each month is usually a time to take a look at the art on display at various galleries, and Dolphin Gallery in Gualala is no exception. Two artists, Ellen Boulanger and Joan Rhine, will be featured this month and both will attend the Gallery's opening reception set for Saturday, February 2, from 5:00pm to 7:00pm. Open to everyone, the reception will include snacks and a no-host bar.

Boulanger and Rhine will give us a look at colorful art for the wall, jewelry for the body, and sculpture for the table. Painter Ellen Boulanger, and jeweler and mixed-media artist Joan Rhine will be on hand for the reception Saturday, February 2, 2019, from 5:00 to 7:00 pm at the Dolphin Gallery in Gualala. Of course there will be appetizers and drinks to enjoy while browsing the gallery, a no-host bar, and a wonderful collection of eye candy. The exhibit remains open through Sunday, February 24.

Boulanger let her artistic side emerge after charting a more practical side in her early



life. On display at the Dolphin Gallery will be Plein Air and Studio Oil paintings full of color and texture. By contrast Rhine was schooled with a BFA and an MFA and followed her artistic drive to create jewelry and mixed media sculpture. Both Boulanger and Rhine will welcome the chance to talk to visitors at the Saturday evening reception.



Ellen Boulanger has always been drawn to visual art, though when her mother wanted her to take a "more practical" approach, she dutifully took typing lessons and worked as a computer programmer. But after a couple of decades, Boulanger turned her attention more completely to visual art, from photography, stained glass, and weaving to the plein air painting that captured her imagination and her heart. Boulanger paints, she says, "to give voice to the pigments applied to my canvas. . . to bring my love of color and brush stroke to those who enjoy the music they convey." A favorite of mine is "Soaking Up Sunshine" (top), which reminds me so much of the dogs in my childhood.

Ellen Boulanger has always been drawn to visual art, though when her mother wanted her to take a "more practical" approach, she dutifully took typing lessons and worked as a computer programmer. But after a couple of decades, Boulanger turned her attention more completely to visual art, from photography, stained glass, and weaving to the plein air painting that captured her imagination and her heart. Boulanger paints, she says, "to give voice to the pigments applied to my canvas. . . to bring my love of color and brush stroke to those who enjoy the music they convey." A favorite of mine is "Soaking Up Sunshine" (top), which reminds me so much of the dogs in my childhood.



in Eureka to Ukiah's Art Center, the Neumann Gallery in Gualala, and the Gualala Arts Center. Attendees at this year's Festival

Schooled at San Francisco State and Sonoma State Universities, Boulanger has also participated in art workshops with Tim Horn, Ovanes Berberian, Judy Butler, and Jeannette LaGrue. Her work has been widely exhibited in Mendocino, including at Gualala Arts' Art in the Redwoods and the Healdsburg Center for the Arts and Graton Gallery, where her work took Best of Show. In spite of the demands of everyday life, Boulanger always makes time for art. For her, creativity is a "source of spirituality, a kind of meditation, a way to shut the hasty world outside the studio door and enter into a state of complete and utter absorption."

Inspired by the natural world she sees around her, she paints to capture special moments in time and to record our gorgeous and ever-changing scenery. Joan Rhine, who grew up in New York City, received her Bachelor of Fine Arts degree from The Cooper Union and her Master of Fine Arts in painting and printmaking from the Pratt Institute. In addition, she studied hand papermaking at the Dieu Donne Paper Mill in New York and jewelry-making with Charlene Modena at San Francisco's Academy of Art University. Saying "I continue to learn at every opportunity,"

Rhine and husband Jim Meilander established Submarine Paperworks in San Francisco in 1984, but in 2000 they moved to Gualala, where Rhine now offers workshops on hand papermaking. Her works have been widely exhibited on the northern California coast, from the Morris Graves Museum

of the Trees had an opportunity to see some of Rhine's stunning jewelry there, and can also see her work at The Ren Brown Collection in Bodega Bay, Red Stella in Gualala, and Mendocino Gems in Mendocino. Winner of numerous awards, Rhine took First Place in jewelry and ornamentation art at Art in the Redwoods in 2012, 2015, and 2018.

The Dolphin exhibit features work in "two separate yet related directions": jewelry using precious metals, semi-precious stones, and selected beads; and sculptural mixed media artworks that combine copper wire and handmade paper. As Rhine puts it, "I enjoy exploring the versatility of metal and paper, which can be perceived as both hard and soft, and contrasting simple shapes with rich texture, controlled forms with random elements, shiny surfaces with matte, and geometric elements with organic forms."

Rhine's deeply expressive pieces of jewelry are unique, each piece one-of-a-kind and completely handmade. She has earrings that simultaneously exude competing ideas: strong and delicate. Recent sculptures combine copper and her extraordinary handmade paper with mixed materials. Much of her work is inspired by nature, as she walks on the beach or the forest absorbing natural forms, textures and colors: "Landscapes, skies, even man-made structures along the coast stimulate my imagination," she says.

Having Boulanger and Rhine share the spotlight during this opening allows us to enjoy amazing art that draws us in and makes us take a moment to just say "ahhhh".

Having Boulanger and Rhine share the spotlight during this opening allows us to enjoy amazing art that draws us in and makes us take a moment to just say "ahhhh".

Having Boulanger and Rhine share the spotlight during this opening allows us to enjoy amazing art that draws us in and makes us take a moment to just say "ahhhh".

Having Boulanger and Rhine share the spotlight during this opening allows us to enjoy amazing art that draws us in and makes us take a moment to just say "ahhhh".



**Got Kids?**  
Action Network  
Family Resource Centers  
offer playgroups, tutoring and more!

Visit us at:  
39144 Ocean Dr. Suites 3 & 4  
Cypress Village  
Gualala

200 Main St.  
Point Arena

707-884-5413  
FB Action-Network



## National Theatre Live Returns February 16 with "Antony and Cleopatra"

Arena Theater will screen Shakespeare's "Antony and Cleopatra" on Saturday, February 16, at 1:00pm. Doors open at 12:30pm.

The live recording from the National Theatre stars Ralph Fiennes and Sophie Okonedo as Shakespeare's famous fated couple in a tragedy of politics, passion and power.

In the aftermath of Julius Caesar's assassination, General Mark Antony now rules alongside his fellow defenders of Rome. But the Egyptian Queen Cleopatra and Mark Antony have fallen fiercely in love. Having neglected his political duties whilst in Egypt, Antony returns to Rome, to attempt to restore his political position. Torn between his duty to Rome and his devotion to Cleopatra, Antony's actions spark a war which threatens to destroy their love.

Director Simon Godwin returns to NTL screens with this hotly anticipated production, following broadcasts of "Twelfth Night" and "The Beaux' Stratagem".

The National Theatre's autumn blockbuster received multiple five star reviews for the production described as "slick, stylish and



modern" with a huge revolving set (including a swimming pool), a big supporting cast and gorgeous costumes, plus real snakes on stage.

The Times gave the production five stars out of five and wrote, "Spectacular. Go and see it. You won't be sorry." The play has a runtime of 220 minutes including one intermission and tickets are \$18, \$5 youth (18 and under), available online at [www.arena-theater.org](http://www.arena-theater.org).

# The First Time I Saw Rocky

by David Steffen

Who knew? In early summer 1974 I stepped onto a westbound Continental Airlines flight to Los Angeles. This wasn't a holiday, but a journey to a meeting of A&M Records staff members of which I was one. These meetings were a mix of solid discussion and an immersion into new music. Did I mention that we also found time to have some fun.



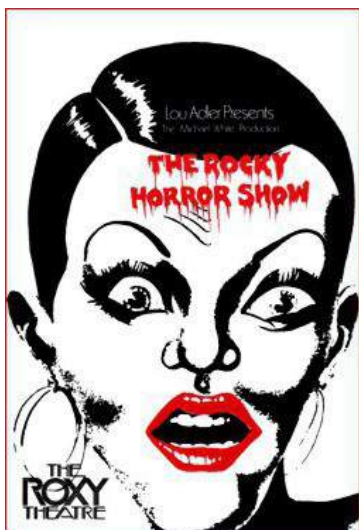
That visit to California would include great memories, but none more vivid than an evening at the Roxy Theatre. This venue was a partnership of 5 or

6 Hollywood movers, including Lou Adler. Although I had met Adler in Chicago at a Carole King concert at McCormick Place we clearly did not run in the same circles. That doesn't color my opinion of him as a talented music industry person who helped create a long list of great music, including the legendary "Tapestry" album by King.

I learned quickly that one of the perks of working for a record label was to be treated to new music. Sometimes in the studio, occasionally in someone's office, often at a performance. Some of the smaller club performances stay with me to this day. As it turned out, part of that A&M meeting included a special



performance at the Roxy Theatre on Sunset Boulevard. Most members of the audience were A&M staffers, along with some wives, girlfriends, boyfriends, and friends of the label. When the lights dimmed and the music started to play, characters—which we assumed were the band—started to move from the stage into the audience. At the same time, another character came from behind us, walking toward the stage using the armrests on the seats to carefully get to the stage. As I looked up to see who was all but standing on my



shoulder I realized it was Tim Curry in costume as Frank N. Furter. This was our introduction to the Rocky Horror Show.

Lou Adler had purchased the North American rights to produce The Rocky Horror



Show—the stage version, to begin. And the show we witnessed wasn't a sample but a full production staged in the somewhat limited space inside the Roxy. Needless to say it was an unforgettable evening. For anyone unfamiliar with the storyline, The Rocky Horror Show was a campy sendup of 1930s and 1940s horror (and, to be fair, science fiction) films, not the least influenced by Frankenstein.

Written by Richard O'Brien, the history of contributors to its success is rather full, and can be found easily for those interested. The important factor was Adler getting a show built on Hollywood film imagery from London to Hollywood. The Rocky Horror Show played for nine months in California, followed by a short stint (45 performances) in New York. While the show established the Roxy as a viable performance space, the real success was to come with a film adaption. A little more than a year after that spring 1974 performance I witnessed at the Roxy, The Rocky Horror Picture Show ar-

rived in movie theaters—in London in August 1975, and in the States in September. Once again the box office was somewhat weak, and the reviews clearly didn't help. One review wrote the production off as "tasteless, plotless and pointless". But the decision by one theater to begin showing the film on Friday night at midnight changed the fortunes and the history.

Having worked in Chicago, Los Angeles, and New York, one couldn't help but notice that the Rocky Horror Picture Show seemed to be screening somewhere in America all the time. Audiences often dressed the part of their favorite characters.

Sometimes theaters would give prizes to the best costumes, or free admission, or free Cokes and popcorn. Each little perk offered by the theater helped sustain the audiences as people flocked to each screening to see the people as much as to see the film.

As for the music, I look back on the Roxy show and the film and concluded that the individual songs were perfect for the production, but individually few would be listened to outside of the show or the film. Of course there are at least two exceptions: "Time Warp" and "Sweet Transvestite". These days, whenever I hear "Sweet Transvestite" as a memory recording, it is always in the voice of Tim Curry.



I worked with Curry a few years later promoting and marketing his 1979 Fearless album (and the singles "Paradise Garage" and "I Do The Rock"). I still enjoy hearing those tracks. And I've seen him on the screen in other films, including *The Hunt For Red October*. But I will always remember looking up and seeing him walking to the stage at the Roxy. And I will always appreciate having been a part of the launch of both Adler's Roxy club, the character Frank N. Furter, and

the Rocky Horror Show. It's easy to log on to Netflix and watch almost any film we can think of. But if and when I see Rocky Horror Picture Show again, it will have to be at midnight, at a local theater. Mmmmm. Which character will I be? I know! I'll be . . .

Want To Get Your Message Out More Efficiently?

Please Shop at my Store.



Place an Ad in the Lighthouse Peddler. Find More Customers!

lighthousepeddler@mcn.org  
www.thelighthousepeddler.com

Alysia Calkins & Dorothy Barrett's

Rollerville Cafe



882-2077

Outdoor Deck

Delicious Caring Homestyle Fare  
Monday - Thursday 8 a.m. - 2 p.m.  
Friday & Saturday 8 a.m. - 7 p.m.  
Sunday 8 a.m. - 2 p.m.

2 minutes north of Point Arena on Hwy. One at Lighthouse Road

"Diamond In The Rough"

Anchor Bay Village vintage mobile home on 11.93 acres: redwood forest, blue water views, located above & wrapping around top of Anchor Bay Sub. All utilities @ mobile home on 1st terrace; primary building site on 2nd tier has primary utility hook-ups and is located in the middle of the parcel which extends to the creek on the southern side of the utility access road. It is bordered by water company tank site & larger parcel above on east.



Price Reduced: \$225,000



Banana Belt Properties

J. Moloney Scott, Broker #00795487  
(707) 884-1109  
35505 SO. HWY 1 ANCHOR BAY  
E-MAIL: BANANA1@MCN.ORG

SOUL REBELS from cover

. . . with a performance on NPR's Tiny Desk series, a debut late night TV appearance on the Late Show with Stephen Colbert, a headlining set at the global TED

"Anyone who's heard the Soul Rebels Brass Band won't need reminding of the jubilant charisma of this New Orleans ensemble".

Conference and an appearance and official soundtrack feature for Universal Pictures' hit comedy **Girls Trip**.

The band continues to expand its international reach touring four continents including Europe, Australia, China, South Korea and Japan. Their explosive stage presence has led to live collaborations with the likes of: Nas, G-Eazy, Portugal. The Man, Robert Glasper, Pretty Lights, DMX, Curren\$y, Joey Bada\$\$, Talib Kweli, GZA, Macklemore & Ryan Lewis, Mobb Deep, Raekwon, Metallica, and Marilyn Manson among many others, and opening for Lauryn Hill and Nile Rodgers.

"Brace yourselves folks, these men are quickly solidifying themselves amongst NOLA's proud big brass elite and seem intent to sublimate the homogenous tones of the contemporary urban music landscape with the lush instrumentation of our culture's root." - OKAYPLAYER. You can get a preview at the band's website: <http://thesoulrebels.com>.

The Arena Theater bar and snack stand will be open.

"We are the music makers,  
and we are the dreamers of  
dreams."

Arthur O'Shaughnessy,  
(1844-1881)

**GUALALA**  
  
**BUILDING SUPPLY  
& HARDWARE**

Lumber | Hardware | Tools | Decking | Railings  
Paint & Supplies | Electrical | Weather Proofing Materials  
Roofing | Cement | Tool Rentals | Delivery

Helping you build better.

38501 South Hwy 1  
707.884.3518

[GualalaBuildingSupply.com](http://GualalaBuildingSupply.com)

## Gazing into Mystery

In the gentle coastal sunshine,  
I sat  
gazing across the circle,  
nature's sanctuary.

The eastern gate,  
defined darkly by foliage,  
beckoned me into forested shade.

Despite the crowded darkness,  
a branch of white roses bloomed.  
I wanted to go to them, to kneel,  
to know the dirt beneath my knees.

Though I had not moved,  
my hands  
cradled the benevolent blossoms,  
their prayer touched  
my fingertips,  
the muted scent  
rising into my breath.

Desire filled my heart. Still I sat.  
The wicker chair  
held my body fast.  
I remembered an age-old time when  
longing simply took me there.

Across the expanse, nose to roses,  
sighing in ecstatic release,  
throwing myself back upon  
the ground,  
an overcast sky above,  
rimmed by Redwoods.

As I sat, wondering at  
the mystery of age,  
white rose petals fell upon the earth.

Marylyn Motherbear Scott, 2017

## Albion Poet Marilyn Motherbear Scott February 21

### Featured Poet At Third Thursday Poetry at Arena Market & Cafe

On Thursday, February 21, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Albion poet Marilyn Motherbear Scott. The reading will take place in its temporary home 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.

Marylyn Motherbear Scott, fondly known as the Poet-Priestess, offers spoken word infused with a spiritual influence uniquely her own. She is published in Edward Searl's anthology, **Beyond Absence**, in Hill/Baker/Starhawk's **Circle Round**, Annette White Parks' anthology of women writers, **Word Weavers**, and has self-published a hand-bound book, **The Dragonslayer's Daughter and Love's Journey**, a book of poetry featured at Point Arena's Third Thursday. She has been featured in Ukiah's Writer's Read, in Oakland's S.O.U.P. in Fort Bragg's Poetry and reads regularly at Mendocino's Annual Spring Poetry Event, She is a founding member of the Writer's Club of the Mendocino Coast. Currently, she is writing a memoir, Ohm. Sweet Mystery, and working on a non-fiction book, In Your Own Rite, a continues to write poetry.

Marylyn Motherbear was recently one of the back-to-the-landers featured in "Promise of Paradise" on KZYX. She is also featured in Gretchen Lemke-Santangelo's book (2009), **Daughters of Aquarius, Women of the 60's Counterculture**, and her life story is reflected in the Divine Right Story by Gurney Norman, published in the Last Whole Earth Catalogue.

She and her four youngest of six kids, went on the Great Peace March for Global Nuclear Disarmament in 1986, from California to Washington, DC. During this time, she wrote and produced an original

dance/theater piece titled Sadako's Dance of the Thousand Crane, written in haiku, performed in an americanized kabuki style, in town squares, church basements, and at major universities. Later, in Europe, Russia, and Czechoslovakia. Her continued activism for peace and the environment brought both her theatrical and poetical presence to rallies, demonstrations and venues along the peace path.

Marylyn Motherbear has written and performed countless Circle Castings, Invocations and Rituals, many published in books and journals, and has also written a body of Vision Quests, performing them at workshops and conferences. She was the Consulting Editor for a children's magazine, How About Magic. Her non-profit educational organization, The Magickal Cauldron, produces workshop events. It's motto: Personal Growth on the Ecstatic Edge.

Born in Philadelphia, schooled at Boston University, Bennington College and at Sonoma State, as well as frequenting the community colleges for diverse subjects, she literally danced her way through a large accumulation of credits and graduated with a summa cum laude degree in Creative Writing.

She was the founder of Boston Little Theatre, Inc, in the 60's, performed in several professional dance companies, taught writing, theatre, & dance at Peninsula School, created the Random Family Summer Drama Camp for Kids during the Back-to-the-Land decades. She produced many Magickal Cauldron events. A reviewer for the Brookline Times back in the day, she now reviews theater for The Beacon/Advocate.

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.

## Poetry Out Loud

### Coast High School Poetry Slam February 12 at Arena Theater

At 4:00pm, on Tuesday, February 12th at the Arena Theater in Point Arena, high school poets from Ukiah, Point Arena, and Mendocino will compete to become the Mendocino Poetry Out Loud champion. And immediately following, at approximately 4:30pm, teams from Point Arena, Fort Bragg, Ukiah, and Mendocino (maybe Anderson Valley) will slam their original poetry at the 17th annual MCOE/CPITS Coast High School Poetry Slam.

The event will be judged by four Mendocino County poets, with audience response influencing their decision. Join us at the Arena Theater in Point Arena in support of youth expression. These events are sponsored by the Mendocino County Office of Education, California Poets in the Schools, the California Arts Council and the National Endowment of the Arts with the generous support of the Arena Theater, Surf Supermarket and Arena Market & Cafe.

Poetry

A gift of words

**WILD SOLITUDE**  
love poems

Book available at  
Jalala Arts Press  
[jalalaarts.com](http://jalalaarts.com) and  
Four-Eyed Frog

by local author & artist  
Lorraine Lipani

NATIONAL INDIE EXCELLENCE AWARD

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

"People say that life is the thing,  
but I prefer reading."  
Logan Pearsall Smith (1865-1946)

1. **Mendonoma Sightings**  
by Jeanne Jackson & Craig Tooley
2. **All That The Rain Promises and More**  
by David Arora
3. **qh awala.li**  
by Annette White-Parks
4. **Becoming**  
by Michelle Obama
5. **Field Guide to Birds of California**  
by Alvaro Jaramillo
6. **Storied Life of A. J. Fikry**  
by Gavrielle Zevin
7. **Mushrooms of the Redwood Coast**  
by Christian Schwarz
8. **Unsheltered**  
by Barbara Kingsolver
9. **Indian Horse**  
by Richard Wagamese
10. **Little Fires Everywhere**  
by Celeste Ng
11. **Whales, an illustrated celebration**  
by Kelsey Oseid
12. **Sea Ranch Architecture, Environment and Idealism**  
by Jennifer Dunlop Fletcher
13. **Hiker's Hip Pocket Guide to the Mendocino Coast**  
by Bob Lorentzen
14. **Eleanor Oliphant is Completely Fine**  
by Gail Honeyman  
by Ruth Ware
15. **Sapiens**  
by Yuval Noah Harari

The Lighthouse Peddler is pleased to bring  
our readers a list of the Top-15 books being  
picked up and read by locals  
and visitors alike.

Our thanks to Four-Eyed Frog Books, a  
Community-owned Bookstore.

Another Book You Might Like\*

- \*. **Wild Solitude**  
by Lorraine Lipani

**The Tangled Tree: A Radical New History Of Life**

A Book By David Quammen, Reviewed by Jennifer Bort Yacovissi

The worldwide influenza epidemic of 1918-19 was accompanied by a strain of bacterial pneumonia that killed millions of people. In searching for a treatment, a British researcher named Fred Griffith discovered that some forms of the bacterium were relatively mild, but others were virulent. He further discovered that combining the live mild form with the dead virulent form created a live virulent form.

It was the quintessential horror story of transformation from the mild-mannered into the Beast, played out in a Petri dish.

Griffith's report documents the first known observation of a phenomenon now known as horizontal gene transfer, or HGT. The unfolding understanding and implications of several related, relatively recent lines of scientific inquiry, including HGT, form the subject David Quammen's latest book.

Quammen is the master of deconstructing complex, obscure scientific concepts and reconstituting them into coherent, understandable, and illuminating narratives. In *The Tangled Tree: A Radical New History of Life*, he does this primarily by focusing on the people behind the science who, in a very short period of time — whether working with or against each other — have changed much of what we thought we knew about evolution, heredity, and, yes, the origin (and definition) of species.

The title refers to the common metaphor of the "tree of life" that has been drawn and redrawn, since before Darwin, in our attempts to show the hierarchical and evolving relationships of life forms. In the last 40 years or so of scientific endeavor, that tree has instead revealed itself to be a web.

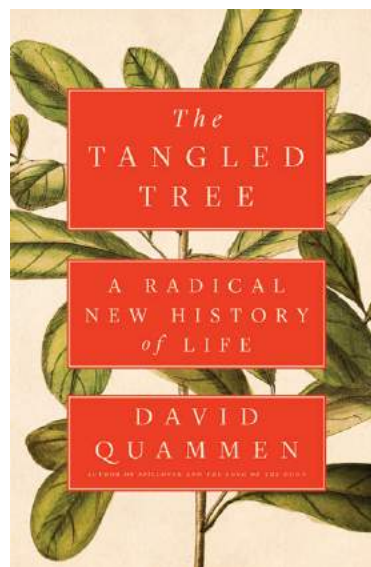
Serving as the central figure in this narrative is Carl R. Woese, a scientist whose work at the University of Illinois Urbana starting in the 1960s eventually made him the father of a branch of science now known as molecular phylogenetics. Woese's interest was in discovering the oldest origins of the genetic code and figuring out how it evolved. He was attempting to go all the way back to the beginning.

In the years before complete genomes of various species were mapped, before computer-based sequencing was possible, this work involved a mind-numbingly manual and dangerous process of RNA sequencing that helped to reveal degrees of ancient relatedness, something never before possible.

It was Woese who demonstrated that, beyond prokaryotes and eukaryotes — the two scientifically accepted kingdoms of life at the time — there was a third: the archaea. He called the resulting new diagram of evo-

lutionary relationships "the Big Tree."

From that discovery, published in 1977 — which did not go over well, in part because of the disastrous use of a press release to announce it — the narrative shifts to



the work done by Lynn Margulis, who was interested from the start in evolutionary genetics, and did much to articulate a concept called endosymbiosis.

The question was: How did cell complexity originate? The answer, refined and confirmed through related work, was that it started with "captured bacteria." In a process roughly analogous to the domestication of wolves into dogs, captured bacteria was incorporated into unrelated genetic material, eventually evolving into mitochondria and chloroplasts, which in turn led to the rise of the nucleus-bearing cells of the eukaryotes. In a specific example of endosymbiosis, a captured retrovirus was responsible for the development of placentas in mammals.

Then, along parallel and related paths — and championed by Ford Doolittle, another leading voice in microbiology — came the emerging picture of horizontal gene transfer, in which heritable genetic characteristics pass sideways from one species to another, even across kingdoms.

This "infective heredity" has some unpleasant implications. It allows a bacterium to share its exceptional adaptive features immediately with its neighbors, no longer beholden to the far more time-consuming and inefficient method of generational inheritance.

This sideways inheritance explains the speed with which antibiotic resistance has spread and formed superbugs like MRSA. In fact, antibiotic resistance was documented almost simultaneously with the first use of antibiotics in post-WWII Japan.

Some scientists posit that bacteria share, shed, and pick up genetic traits almost seamlessly, based on prevailing environmental factors, in a way that makes them seem like one vast interconnected organism — much like how "the wave" progresses

through a packed stadium.

As Quammen muses, "If genes cross the boundary between one species of bacteria and another, then in what sense is it really a boundary?"

Nor is the phenomenon unique to bacteria. As more and more genomes are mapped and made publicly available, opportunities abound for finding cases of widespread and recent instances of HGT, many high up the evolutionary chain. With all that promiscuous sharing of genetic codes, scientists like Doolittle argue that any depiction of life as a tree makes no sense. Everything is far too intertwined.

So what does any of this really mean? The author builds his narrative toward laying out "a new appreciation for the composite nature of human identity." As just one example, he offers, "The fact that endogenous retroviruses constitute eight percent of the human genome certainly complicates our sense of *Homo sapiens* as a species of primate."

That's an insight we could not have achieved until very recently. Our deeper understanding of life has always depended on improving technology, starting from Antoni van Leeuwenhoek's initial glimpse of "animalcules" through his first microscope.

But more than that, it depends upon the boundless, dogged curiosity of the people behind that technology. Quammen delivers a compelling story of these sometimes brilliant, often prickly individuals who never stop wondering, thinking, asking questions, and then applying themselves to search for an answer.

*Jennifer Bort Yacovissi's debut novel, Up the Hill to Home, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny 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.*

# Scuttlebutt

by Mitch McFarland

I am one of the fortunate Americans who are covered by Medicare. Reaching the age of eligibility feels like hitting the finish line of a marathon. After years of trying to navigate the intentionally confusing pitches and ever-rising costs of private health insurance, it felt like reaching a sanctuary where costs are reasonably constant and coverage is guaranteed. It is nice to think my insurer's first response to any illness I may have will not be trying to figure out how to deny me benefits.

So some Democrats, including, of course, Bernie Sanders want to see all Americans be eligible for Medicare. Opponents of this idea ask where the money to pay for this would come from. This is not a difficult question to answer if one is able to envision a new paradigm for health insurance. The money would largely come from the people who have it: the insurance industry.

We could start with the executives. According to Health Plan Week, a trade publication, the CEOs of the 11 largest for-profit companies were rewarded with compensation packages last year totaling more than \$125 million. According to Modern Healthcare, CEO of Aetna, Mark Bertolini's total compensation of \$30.7 million in 2013 was 131 percent higher than in 2012. Bertolini made \$41.7 million in 2016. This is partly due to Aetna's revenue nearly doubling to \$63.1 billion last year from \$34.2 billion in 2010, when Mark Bertolini took over as CEO. Of course, revenue increased largely because of the government requirement in the Affordable Care Act to buy insurance. Bertolini's pay increased in 2016 despite several stumbles during the year.

One hopes that Congress would pay any attention to the outsized paychecks those CEOs are demanding — and getting — while requiring us to be their customers. Even the average executive at an insurance company makes over half a million a year. The average American income is one-tenth of that. Do you think these executives work ten times harder than the average American?

How about overhead? This is not a simple matter to quantify. There are several ways to look at overhead (and its value), so there is no precise agreed upon figure, but estimates range from 12% to 20% depending on which part of the health insurance business you look at.

Sanders said on NBC's Meet the Press on Sept. 17, "Private insurance companies in this country spend between 12 and 18 percent on administration costs. The cost of administering the Medicare program, a very popular program that works well for our seniors, is 2 percent. We can save approxi-

mately \$500 billion a year just in administration costs."

Sanders cited an article from the April 2017 Annals of Internal Medicine by Stefie Woolhandler and David U. Himmelstein who determined average insurers' overhead costs are about 12%, thus creating \$504 bil-

## "Medicare for all?"

lion in savings from converting to a single-payer system. But the article's authors admitted that "any such estimate is imprecise" and cited other research placing the number closer to \$383 billion. Still, not a small number.

The Center for Economic and Policy Research reports that in recent years, health insurance companies have typically spent more than 12 percent of their budgets on overhead, which is over a third higher than the rate from 1970. But those are averages looking across all health care markets. When the Congressional Budget Office broke down costs for individual markets, they put administrative costs in the non-group market at 20 percent. Federal caps on administrative costs reflect this range. Group market insurers have a 15 percent cap and individual market insurers have a 20 percent cap. If exceeded, insurers have to pay a rebate to policyholders under the Affordable Care Act. Oh, no!

Why would overhead be so high? One possible answer would be the enormous amount of paperwork created. I just switched to a different drug plan provider. The always-great Vanessa Ignacio Health Insurance office steered me to a cheaper plan. For those who don't already know, Medicare does not pay for everything or even cover everything. You need private, supplemental plans to complete your insurance coverage. After a welcoming letter and two phone calls to assure me that I am covered, I receive a 236 page booklet explaining my policy. The first four pages listed the 62 languages available. Also included was a cover letter, an address page and another page with a "special" offer. Near the end were three blank pages for me to take notes (are they kidding?), followed by a final page with the get ready- Paperwork Reduction Act Notice. Also included in the mailing was an 18-page payment book and 12 cellophane-wrapped envelopes. I got similar mailings last year with my old provider.

Another aspect contributing to high overhead is the significantly higher marketing costs incurred by insurance companies. Not a day goes by during the enrollment period, during which you can switch plans, without

mail solicitations arriving from insurance companies. One big cost that insurance companies bore, that the Affordable Care Act eliminated, was the screening: insurance companies spent large sums vetting insurance applicants to determine if they should be covered, while public programs accept all eligible applicants regardless of their health status. If Republicans had succeeded in repealing Obamacare during the many, many times they tried, we would have returned to that system.

If masses of people turn to some kind of a single-payer system provided by the government or, horror of horrors, we all get medicare, that is going to significantly reduce the earnings for the health insurance companies. That is going to be a bummer for the stockholders who will be the other group "suffering" as a result of government health care. I'm pretty sure the money markets I have my retirement funds in has stock in health insurance companies, but the hit I would take is well worth having a comprehensive and non-profit national health care system.

Finally, there is the taxpayer. Medicare for all would most likely require some kind of small tax increase to support it, but for very few would the tax increase be close to the savings from not paying the health insurance premiums they now pay.

I am constantly reminded of the story of my friend who, while visiting France, injured himself in a fall. An ambulance was called, he was taken to a hospital, treated and released. He was a foreigner with no health insurance and yet no one at the hospital even asked his name. There was no accounting department.

# ARENA FRAME

Custom Mats  
& Frames

Anna Dobbins,  
APFA

882-2159

"Pity is the virtue of the law, and none but tyrants use it cruelly."

William Shakespeare (1564 - 1616)

## KGUA IS EVERYWHERE



You can now stream KGUA live on your cell phone or tablet anywhere on earth. Simply go to [www.kgua.org](http://www.kgua.org) and click on "LISTEN LIVE".

YOU ARE THE YOU IN  
**KGUA**  
88.3FM • MENDONOMA PUBLIC RADIO  
Programming schedule is on [kgua.org](http://kgua.org) • 884-4883

## SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

### 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)

Copyright 2019 by The Puzzle Syndicate

## Home Again, by Warren Galletti

*Editor's Note: This is the first of a five-part series on the Point Arena schools written by District Superintendent Warren Galletti. He returned to the District as Superintendent at a time when school staff turnover and absenteeism were unsustainably high, and, when student achievement rates were below state standards. We have asked him to introduce himself to our readers in this first column.*

I'm back in Point Arena but I really never left.

Three of my four grandparents graduated from Point Arena schools. My great grandfather came from Lugano, Switzerland in the early 1900s and began the Galletti Ranch in Elk. His son, my grandfather, was one of three brothers who owned and operated the dairy ranch.

My mom's family logged and farmed here. Both my parents were born and raised on the Coast, and both graduated from Point Arena High School (PAHS) in '63.

Back then, the students were mostly country kids and the vehicles in the school parking lot were mostly pickup trucks with racks full of fishing rods. The schools were very much the hub and entertainment center of the community, along with the bowling alley. My dad bowled every Thursday night. That's what we did. The stands at the high school were packed for football and basketball games.

I was born in Manchester, attended Manchester Elementary, and lived on Creamery Lane until I was eight years old when my father received a promotion with Pacific Bell.

We moved to Ukiah for the school year and I went to high school there. In 1984, I made Student of the Year and Athlete of the Year. (It might have been "rigged" because I knew almost everybody and got along well with the teachers and staff.) But in the summers, I always came back to help out on my grandfather's farm on the Coast. I loved the

outdoors — all of it, even bucking hay, arms itching.

After graduation, I went to Mendocino College because I didn't know what I wanted to do — forestry, fish and game, or education. I played baseball and basketball, and made the school's Athletic Hall of Fame. From Mendocino, I went to the University of San Francisco (USF), where I pitched and played shortstop, graduating with a degree in physical education.

As you can tell, sports have always been a big part of my life. I credit sports with teaching me the value of teamwork, how to get over disappointment, and how to work harder to win the next one.

As soon as I completed my BA degree at USF, I came back to the Coast to live with my grandparents on Curley Lane, work on the farm, substitute teach, and work construction.

I began coaching baseball at PAHS in '89, and basketball in '90. During the first three years we didn't win much, but we steadily improved and I currently have 351 wins as basketball coach at PAHS.

I got my teaching credential at Dominican College in Ukiah on weekends and my first full-time teaching position was at PAHS in '94 where I taught shop, geography, industrial math, physical ed, and coached basketball and baseball. I taught at PAHS seven years and added a health class as well. I became the Athletic Director, a position where you never heard anything, unless something went wrong!

The interim principal then was Jack Marlowe, a wonderful man. He told me to get my administrative credential. I respected him, and was really motivated to get it. I attended Sonoma State on Wednesday and Friday

nights, and Saturday afternoons. There were some good classes — especially finance and law --and some were just "seat time".

I completed my administrative credential in 2000, and became principal of Point Arena High School in 2001.

The school was challenging then. There had been three principals in three years. It was somewhat fragmented, and there wasn't a lot of continuity. These times now are similar, but even more challenging.

My focus then, as it is now, was building a culture to support student success through transparency, strong community involvement, and setting and meeting goals for student achievement. We chose not to focus exclusively on test score goals. Instead, we looked at the student as a whole.

Our demographics weren't then, and aren't now, the same as Mendocino County's as a whole. We're a more diverse community, not so much in ethnicity, but socially and culturally. I'd like to say I do understand our community. As in sports, it's important to know everyone who's on your team.

During this time in the early 2000's, the schools were operating successfully. Mark Iacuanello was Superintendent. Communication between the two of us was great. I knew what he was thinking without either of us talking. He was a wonderful man. The culture of the school was positive. The kids could see how the teachers and administrative support people wanted to go to work!

Regrettably, Mark retired in 2010, and I resigned as principal in June 2013 because I didn't feel I was making the difference I had once made.

I accepted the position of Director of Student Services at the District Level for Ukiah Unified School District. Later, I was approached by the Mendocino County Office of Education to run for Mendocino Super-

intendent of Schools, a position I kept until February 1, 2018.

I resigned to take the interim superintendent position in Point Arena.

I love our community, our schools, our students. I've spent most of my career in the schools here and most of my life on the Coast. My wife, Jennifer, and I and our children see this as a time to make a difference.

I stepped into an environment with little organizational trust. The climate here was fractured, maybe broken. With all of the turnover, there was a lack of trust. We needed to streamline communication, provide consistent answers, and give support to individuals who had earned it.

Since I left as Principal in 2013, PAHS has had 5 principals, two superintendents, and a top-down mentality in administration. The lack of communication had created a lack of trust in the stake holders.

But I can tell you change is now happening here. Teachers and students are in the classrooms, teaching and learning, bell to bell! Plus, we again have a PAHS football team, a Homecoming Dance, a Pep Band, and a school newspaper. Our Back to School Nights are well attended. Our last Native American Advisory Committee had 25 parents attend, which is a huge turnout.

The PAHS entire staff volunteered to go to New Technology High School in Napa for training and to learn more about NTN in a high school where it's working well.

People are asking questions when they have concerns. They're supplying ideas. People are coming to me, which is not always fun, but healthy! I feel a real sense of becoming a family. We're working together collaboratively to achieve our goals.

As I said, I'm back but I never really left. I'm not always going to make perfect decisions. I'm not afraid to make mistakes. I always admit if something's not working. The important thing is recognizing the mistake and fixing it.

My roots are here. I have a passion for this place. The PAHS gymnasium, that feels like a second home to me!



<p><i>Celebrating 30 Years</i></p>	<b>HEALING ARTS &amp; MASSAGE CENTER</b>	
	JUDITH FISHER JOANN DIXON ALISA EDWARDS NITA GREEN BILL SCHIEVE, L.Ac, DC	SWEDISH DEEP TISSUE CRANIOSACRAL HOT STONE ACUPUNCTURE, CHIROPRACTIC
	CYPRESS VILLAGE, GUALALA (707) 884-4800	
<b>PHYSICAL THERAPY</b>		
PETER McCANN, MPT LUCINDA WEAVER, MPT		OSTEOPATHIC MANUAL MEDICINE RESTORATION OF FUNCTION
MEDICARE • AARP • BLUE SHIELD OTHER INSURANCE • PRIVATE PAY		

<b>ARFF</b> <b>FEED and PET</b> <b>SUPPLIES</b>	
<b>(707) 884-1832 • Mon-Fri 10-5 Sat 10-3</b>	
<b>Hwy 1 and Pacific Woods, Gualala, CA</b>	



## Mendonoma Health Alliance Is Here To Help in February Support To Coastal Mendocino and Sonoma County Residents

The Mendonoma Health Alliance (MHA) has a mission: "To improve local access to wellness education, prevention services and quality healthcare through creative solutions in collaboration with our community". There's a lot packed into that, and it's about the health of the people in our extended coastal area, Timber Cove to Manchester.

MHA is here to support a variety of programs in the community. Their goal is to bring about Prevention and Wellness, Emergency Care Services, Chronic Care Management, Access to Care, and part of that effort includes outreach to the community. Here's some of what they're doing this month.

The Timber Cove Sunday Market will offer the following services on Sunday, February 17:

- **Blood Pressure Screenings**, 10:00am to 12:00pm: We all know (or should be aware) that high blood pressure is known to be a "silent killer." MHA encourages

you to "Love Your Heart" and stop by the MHA table for a free screening.

- **Free Cholesterol Workshop**, 1:00pm to 2:00pm:

• **Drug Take-back**, 10:00am to 12:00noon: Turn in your unused or expired medications for safe disposal. Why? Because medications in our water supply can affect our clean water as well as wildlife. Accepted substances include Prescriptions, Over The Counter (OTC) pills, Pet medicines, and vitamins.

• **Workshop "Decoding Cholesterol"** With Dr. Jasper Schmidt 1:00pm to 2:00pm: Do you or someone you know have high cholesterol? What does high cholesterol mean? Everyone is invited to attend this FREE informative workshop with local physician, Dr. Schmidt after the market. Whether you're already taking high cholesterol medication or you just want to learn how to avoid high cholesterol, the workshop is for you.

In addition, MHA will host eight Blood Pressure Screenings this month. Here's the list:

- Sunday, February 3: 9:00am-11:00am, Garcia Guild Breakfast in Manchester.
- Monday, February 4, 11:00am to 1:00pm at the Senior Lunch in Point Arena.
- Tuesday, February 5, 11:00am to 1:00pm at the Senior Lunch in Gualala.
- Wednesday, February 6, 8:00am to 10:00am at Point Arena High School.
- Wednesday, February 13, 11:00am to 1:00pm at the Senior Lunch in Point Arena.
- Thursday, February 14, 11:00am to 1:00pm at Gualala Supermarket at Sundstrom Mall.
- Sunday, February 17, 10:00am to 12:00pm at the Sunday Market, Timber Cove.
- Tuesday, February 26, 8:30am to 11:30am at S&B market in Manchester.

## Want to Exercise Your Brain?

### There are Plenty of Options This Month

I sometimes speak with friends of mine who've retired to Florida. I've got nothing against Florida, with the exception of humidity. But I'm always fascinated with activities in which they and their friends participate. They play tennis and golf (and something called 'Pickle'). People can do these things in Mendonoma as well. But I believe—on anecdotal evidence only—that we have more brain activities per capita than other place. Whether or not I'm correct, let me offer some evidence.



In this issue of The Lighthouse Peddler, we cover quite a few events to stimulate the brain. There are 7 at the Coast Community Library (pg. 5), 5 at Gualala Arts (Pg. 4), and 1 at the Pt. Arena Lighthouse (Pg. 6). And there are a dozen sponsored by the Mendonoma Health Alliance (Pg. 17). I'll even count the 3 Art Exhibits in February (Pgs. 2, 10, 11). There's golf or tennis if you'd like, and plenty of music. But your brain needs exercise too. See what's offered this month. As your mother might say, "it's good for you."

## The Girls Choir of Hamburg • A Special Concert For All Ages Gualala Arts Coleman Hall • March 4

A very special event is coming to the coast next month and the entire family is invited. The Girls Choir of Hamburg, Germany (Mädchenchor Hamburg) will present a concert for music lovers of all ages. The 50+ members of the choir will entertain and inspire at Gualala Arts on Monday, March 4 at 7:00pm.



This is no random collection of voices. The aim of the Girls Choir of Hamburg is the professional promotion of the vocal and musical development of children and adolescents as part of a committed and open-minded choir community. From the beginning, the girls develop sensitivity for proper vocal handling, different choral sounds and collaborative music making. An essential part of the choral work are the concert tours featuring the Girls Choir of Hamburg.

The State Youth Music School promotes children and adolescents by providing them with musical education, training of young talent for amateur music, the bring-

ing together of children and young people to music communities, the talent discovery and gifted education and preparation for studying music.

A performance by the acclaimed Girls Choir of Hamburg is a concert for all ages, and a not-to-be-missed event.

There is one more thing that we want you to know about this event. For a group this large, Gualala Arts is definitely hopeful that locals will be able to help out with housing. In short, anyone who has a room in their home, or has a cottage, guest room, sofa bed, futon, Murphy bed, loft, could help with the housing by providing a one night stay for a member of the Girls Choir. In almost all cases, it will be for one night, the night of the performance, Monday March 4. If you can help out, you are asked to contact Sus at Gualala Arts by email ([sus@gualalaarts.org](mailto:sus@gualalaarts.org)) or call him at 707-884-1138. Gualala Arts is excited to bring this wonderful



and truly unique choir to the Mendonoma Coast for a concert. Join the fun.

## South Mendocino Coast Bus Service

Rt. 95 - Daily Service Between Point Arena & Santa Rosa

Route 75 Now Running Saturdays and weekday service between Gualala, Fort Bragg & Ukiah



800-696-4MTA

## arena technology center

monday thru friday  
3:30pm - 7:30pm

(no tech center patrons allowed on school property until 3:30pm)

open to youth and adults for free internet access, classes, online learning, audio recording and digital projects

185 lake street  
(located at south coast high school back building)

707.882.4173  
[arenatechcenter.org](http://arenatechcenter.org)  
(a subsidiary of the point arena schools)

## Redwood Coast Chamber of Commerce

The Sonoma- Mendocino Coastal Connection  
Visitor Center Hours



Thursday & Friday 12p - 5p  
Saturday 11a - 5p • Sunday 12p - 5p

39150 S. Hwy 1 in the Forte Gualala Bldg.  
tel: (800)778-5252 or 884-1080  
[www.redwoodcoastchamber.com](http://www.redwoodcoastchamber.com)

# Crossword

by Margie E. Burke

## ACROSS

- 1 Pageant title
- 5 Gothenburg native
- 10 Party thrower
- 14 Workout woe
- 15 Like candles or crayons
- 16 Quite fond of
- 17 Work against
- 19 Den denizen
- 20 Call for
- 21 It may be arranged
- 23 Baby powder ingredient
- 25 Baker's need
- 26 Luxury Chrysler until 1993
- 30 Bivouac
- 33 Scand. land
- 34 Void, as a marriage
- 36 Homework helper?

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						69			

Copyright 2019 by The Puzzle Syndicate

- 37 Divisible by 2
- 39 Doomed one
- 41 iPhone assistant
- 42 Send to a specialist
- 44 Belly button
- 46 Restroom sign
- 47 Bone-boring tool
- 49 Replant timber
- 51 Befitting a king
- 53 Courtroom request
- 54 Out of control
- 57 Drink of the gods
- 61 Musical based on "La boheme"
- 62 Like some tumors
- 64 Unit of measure

- 65 More eccentric
- 66 Bratty talk
- 67 Genealogy diagram
- 68 Repulsive
- 69 Pony's gait

## DOWN

- 1 Defensive spray
- 2 Computer symbol
- 3 Word with up or down
- 4 It has 100 seats
- 5 Sign of an injury
- 6 Theme of the 1968 movie "Where Eagles Dare"


- 7 Final, e.g.
- 8 Tooth trouble
- 9 Salad follower
- 10 Flower used in herbal teas
- 11 "Wait your turn!"
- 12 Guys-only party
- 13 Pulled apart
- 18 Coronet
- 22 Carry on
- 24 Big name in cameras
- 26 Lifeless
- 27 Bekins worker
- 28 First choice
- 29 Like some calendars
- 31 Societal norms
- 32 Out of \_\_\_\_\_

- 35 Pivoting bar
- 38 Ancient drug for grief
- 40 Petroleum plant
- 43 Temper tantrum
- 45 Successful dieter
- 48 UN member
- 50 Get a new actor for
- 52 Lavin or Blair
- 54 Worry
- 55 Derriere
- 56 New England fishes
- 58 Ski lift
- 59 Moreover
- 60 Staff symbol
- 63 Parrot or puppy



Sandwiches - Cold Drinks - Smoothies - Organic Fair Trade Coffee & Espresso  
Bait & Tackle - Surf Gear - Gifts  
**882-2665**  
at Arena Cove,  
790 Port Rd Point Arena  
**Open Every day 7am- 3pm**

DRAGON'S BREATH PRESENTS

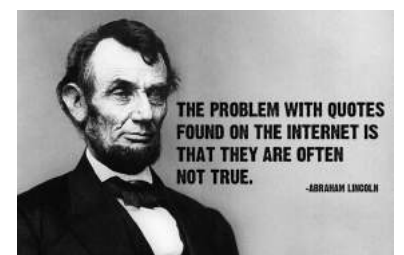


**Healing into Freedom**  
Three Thursday Evening Winter Salons each season with Fred Mitouer, Ph.D.

**Somatic Awakenings**  
Private Sessions and classes in Meditation, Pilates & Bodywork with Cheryl Mitouer

**Transformational Bodywork**  
Private Sessions with Fred Mitouer, Ph.D. Classes with Fred & Cheryl in Couple's Massage, Transformational Journeys and Continuing Education for Therapists

To order Fred's book: Wounds into Blessings  
Click Here or go to  
[Transformationalbodywork.org](http://Transformationalbodywork.org)  
707.884.3138  
Email [mitouer@mcn.org](mailto:mitouer@mcn.org) for more info



**100.5 FM**

**KTDE -The Tide**  
Tune in  
to Local Radio  
38598 Cypress Way, Gualala  
Office 884-1000  
Studio 884-3000  
[www.ktde.com](http://www.ktde.com)

# "Sperm Whales: The Stuff of Legend"

by Mary Jane Schramm

S.O.S.! The call came in that a whale had stranded at the edge of the marshes behind the US Post Office Distribution Center in Richmond, in San Francisco Bay. Immediately, the Marine Mammal Center dispatched a team of medical staff and volunteers. Dark had fallen, and as our



eyes adapted, we were awestruck: it was a newborn sperm whale, *Physeter macrocephalus*, just days old. We stabilized it as the veterinarian administered B vitamins and steroids, and took blood and tissue samples. Unable to render further help, we gently floated it towards the open water, hoping its mother might be nearby to reclaim it. A few days later it washed up dead, beneath the Bay Bridge. The initial necropsy revealed severe scoliosis, a spinal malformation. Although sperm whales live in California waters year-round, they prefer very deep waters off the Continental Shelf, so rarely do nearshore sightings occur. This was the only recorded instance of a living sperm whale entering San Francisco Bay; a tragic distinction.

**THE HUNT:** Sperm whales have long been prized for their high quality blubber and spermaceti for oil, their ambergris for pharmaceuticals and perfumes. When the world whaling capital shifted from New Bedford and Honolulu to San Francisco around 1880, faster steam-powered boats replaced sailing ships, and the hunt inten-



sified. This continued, with a gradually diminishing "harvest" as whale stocks became alarmingly depleted. In 1946 the International Whaling Commission was established to regulate and keep the whaling fishery viable. Many ports had closed, but Point Molate in San Francisco Bay contin-

ued. It was with the Marine Mammal Protection Act of 1972 that American whaling was banned outright.

In the 20th century the development of plastics, the petroleum industry, and other whale product replacements made whaling even less profitable. However, the mid-20th Century gave rise to nuclear weapons - and a burgeoning pet food industry. In December, 1971 the Kal Kan pet food company commissioned a final whale hunt into the Gulf of the Farallones off San Francisco, killing a sperm whale--the last to be hunted commercially under the U.S. flag. The meat went for Fido. The precious spermaceti oil was sold to the nuclear industry for weapons and electricity production.

**LEVIATHAN!** Legendary in sailor's tales and Melville's *Moby Dick* as "the great leviathans," sperm whales are superlative creatures. They are the largest toothed predator on the planet.

Males can reach a length of sixty-two feet, weighing upwards of fifty tons. They dive to over 7,300 ft., deeper and longer than any other whale except the Cuvier's beaked whale. The distinctive, huge "boxcar" head contains the largest brain on Earth, although much of it is used to process sounds such as echolocation and vocalizations. Large (even giant) squid, octopus, sharks, and other fish comprise their diet. The California/Oregon/Washington sperm whale stock is found in highest numbers from April through mid-November, coinciding with peak prey abundance.

**A WHALE OF DISTINCTION:** Like most toothed whales, sperm whales have complex, highly structured societies in which individuals play specific roles. New mothers are attended by 'aunties' who share care-giving of young calves who must remain at the surface while Mom dives deep to feed and replenish her energy stores. She has nursed her calf with incredibly fat-rich milk. They give birth at four-plus year intervals, sometimes caring for calves for nearly a decade. After mating with the females, who live in groups with immature males in temperate and tropical latitudes, sperm whale bulls re-

tire to high-latitude waters. They are a cosmopolitan species, found worldwide. Killer whales are their only natural enemies.



**SURVIVAL!** Current conservation threats include vessel strikes, entanglement in fishing gear, human-generated noise, and bioaccumulation of pollutants. NOAA and our national marine sanctuaries work to reduce these threats through protective legislation for the whales and their habitats.

*Editor's Note: The photograph (above) documents a necropsy done on a sperm whale at Limantour in the Pt. Reyes National Seashore. Our regular contributor, Mary Jane Schramm, is in the dark blue NOAA jumpsuit, pulling away a slab of blubber to expose the innards and determine cause of death. There was garbage and a huge wad of fishing net blocking its pylorus, a valve between the stomach and intestines. As Mary Jane said, "So sad".*



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

Photo: Far left, top: Whale cow and calf. Credit: NOAA. Far Bottom left: Aerial shot shows distinctive huge head, bubbles coming from offset blowhole. Credit: Tim Cole/NMFS \*\*\*; Near left: Illustration: Squid and sperm whale battle. Credit: Wikimedia Commons. Above right: Stranded whale's bulbous forehead and narrow, toothed lower jaw in foreground. Learn more about sperm whale biology, society, ecology and conservation at: <https://www.fisheries.noaa.gov/species/sperm-whale> and hear their vocalizations at: <https://swfsc.noaa.gov/textblock.aspx?Division=PRD&ParentMenuId=148&id=5776>.

**WE HAVE BOOTS!**

DURANGO  
KEEN  
REDFLEET  
VASCQUE  
WOLVERINE

**Village Bootery**

Open Daily 11:30 - 6:00  
Across from Seaciff  
GUALALA 884-4451

MasterCard VISA

**GARCIA RIVER CASINO**

**THE CASUALS**

**Music & Memories TRIVIA NIGHT!**

50s  
60s  
70s  
80s  
90s  
2000s  
Win Free Slot Play!

THURSDAY, FEBRUARY 7TH, 6PM

**JUKEBOX MONEY**

COUNTRY, ROCK & FUNK.  
MUSIC FOR THE PEOPLE!

SATURDAY, FEBRUARY 9TH. 8.30PM

22215 Windy Hollow Rd, Point Arena, CA 707 467 5300 TheGarciaRiverCasino.com

## Gualala Arts Presents "Love Letters" A. R. Gurney's Play • February 16 and 17

"Love Letters" became one of those artistic triumphs that not everyone thought would become just that: a triumph. (Although I must add that it was the 1990 Pulitzer Prize Finalist in Drama.) Judge for yourself on Saturday and Sunday, February 16 and 17 at Gualala Arts. Tickets are available in advance online at Brown Paper Tickets and at Gualala Arts and Dolphin Gallery. \$15 advance, plus \$5 on the day of the performance.

According to the author, A. R. Gurney, "the only reason this became a play at all is that my agent and friend Gilbert Parker suggested it might work on stage. I had written it as an epistolary story and proudly sent it off to The New Yorker magazine, which proudly sent it right back, saying, 'We don't publish plays.'"

With Gurney's efforts to get the play produced he finally found measures of success sufficient enough to make people pay attention. And Gualala Arts is bringing this delightful, poignant, thoughtful, and durable play to Coleman Hall for two performances this month.

To be perfectly honest, I had to open my dictionary and confirm just what constituted an "epistolary". In short, it means a play in the form of letters. Duh. I Got it. Happily, Gurney created "Love Letters" as a dramatic reading between two characters who—in mostly written form—carry on a very personal relationship through their letters. Unlike so much of today's electronic correspondence Gurney's characters, Andrew

Makepeace Ladd III and Melissa Gardner, document a fifty year love affair carried on primarily through their letters, written in and about a world where letter-writing was very much an essential mode of communication, especially between men and women.

If you find yourself thinking "this is a remake of 'Same Time, Next Year'", don't. It's clearly not. I believe it's far more personal than that wonderful play by Bernard Slade. After all, it's one thing to sit in the bar and engage in a weekend of conversations once each year. It's quite another to regularly put pen to paper and convey your emotions



through the mail for half a century. The more I read about Gurney's "Love Letters" the more I wanted to see the play. And we are lucky enough to have the play, and two talented individuals—Cathy Cassetta and Kurt Gravenhorst—who know the material, and more importantly, can take hold of the concept and deliver.

I'll be in the audience when "Love Letters" comes to town this month and I hope you will too. Two performances, Saturday evening February 16 at 7:00pm and Sunday, February 17 at 2:00pm. At Gualala Arts. Come for a different type of romance.

### B. BRYAN PRESERVE POINT ARENA, CALIFORNIA



110 acre conservation center dedicated to the breeding and preservation of endangered African hoof stock. Visits available at 9:30 am and 4:00 pm by reservation only. Stay with us in the comfort and style of one of our eco-friendly cottages.

707-882-2297

www.bbryanpreserve.com

## "Young Picasso" • Exhibition on Screen At Arena Theater, February 10

Exhibition on Screen returns to Arena Theater with "Young Picasso", Sunday, February 10, 1:00pm, doors 12:30pm. Young Picasso. Tickets are \$15

Painted by Picasso when he was just 25 years old the painting is now considered at the time it was scorned and rejected.

Exhibition on Screen, the award-winning cinematic series that explores the biographies of history's most revered artists, returns to Arena Theater on Sunday, February 10, at 1:00pm, with "Young Picasso."

Directed by Phil Grabsky, this extraordinary detective story looks in detail at the elements that drove one small boy from southern Spain to such heights. Three cities play a key role: Málaga, Barcelona and Paris. "Young Picasso" explores each and illustrates why they were so significant.

In close collaboration with five major European museums—Museo Picasso Málaga, Fundación Picasso-Museo Casa Natal, Málaga, where he was born; Museu Picasso

de Barcelona, where the most extensive collection of his early works is held; Museu Nacional d'Art de Catalunya, Barcelona and the Musée national Picasso-Paris, in the city Picasso called home—"Young Picasso" offers unique insight into the artist's mas-

terpieces at each of these remarkable institutions as well as additional insight from historians, curators, letters from friends and lovers, and Picasso's grandson Olivier Widmaier Picasso.

This carefully crafted documentary, filmed over two years, includes two critical periods in Picasso's life - the Blue and

Pink Periods - but does not overlook the years before those which are, though much less well-known, absolutely formative. The film culminates in New York, at the Museum of Modern Art where one of Picasso's works has been on permanent display since the 1930s.

Image: Pablo Picasso, *Les Femmes d'Alger (O. J.)*, 1911-1914, Oil on canvas. Acquired through the Lillie P. Bliss Bequest (by exchange) © 2018 Estate of Pablo Picasso / Artists Rights Society (ARS), New York.



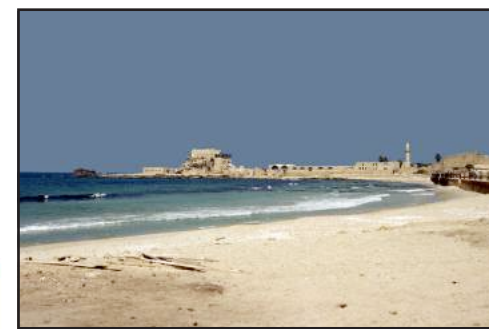
### Bob Schwein and Vicki Talbot Talk About Caesarea Expedition Coast Community Library's "Sunday @ the Library" February 3

Coast Community Library is pleased to present a Sunday @ the Library program by Bob Schwein and Vicki Talbot on Sunday, February 3 at 2:00pm. They will talk about their participation in an underwater archeological expedition at the ancient city of Caesarea Maritima, in Israel.

It was at Caesarea Maritima that Herod the Great, from circa 22 to 10 BC, built the world's first harbor constructed in open sea, without the aid of a natural bay. It is considered among the most innovative and success-

ful engineering feats in the ancient world.

A unique opportunity to gain insight into ancient civilizations. Coast Community Library is at 225 Main Street (Highway One) in Point Arena.



Photos: "Aqueduct" (top), "Theater" (bottom)



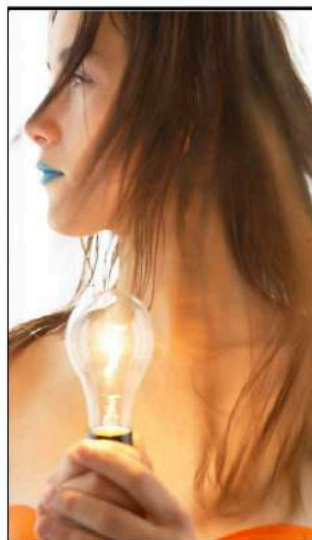
### Good Idea! Support KZYX. We Are Public and Community Radio For You.

- Donate Online • Volunteer Your Time •
- Attend A KZYX Fundraising Event •
- Donate A Vehicle • Join as a Sustaining Member
- Become a Business Underwriter.

On The Radio  
On Line  
On Your Phone



PO Box 1  
Philo, CA 95466  
(707) 895-2324



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

- Friday 01: 5:00pm, Art Opening "Crossing Boundaries" at Gualala Arts Center in Gualala.
- Saturday 02: 9:55am, MET Opera, "Carmen", at Arena Theater in Pt. Arena
- Saturday 02: 5:00pm, Quilts and Metal Sculpture at Coast Hwy. Art Collective, Pt. Arena
- Saturday 02: 5:00pm, Art Opening Boulanger/Rhine at Dolphin Gallery, Gualala
- Saturday 02: 7:30pm, Mendocino English Country Dance at Caspar Community Center
- Sunday 03: 8:30am, Garcia Guild Breakfast at Manchester Comm. Center\*\*
- Monday 04: 11:00am, Senior Lunch in Pt. Arena \*\*
- Monday 04: 7:00pm, "Orpheus", ATFC film screening at Arena Theater in Pt. Arena
- Monday 04: 6:30pm, New Moon
- Tuesday 05: 11:00am, Senior Lunch in Gualala \*\*
- Tuesday 05: 5:30pm, Karl Danskin brings his Tao discussion to Gualala Arts.
- Wednesday 06: 8:00am, Point Arena High School \*\*
- Thursday 07: 6:00pm, The Casuals with Music and Trivia at Garcia River Casino
- Saturday 09: 8:30pm, Zepparella returns to Arena Theater in Pt. Arena
- Saturday 09: 8:30pm, Jukebox Money performs at Garcia River Casino
- Sunday 10: 1:00pm, Exhibition on Screen "Young Picasso" at Arena Theater in Pt. Arena
- Sunday 10: 4:00pm, Cellist Jeremy Tai, Chamber Music at Gualala Arts Center, Gualala
- Monday 11: 7:00pm, "Melancholia", ATFC film screening at Arena Theater in Pt. Arena
- Tuesday 12: 4:00pm, Poetry Out Loud, Coast High School Poetry Slam, Arena Theater
- Wednesday 13: 11:00am, Senior Lunch in Pt. Arena \*\*
- Thursday 14: 11:00am, Gualala Super/Sundstrom Mall \*\*
- Saturday 16: 1:00pm, National Theater Live "Antony & Cleopatra", at Arena Theater
- Saturday 16: 4:00pm, Robin Joy Wellman lectures at Pt. Arena Lighthouse
- Saturday 16: 7:00pm, "Love Letters", a play by A. R. Gurney at Gualala Arts Center, Gualala
- Sunday 17: 10:00am, Mendonoma Health Alliance at Timber Cove Sunday Market \*\*
- Sunday 17: 2:00pm, "Love Letters", a play by A. R. Gurney at Gualala Arts Center, Gualala
- Tuesday 19: 6:30pm, Full Snow Moon Tour at Pt. Arena Lighthouse.
- Wednesday 20: 2:00pm, Across Ages & Cultures Prevention Coalition, Action Network, P. Arena
- Thursday 21: 7:30pm, Marilyn Motherbear Scott at 3rd Thursday Poetry at Arena Market
- Saturday 23: 2:00pm, "The Future Of Ocean Ridge Park", Community Meeting, Gualala Arts
- Saturday 23: 7:30pm, The Soul Rebels at Arena Theater in Pt. Arena
- Monday 25: 7:00pm, "Citizen Kane", ATFC film screening at Arena Theater in Pt. Arena
- Tuesday 26: 8:30am at S&B Market in Manchester \*\*
- Wednesday, 27: 2:15pm, Gualala Arts' Annual Member Meeting and B.O.D. Elections.

\*\* Blood Pressure Screenings sponsored by MHA.



## "LOVE LETTERS"

A Play by A. R. Gurney • Pulitzer Prize Finalist

At Gualala Arts Coleman Hall

with Cathy Cassetta & Kurt Gravenhorst

Sat., February 16, 7 PM

Sun., February 17, 2 PM

Fall head-over-heels for this unique and imaginative theatre piece comprised of letters exchanged over a lifetime between two people who grew up together, went their separate ways, but continued to share confidences. An evocative, touching, frequently funny but always telling pair of character studies in which what is implied is as revealing and meaningful as what is actually written down.



Tickets \$15 advance, Plus \$5 day of  
 Advance Tickets Available Online at [BrownPaperTickets.com](http://BrownPaperTickets.com)  
 or 1.800.838.3006 & in person at Gualala Arts Center and Dolphin Gallery

