

**ALWAYS
FREE**

February 2020



Lighthouse Peddler

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

We All Need Poetry!

Sarah Kobrinsky at 3rd Thursday Poetry Arena Cafe February 20



Third Thursday Poetry & Jazz presents poet Sarah Margaret Ruth Kobrinsky. The reading will take place at the Arena Market cafe and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Sarah Kobrinsky was the 2013-2015 Poet Laureate of Emeryville. Her poems and stories have appeared in Magma Poetry, Red Light Lit, Eleven Eleven, Monkeybicycle, *82 Review, 100 Word Story, Fjords Review, among many others. She was recently long-listed for the 2019 University of Canberra Vice Chancellor's Poetry Prize. "Nighttime on the Other Side of Everything"

(New Rivers Press, November 2019) is her first collection of poetry.

Sarah was born in Winnipeg, Manitoba, raised in Fargo, North Dakota, seasoned in London, England, and tempered in the Bay Area, California. She currently lives in Emeryville, known as the Rotten City and home to Pixar animation studios, with her husband and son.

Sarah and her husband have a handmade dinnerware company called Jared's Pottery. In her working life she has also been a barista, a flower delivery driver, an executive assistant, a life model, a server, an unemployment consultant . . .

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<< Albert Cummings • Blues on the Coast • Arena Theater • Sat., February 22 >>

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**Hand Carvings and Furniture
 by John Stickney at
 Coast Highway Art Collective
 Opening Reception February 1**

Newly remodeled Coast Highway Art Collective (CHAC) opens with local carver and furniture craftsman John Stickney.

Members of the Coast Highway Art Collective have spent the last month completely remodeling their gallery space, creating a fresh, light and conducive space where art is the main focus. They are proud to announce the first opening reception of 2020, featuring hand carvings and furniture by John Stickney. The reception is Saturday, February 1, from 4:00pm to 6:00pm.

All of the pieces Stickney creates are handmade and one of a kind. His carvings reflect his love of the grain, texture, and appearance of wood, as well as to color, which he incorporates into his pieces. Stickney has worked on relief carvings of paintings by artists he admires, including Michelangelo, "as his paintings read as sculpture," Stickney says. He has created large panels of album covers of bands from his youth. Recently he has focused more on the human figure.

Stickney's furniture designs have included tables, beds, desks, lamps, a rocking horse, and many other architectural and interior furnishings.

He works extensively in some of the more exotic hardwoods, for their color, grain, hardness, ability to take a high finish and their capacity to be carved with fine detail. Recently he has been learning how best



to carve redwood, using recycled tight grain pieces, mostly from old growth redwood

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Woody Allen (1935-)

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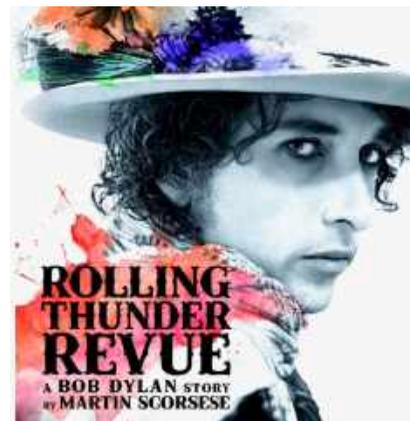
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**Music on Film Nite Presents "Rolling Thunder Revue"
 A Bob Dylan Story by Martin Scorsese • February 18 at Arena Theater**

In 1975, Bob Dylan embarked on a two-year tour that became legendary. Now Martin Scorsese draws upon footage shot on that tour to create a documentary as unique as Dylan, with fictional elements interwoven. The film includes a parade of iconic figures including Allen Ginsberg, Joan Baez, Joni Mitchell, Gordon Lightfoot and Patti Smith. New York Times critic Manohla Dargis wrote, "It's stirring how Dylan keeps coming back to film, with its beautiful masks and lies, and it is a gift that Scorsese has been there ready to meet him."



The 2019 pseudo-documentary film, covering Dylan's 1975 Rolling Thunder Revue concert tour, is Scorsese's second film on Dylan, following 2005's "No Direction Home." The bulk of "Rolling Thunder Revue" is compiled of outtakes from Dylan's 1978 film "Renaldo and Clara," which was filmed in conjunction with the tour. The documentary features contemporary interviews with prominent figures of the tour such as Dylan, Joan Baez, Sam Shepard, Ronee Blakley, Ramblin' Jack

Elliott, Roger McGuinn, Ronnie Hawkins, Larry Sloman, Rubin "Hurricane" Carter, as well as archival interviews with Scarlet Rivera and Allen Ginsberg. It also features fictional interviews of actors portraying characters who were not actually involved in the tour, including Martin Von Haselberg portraying the fictional filmmaker Stefan Van Dorp, Sharon Stone playing a fictionalized version of herself, and Michael Murphy reprising his role as Jack Tanner from the 1988 miniseries "Tanner '88." "Rolling Thunder Revue" does not differentiate between the fictional and factual

accounts, and even Dylan himself refers to the fictional characters in his interviews, leaving the audience to guess which parts of the film are authentic and which are fabricated. The film has a runtime of 142 minutes and tickets are \$10 at the door.

The Music on Film Nite series screens a diverse collection of music documentaries from rock and blues to jazz, punk, hip-hop and more on the third Tuesday of each month.

fence posts and old decking. For larger pieces, he has also used basswood extensively, as well as jelutong, maple, oak and mahogany. Basswood, maple and jelutong show little grain, allowing control, and are nearly white, allowing exploration of color on their surfaces.



ing regular gallery hours, Thursday, Friday, Saturday and Sunday from 11:00am to 4:00pm. com.

The newly remodeled gallery is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, next door to the Redwood Credit

Union. More information is available at www.coast-highway-artists.com.

Stickney's background in carving started as whittling at camp fires as a child, and found its footing while carving small pieces for friends at Berkeley High. After college at Humboldt state and UCSB, he taught at the university of Georgia for 34 years, and has moved back to the coast of California to carve full time.

Please join the members of the collective for this very special show and help us celebrate with food and drink.

The show runs from February 1 - 23 dur-



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

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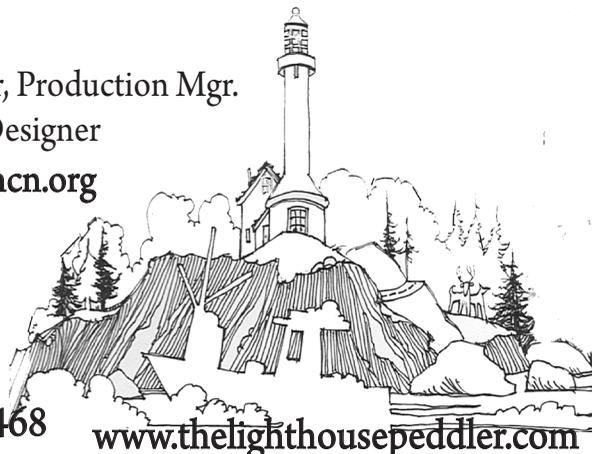
Dolly Steffen: Publisher, Production Mgr.
David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



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Andrianov and Illarionov
Cello and Guitar at
The Chamber Music Series
At Gualala Arts February 16

Boris Andrianov is considered one of the most gifted Russian cellists of his generation. A Berlin critic pinpointed the special quality of his playing, by commenting "Andrianov plays like a god, with heart-breaking beautiful softly vibrating bel canto tone and masterly noblesse, always pointing toward the inner core even in virtuoso passages."

Dimitri Illarionov, one of the most important classical guitarists to emerge from Russia's younger generation of musicians, can also boast of many international awards and prizes. He leads an active concert life playing solo recitals and appearing with chamber ensembles and symphony orchestras in Russia, Western Europe, the USA, Canada, and Mexico.

The duo will perform at Gualala Arts on Sunday, February 16 as part of the Center's Chamber Music Series. Tickets are \$25 advance, \$30 at the door. The concert begins at 4:00pm. For those wishing to dive a little deeper There will be a pre-concert talk presented by Nancy Padgett at 3:45pm.

Andrianov was born into a family of musicians. He graduated from the Moscow Gnessins' School of Music, later studying at the Moscow State Conservatoire and at the Hochschule für Musik Hanns Eisler under the tutelage of David Geringas. He's been a prize-winner at numerous competitions including the International Tchaikovsky Youth Competition and others in Europe, North America and Asia.

Illarionov graduated with honors from the Academic Music College at the Moscow Tchaikovsky Conservatory and, in 2002, graduated from the Russian Gnessins's Academy of Music cum laude. He also took lessons with the Russian composer and guitarist Nikita Koshkin; master classes with such prominent musicians as guitarists Carlo Marchione and Roberto Aussell.

The uncommon pairing of cello and guitar, as concert-goers will attest, has proven



to be a happy one. The innate songfulness of the cello adapts nicely in partnership with the plucked precision of the guitar.

Great Art on Screen Presents "Gauguin in Tahiti: Paradise Lost"

At Arena Theater • Sunday, February 9

Great Art on Screen is an exciting addition to the alternative content offerings at Arena Theater. This month cinema audiences will journey to the lush island of Tahiti which proved to be Gauguin's most inspired panoramic backdrop.

"Gauguin in Tahiti: Paradise Lost" screens at Arena Theater Sunday, February 9, 1:00pm. The Estimated running time is 90 minutes. Tickets are \$15 at the door or online.

"Gauguin In Tahiti: Paradise Lost" traces the legendary life story of Paul Gauguin who left France for Tahiti, feverishly in search of deep immersions into lush nature, for feelings, visions and colors, ever purer and brighter.

Audiences join this journey from Tahiti to American museums including New York's Metropolitan Museum of Art, The Art Institute of Chicago, National Gallery of Art in DC, and Boston's Museum of Fine Arts where Gauguin's greatest masterpieces are now preserved.

One can consider the motivations, if needed: In 1890 Paul Gauguin needed a

miracle. His wife had abandoned him, and taken his children with her. His old friend Vincent van Gogh had killed himself. His career as an artist had stalled. And he was penniless. So he hatched a plan, which he announced to his estranged wife in a letter.

"May the day come... when I can flee to the woods on a south sea island, and live there in ecstasy, for peace and for art. With a new



family, far from this European struggle for money. There, in Tahiti, in the silence of the lovely tropical night, I can listen to the sweet murmuring music of my heart, beating in amorous harmony with the

mysterious beings of my environment."

Whether the great Gauguin had a clear vision or simply bought into a Polynesian myth, he made the journey. Regardless of the myth or reality, Gauguin's paintings live on to make all of us wonder just what was Tahiti like when he arrived.

The films in this series are underwritten by North Coast Artists Guild.

National Theatre Live From London

Presents "All My Sons"

At Arena Theater • February 15

National Theatre Live from London brings another grteat prodcution to the big screen at Arena Theater. Arthur Miller's "All My Sons"

is set for Saturday, February 15, 1:00pm, doors 12:30 pm.

Broadcast live from The Old Vic in London, Academy Award-winner Sally Field (Steel Magnolias, Brothers & Sisters) and Bill Pullman (The Sinner, Independence Day) star in Arthur Miller's blistering drama "All My Sons".

America, 1947. Despite hard choices and even harder knocks, Joe and Kate Keller are a success story. They have built a home, raised two sons and established a thriving business. But nothing lasts forever and their contented lives, already shadowed by the loss of their eldest boy to war, are about to shatter.

With the return of a figure from the past, long buried truths are forced to the surface

and the price of their American dream is laid bare.

Jeremy Herrin (NT Live: This House, People, Places & Things) directs a cast including Jenna Coleman (Victoria), and Co-



lin Morgan (Merlin).

All My Sons is an Old Vic co-production with Headlong The play has a runtime of 165 minutes with one intermission and tickets are \$18, \$5 Youth (18 and under). Information is at ArenaTheater.org.

Jazz In The Foyer. An Evening Of Jazz That's Worth The Wait
An Intimate Performance in the Foyer At Gualala Arts • February 22

Jazz In The Foyer is a joy worth waiting for. Originally scheduled for October (before the PG&E PSPS scuttled the event) the music will be here in February.

Fred Adler has created another opportunity for coastals to enjoy a solid evening of music. On Saturday, February 22, the Elaine Jacob Foyer at Gualala Arts will be filled with Blues and Standards. The music starts at 6:30pm with Jamie Davis, vocals, Larry Vuckovich, piano and Doug Miller, bass.

Jamie Davis, who appeared as a vocalist on the Grammy-nominated album "All About That Basie" brings an amazing talent and absolute authenticity to the music. Davis is one of the few jazz

venues as Oakland's Yoshi's.

Larry Vuckovich will also treat the audience to solo piano gems from his repertoire



of enchanting lyrical piano favorites.

Doug Miller has been a stellar musician in Seattle, New York, and the San Francisco Bay Area. Following in the footsteps of bass-great Ray Brown, Miller has studied with John Clayton, and played with Ken Cook, Benny Green, Akira Tana, Peter Horvath, Michael Wolff and the Count Basie Band. Miller is a superb bassist. It includes accompanying legends such as trumpeter Dizzy Gillespie and pianist Les McCann. His taste and timing are impeccable.

This evening of great music—Jazz in the Foyer—is presented by the Global Harmony Series and Fred Adler. "I am grateful to have the opportunity to present three captivating and unique world class

jazz talents in the intimate setting of the Elaine Jacob Foyer, for this concert." Adler added, "I promise that this will be another historic, intimate and stellar jazz concert at Gualala Arts Center."

Tickets are \$29 advance, \$5 more day of performance, youth 7-17 free with adult. All tickets available at Gualala Arts, Dolphin Gallery, at BrownPaperTickets.com, or by calling 1-800-838-3006.



bass baritone rich voices performing today. His sound evokes the timeless timbres of historic singers such as Billy Eckstine, Joe Williams and the revered entertainer Lou Rawls.

A talent familiar with music lovers on the coast, Larry Vuckovich will join Davis for this performance. A consummate pianist, Vuckovich will be as much a foundation as accompaniment to Davis' voice. Both performers are music masters who have recently sold out shows at such prestigious Bay Area



The Murder Mystery Dinner
Returns to Gualala Arts
Friday and Saturday
February 28 and 29
Get Ready for
"Murder On The Sea Ranch"

One of the most popular theater productions at Gualala Arts is the annual, Murder Mystery Dinner. I have it on good authority that no one has actually been murdered during these performances. But that doesn't mean you won't get caught up in the event.

There will be two performances: Friday, February 28 at 6:00pm, and Saturday afternoon, February 29 at 2:00pm at Gualala Arts Center's Coleman Hall. Tickets are \$50 Friday (which includes dinner), and \$20 Saturday (no dinner). Tickets are available at Gualala Arts and at BrownPaperTickets.com.



This month Gualala Arts presents the fifth mystery on the coast and this time it comes with a view: "Murder On The Sea Ranch". Don't wait for the movie. Enjoy one of the live performances.

Come participate as the audience competes to discover who the murderer might be! "Murder On The Sea Ranch" is another Steve Oakwood Mystery. Be forewarned. The Murder Mystery dinners usually sell out early so you're encouraged to get your tickets early.

If you are interested in being involved with Gualala Arts Theater contact Gualala Arts at 884-1138.



ARENA THEATER
arenatheater.org
February 2020
Blues on the Coast
Saturday Feb. 22 7:30 PM
Albert Cummings

Coming in March
Cocktail Party Fundraiser
Saturday March 21 4:30 PM

Met Opera Live in HD
Saturday Feb. 1 9:55 AM
The Gershwin's
Porgy and Bess
Saturday Feb. 29 9:55 AM
Agrippina

Great Art on Screen
Sunday Feb. 9 1 PM
Gauguin in Tahiti

Arena Theater Live
Friday Feb. 14 7:30 PM
Valentine's Day Show

National Theatre Live
Saturday Feb. 15 1 PM
All My Sons

Music on Film Nite
Tuesday Feb. 18 7 PM
Rolling Thunder Revue:
A Bob Dylan Story
By Martin Scorsese

Arena Theater Live
Saturday Feb. 29 8:30 PM
Bob Marley Tribute w/
Sol Horizon

Arena Theater Film Club
Mondays 7 PM
Feb. 3 The Lady from Shanghai
Feb. 10 My Favorite Year
Feb. 24 Ikiru
214 Main Street Point Arena

"Life is a puzzle unsolved."
 Santosh Kalwar (1982-)



Library Hours Changed With the Start of the New Year

In case you are not aware, our local library, the Coast Community Library in Point Arena simplified their hours effective in January. The library will have new hours that are more consistent throughout the week.

If you wonder why Wednesday's opening is earlier, it is because our popular pre-school Story Time begins at 11:00am. Marilyn Alderson and Donna Stornetta have been at-

tracting amazing numbers of story time participants, averaging 20 to 25 youngsters & parents at their weekly story time and 16 to 20 children at monthly programs for Tribal Headstart and other pre-school programs.

Besides not wanting to disrupt a popular program, they want to keep the same day and time of story time because it is coordinated to not conflict with others in the area. Julia

Larke, Librarian added "Our late night closing at 7:00 pm rather than 8:00 pm matches the evening hours of the other branches. Changing to a single late night rather than two is fine because we rarely have more than one or two patrons in the library in the late evening. I know that many patrons will be glad that an extra hour has been added to Saturday."

Full Moon



February 9

New Moon



February 23

The Trouble with Traveling Backwards

Your hair blows over your ears into your eyes, the punch line arrives long before the joke, the dog tears at the meat then he begs — your heart breaks before you have a chance to fall in love.

Sarah Kobrinsky

The Gershwins' Porgy and Bess at Arena Theater Met Opera Live in HD • Saturday, February 1

Met Opera Live in HD brings one of the greats this month. Arena Theater presents the American classic: The Gershwins' "Porgy and Bess" is set for Saturday February 1, 9:55am, doors 9:15am.

The Gershwins' "Porgy and Bess" returns to the Met for the first time since 1990, in a new production directed by James Robinson in his company debut. America's "folk opera," as the 1935 creators described it, tells the story of disabled beggar Porgy, sung by Eric Owens, and his love for the drug-addicted Bess, portrayed by Angel Blue.

David Robertson conducts a stellar cast that also includes Donovan Singletary as fisherman Jake, Golda Schultz as

as drug dealer Sportin' Life, Alfred Walker as the brutal stevedore Crown, and Denyce Graves as Maria, town matriarch and opera-



his wife Clara, Latonia Moore as the be-reaved widow Serena, Frederick Ballentine

tor of the local cook-shop.

Infused with the timeless melodies of the much-loved classics "Summertime," "It Ain't Necessarily So," "Bess, You Is My Woman Now," "I Got Plenty o' Nuttin'," and "My Man's Gone Now," the new co-production with English National Opera and Dutch National Opera was hailed as a triumph at its premiere in London earlier this year.

The runtime is 195 minutes, with one intermission. Tickets are \$24, \$22 general, \$18 youth (18 and under), at the door or online at www.arenatheater.org.

NOAA's Greater Farallones National Marine Sanctuary Advisory Council Sets Meeting for February 19

NOAA's Greater Farallones National Marine Sanctuary Advisory Council will hold their next quarterly meeting on Wednesday, February 19, from 9:00am to 4:20pm at the Bodega Bay Fire Protection District Firehouse, 510 Hwy One, Bodega Bay, 94923.

The council meets quarterly to discuss various topics related to management of Greater Farallones National Marine Sanctuary off San Francisco, including sanctuary enforcement coordination; updates from the Greater Farallones, Cordell Bank, and Monterey national marine sanctuary superintendents; and from the Director of the Greater Farallones Association, the non-profit partner to Greater Farallones NMS.

Also to be discussed will be Greater Farallones Visitor Center public programs; and a presentation from Sonoma County on their coastal resilience planning. Meetings are open to the public to attend, and each has a limited public comment period.

As an informational item only, the council will also hear from its U.S. Fish and Wildlife Service (USFWS) member on the USFWS' proposed Farallon Island invasive mouse eradication project. More information is at Farallones.noaa.gov.



Mendonoma Health Alliance Offers A Free Self-Management Workshop In March/April

Mendonoma Health Alliance is offering a Self-Management Workshop for people with Chronic Conditions. This workshop is based on the Stanford University Chronic Disease Management Program.

This is a free, six-week class, meeting Thursdays from March 12 through April 23, 2020. (Please note: There is no class on April 16). Each class meets from 1:00pm to 3:30pm at the Manchester Community Center, 43970 Crispin Road, Manchester.

Space is limited so early registration is available and encouraged. Information and registration is at (707) 412-3176 x 102. Learn how to live a healthier life with chronic conditions. Topics include: • **Managing Symptoms** • **Healthy Eating** • **Medication Usage** • **Stress Management** • **Setting Goals** • **Making informed Treatment Decisions** • **Working with your Health Care Provider**

Information is at (707) 412-3176 x 102, or at info@mendonomahealth.org.

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**A Second February Treat
From The MET at Arena Theater
"Agrippina" • February 29**

In the Met's first-ever performances of "Agrippina", Handel's satire of sex and power politics, Sir David McVicar reconceives a production he originally created for the Monnaie in Brussels in 2000, evoking a scandalous world in which the Roman Empire never fell but simply kept going right up to the present.



This performance screens at Arena Theater Saturday, February 29, 9:55am, with doors opening at 9:15am.

Holding a distorted mirror to contemporary society (as Handel did when he staged this opera), the production presents the corrupt intrigues of the political classes, brought to life by Joyce DiDonato as the power-hungry empress Agrippina, Brenda Rae as the scheming, seductive Poppea, and Kate Lindsey as the feckless teenager Nerone. Iestyn Davies portrays the ambitious officer Ottone, and Matthew Rose is the emperor Claudius, on whose vacated throne Agrippina is determined to install her son.

The Runtime is 225 minutes, with one intermission. Renowned for his interpretations of the Baroque repertoire, Harry Bicket conducts.

Tickets are \$24, \$22 general, \$18 youth (18 and under), at the door or online at www.arenatheater.org.

**Full Snow Moon Night Tour Set for February 8
at Pt. Arena Lighthouse**

The Point Arena Lighthouse continues its popular Full Moon Night Tours with a Full Snow Moon Night Tour on Saturday, February 8. Gates open 5:30pm, tour starts around 6:00pm. The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off



by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more. The tour is limited to 20 guests, so reservations are recommended in advance of the tour.

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

According to the Old Farmer's Almanac the February full moon is called the Snow Moon due to the typically heavy

snowfall during that month. On average, February is the USA's snowiest month, according to data from the National Weather Service. Native American tribes and Colonial Americans used full moons as a way of tracking the seasons. Other February Full Moon names include: the "Shoulder to Shoulder Around the Fire Moon" (from the Wishram people of the Pacific Northwest),

the "No Snow in the Trails Moon" (Zuni, of the Southwest), and the "Bone Moon" (Cherokee, of the Southeast). The Bone Moon meant that there was so little food that people gnawed on bones and ate bone marrow soup.

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

The Lighthouse offers Full Moon and (almost) Full Moon Night Tours throughout the year, see their website PointArenaLighthouse.com for details. For more information or to make a reservation call the Lighthouse at 707-882-2809, ext. 1 at least 3 days prior to the tour.

Moon image by GooKingSword from Pixabay

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**Dolphin Gallery • New Exhibit
"Fabric & Wood: Beyond Borders"
Opening Reception Feb. 1, 5-7 pm**

**Burnett Gallery • New Exhibit
"Personal Perception"
Opening Reception • 5 pm - 7 pm
Friday, February 7**

**Continuing Exhibit
Nicole Paisley Martensen
"Water's Edge"
Elaine Jacob Foyer
Extended Through February**

**Chamber Music Concert
Andrianov and Illarionov
Cello and Guitar
Sunday, February 16, 4 pm**

**"Jazz In The Foyer"
Jamie Davis, Vocals,
Larry Vuckovich, piano,
Doug Miller, bass
Saturday, February 22, 6:30 pm**

**Gualala Arts
Mystery Dinner Theater
Friday, February 28, 6 pm
Saturday, February 29, 2 pm
"Murder on the Sea Ranch"
A Steve Oakwood Mystery**

**Gualala Arts
Annual Members Meeting
and Volunteer Recognition
Wednesday, February 19, 2:15 pm**

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Orson Welles, Peter O'Toole and Akira Kurosawa
Classics . . . and Then Some At Arena Theater Film Club • February 3, 10, 24

February finds the Arena Theater Film Club showcasing three films. And film lovers will be happy to hear the names of the key players: Orson Welles, Pete O'Toole and Akira Kurosawa. Prepare to be entertained.

Opening the series this month is "The Lady From Shanghai", a 1947 classic directed by (and starring) Orson Welles along with Rita Hayworth.



The Guardian Newspaper's film critic wrote "There's such outrageous brilliance in Orson Welles's brash and sexy noir melodrama from 1947. There are some opaque plot tangles, perhaps due to 60 minutes

being cut from Welles's original version by the studio, but the sheer brio and style make it a thing of wonder, whisking the audience from the streets of New York City, to the open seas, to a tense courtroom and then to a bizarre house of mirrors."

"The Lady From Shanghai" screens Monday, February 3 at 7:00pm at Arena Theater. The film is not rated and has a runtime of 87 minutes.

As Michael O'Hara—hired to work on a yacht belonging to the disabled husband of femme fatale Rita Hayworth—Welles plays an innocent man drawn into a dangerous web of intrigue and murder. The subject of great controversy and scandal upon its initial release, "The Lady from Shanghai" shocked 1948 audiences by presenting Hayworth with her flaming red hair cut short and dyed champagne blonde. Fifty years later, the film is considered vintage Welles, his famous hall of mirrors climax hailed as one of the greatest scenes in cinematic history. In addition to Welles and Hayworth, the cast include Everett Sloane, Glenn Anders, Ted de Corsia and a long list of faces from 1940s Hollywood.

Take a peak at my list of desert island films and you just might find this 1982 gem. "At the start of "My Favorite Year" we're almost immediately face-to-face with Alan Swann (O'Toole). Swann is the Errol Flynn-like star. Like early television's drunken characters played in good fun by the likes of Red Skelton and Jackie Gleason, O'Toole/Swann is over-the-top. He's perpetually inebriated, which is a problem as he's booked on a live television comedy show: King Kaiser's Comedy Cavalcade. 1954 television may never be the same.

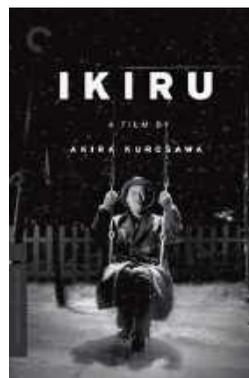
Directing "My Favorite Year" is Richard Benjamin in his feature film directing debut. The film screens Monday, February

10, 7:00pm. The cast includes Mark Linn-Baker, Jessica Harper, Joseph Bologna and



Bill Macy. The film is rated PG and runs 92 minutes.

The Film Club's final film for February is "Ikiru", a 1952 film by Akira Kurosawa.



The film examines the struggles of a terminally ill Tokyo bureaucrat and his final quest for meaning. The screenplay was partly inspired by Leo Tolstoy's 1886 novella "The Death of Ivan Ilyich".

One of the greatest achievements by Akira Kurosawa, "Ikiru" shows the director at his most compassionate—affirming life through an exploration of death. Takashi Shimura beautifully portrays Kanji Watanabe, an aging bureaucrat with stomach cancer who is impelled to find meaning in his final days. Presented in a radically conceived two-part structure and shot with a perceptive, humanistic clarity of vision, "Ikiru" is a multifaceted look at what it means to be alive. "Ikiru" screens Monday, February 24 at 7:00pm. It's in Japanese with English subtitles. B&W. The film is Rated R for language, nudity, some violence. The Runtime is 143 minutes.

"Water's Edge"

Nicole Paisley Martensen
Exhibit Continues thru March 1
at Gualala Arts

Gualala Arts has extended the exhibit featuring Mendocino County artist Nicole Paisley Martensen. "Water's Edge" will continue in the Elaine Jacob Foyer through the end of February.

"Water's Edge" is an installation reflecting concerns about the planet, both intimate and global, and Martensen's works will be around, above and throughout the Foyer. Paintings around the circumference of the foyer depict abstract aerial views of Arctic ice melt. Silk panels hanging in the center of the space reflect images of our ecosystem on the Mendocino Coast and invite a conversation on how rising sea levels and the effects of climate change will challenge all



of us to redefine our sense of "home."

For Martensen the vibrant and rugged Mendocino coastline is a constant source of inspiration. She finds intrigue in 'the hidden'; in the obscured underpainting, in the sylvan understory, in our subconscious. "Much of my art-making entails exploring these hidden realms of looking through layers and into the mystery. -

Martensen's exhibit continues through March 1, 2020. Free.

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

Solution to Sudoku:

Words on Wellness • "7 Million Colors"

by Karin Uphoff

The palette of colors that winter presents us, is a seasonal medicine we sometimes overlook. In our ever-brightening, somewhat garish-glow of commercial colors, the muted tones of a February sky, can offer respite for our eyes. The human eye can see 7,000,000 colors, some of which are literally eyesores. Certain colors and color relationships are irritants that cause headaches and adversely affect vision, while other colors and combinations are soothing or uplifting. Bright yellow is the most visible of all colors and the first one that our eyes notice. This is also true for many species and why yellow is a prime color for plant pollination. However bright yellow used in large areas will irritate our eyes, whereas lighter shades of yellow can be comforting and cheerful.

Bright colors reflect more light, causing excessive stimulation and eye fatigue. The contrast between white and black is the most tiring since white surfaces reflect about 80% light, black 5% resulting and a 16:1 Light Reflectance Ratio – much higher than the 3:1 ratio of reflectance recommended for visual tasks. Working at a bright white desk is more visually straining than a cream colored or pastel-toned



desk (though if your desk surface is covered by books and papers, this may not apply!). Computer screens tire us due to this high reflectance along with constant pixel movement to create images. When staring at screens, we blink less frequently (about one-third the time) resulting in dry eye. Fully blinking more often when working on computers is helpful, as is looking away and into the distance (at least 20 feet) every 20 minutes for 20 seconds (the 20-20-20 rule). Gazing out over the ocean is a pleasant way to relieve the focusing muscle inside the eye.

We can also soothe strained eyes with herbal eye compresses. If eyes are tired and dry; make a warm compress by saturating a cloth with freshly made chamomile tea. If eyes are swollen and irritated, use cold tea or slices of cool cucumber. When the winter sun peeks through, revitalize your eyes by closing them as you look at the sun and let its warm glow penetrate your eyelids without wearing glasses or contact lenses. Sunlight helps the retina release dopamine and stimulates the cornea to metabolize vitamin D. Otherwise revel in the gentle hues and shadows of winter light.

Karin C. Uphoff, is a Master Herbalist, Iridologist, Bodyworker and author of

Botanical Body Care: Herbs and Natural Healing for Your Whole Body. Learn more at: www.karinuphoff.com

Northern Barred Owl: "Who Cooks For You?"

"Who cooks for you, who cooks for you-all" is the vocalization of the Barred Owl. It is very similar to our Spotted Owl, but larger and more aggressive. The Barred Owl can be more than 24 inches tall and have a wingspan of up to 49 inches. It has a round head, yellow beak and large dark eyes. The brown back is spotted; the front has horizontal bars on the upper chest and vertical bars on the belly.

Barred Owls are nocturnal hunters. Their exceptional hearing allows them to pick up squeaks from 50 yards away. They eat mostly mice but also chipmunks, flying squirrels, rabbits, opossums and gray foxes.

They nest in cavities or broken tree tops, but also will use abandoned raven and hawk nests. The male feeds the female while she incubates 2 or 3 eggs for about a



month. They usually nest every other year. Parents will care for the young for more than four months.

Barred Owls are not native to local forests, having arrived here from the East, as a result of development and increased logging, in the last part of the 20th century. They nest in parks and in neighborhoods with tall trees. Barred Owls compete for habitat with native Spotted Owls. Interbreeding with Spotted Owls has produced hybrids called Sparred Owls or Botted Owls. The hybrids are sterile, thus further threatening Spotted Owls.

A controversial four-year experiment, in which scientists are killing Barred Owls in 2% of the Spotted Owl habitat in Washington, Oregon and Northern California, is under way.

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Ruby-crowned Kinglet. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendonoma Coast. More information is at www.mendocino-coastaudubon.org. Photo credit: Image by Regon Department of Fish & Wildlife

Animal Care & Welfare • Good Breeding

By Cathy Sue Riehm

When it comes to the animals we want in our lives, breed selection is a personal choice. Breeds have characteristics that relate to their function, also known as 'form to function'. Thoroughbreds are built to be racehorses, Drafts are built to be workhorses, Rottweilers provide protection and Australian Shepherds will herd your sheep.

Breeders use heredity, or the passing on of characteristics from parent to offspring. This study of heredity is called genetics. My major (at the University of Georgia) was Equine Reproduction... basically horse genetics. Being knowledgeable about animals' genetics helps us to decrease the possibility of diseases, increase the possibility of strong conformational traits and helps us to maintain the specific traits that make a certain breed who they are- this means, for example, that cattle can be bred based upon milking abilities (for your Holsteins and Jerseys) or meat-producing capabilities (for your Angus and Herefords).

Breeds are classified by common characteristics that differentiate them from other breeds. Knowing an animal's history and ancestors gives you knowledge as to the problems that could come up... I acquired my last horse, a Connemara/Irish Thoroughbred cross, at four months old from his breeder. I secured my adoption and he remained on the farm for a few months to be weaned and start ground-work training

(being haltered, etc.). I was able to meet his mother (dam) and full brother, also on the farm. Additionally, his breeder was showing his father (sire) on the national circuit, and all of his information was available to me.

A good breeder should give you something of an investigative 'hard time' when adopting one of their animals- they need to make sure you are able to provide a safe and healthy home.

Good breeders use 'selective breeding'- breeding two animals that possess certain desired/genetic characteristics to be passed on to the offspring. This involves outbreeding (mating unrelated individuals) as opposed to inbreeding (mating



related individuals).

As a veterinary technician and trainer closely involved with endangered species (such as giraffe, zebra and antelope), maintaining breed integrity means no inbreeding... when numbers of individual animals are so low, there is a great risk when it comes to inbreeding.

Individual breeds have certain traits associated with them- Labradors and Retrievers are known to be super sweet as well as great hunting dogs, Australian Shepherds and Welsh Corgis are known for their herding abilities- these are personality and conformational characteristics we depend upon. What if we just had "The Dog" or "The Horse"... a mix of an undeterminable amount of species?

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Voter Registration In February February 1, 15, 18

Voter registration assistance continues in February at Pay n' Take at the Gualala Community Center and Arena Market & Cafe.

Registration is set for Pay n' Take on two Saturdays, February 1 and 15 from 8:30am to 11:30am. In addition, voter registration will also be available at Arena Market & Cafe, 185 Main Street in Pt. Arena on Tuesday, February 18 from Noon to 3:00pm. Tuesday, February 18, is the last day to register to vote for the March 3 California presidential primary.

The heartbeat of our Democracy is the right to vote and you must be registered to vote. Whether you vote in person or vote by mail registration and information is available to assure that your



Arena Theater Live Presents Valentine's Day Show Saturday, February 14

The community is invited to come celebrate Valentine's Day at Arena Theater in an irreverent, non-traditional way with a readers' theatre variety show, "Postcards from Point Arena." The show will include games such as "The Battle of the Sexes," and "The Not-So-Newlywed Game" with audience participation, and people can win popcorn and movie ticket prizes. "The show is a satire on love with sexist jokes and light-hearted songs," says director Elizabeth Herbert. Two bands, The Flashbacks and The Mammals, comprised of local musicians will provide music for the evening. Show-



time is Friday, February 14, at 7:30pm, with doors opening at 7:00pm. All proceeds will benefit the Arena Theater cinema program.

"The Point Arena Players are at it again! Join Jon Handel, Elizabeth Harrison, Mitch McFarland, Barbara Pratt and Harm Wilkinson as they make fun of love on Valentine's Day!" says Herbert. "Bring your sweetheart (or your ex) to a night of sexist jokes, music and audience participation." The Flashbacks, featuring Tom Merline, Bryn Harris and Rod Curbelo will perform during the show and The Mammals, comprised of Chris Campbell, Zorbic, Danny and Trish as well as Merline, Harris and Curbelo, will be rocking it afterwards for a dance party. Tickets are \$15, available at the door, at local outlets and at www.arenatheater.org.

vote is counted. Registration information is non-partisan. If you registered with any of the following qualified political parties, you can only vote for that party's presidential candidate: Republican Party, Democratic Party, Green Party, Libertarian Party, Peace and Freedom Party. To change your registration, visit registertovote.ca.gov.

"Fiber and Wood: Beyond Patterns" Dolphin Gallery Hosts Bette Covington and James Docker

Opening this weekend the Dolphin Gallery is a new exhibit that thoughtfully brings together two artists and two complimentary art forms. "Fabric and Wood: Beyond Patterns" features the creations of Bette Covington and James Docker. The exhibit opens this weekend at the Dolphin Gallery in Gualala with a reception Saturday, February 1, from 5:00pm. to 7:00pm.

A California native, Bette Covington—like many Californians—migrated from one end of the state the other, relocating to the Mendonoma coast in 2003. More than geography changed as she transitioned from 30 years of teaching and performing piano to exploring art based in fabric. In time she discovered that "working with fabric brought an exciting new kind of freedom of expression. My work involves an appreciation of fabricant and a spontaneous approach to design. I allow the fabric to direct my work one piece or shape leading me to the next, evolving as I work." The re-



sults are abstract and evocative, not to mention beautiful.

James Docker is a Californian who arrived on the coast by way of Kyoto. He lived and

studied language, culture, arts and architecture in Japan from the late 1960's into the early '70s. And he returned to Japan many times to stay connected with family—his wife's family is from Japan—but he has also taken time to "re-investigate Japan's culture



and creative spirit." Not content with a successful 50-year career as a licensed General Contractor (designing and constructing custom homes on The Sea Ranch, in the Napa Valley and throughout the greater Bay Area.) Docker, too, changed gears. In the winter of 2016 he began with the design and fabrication of knife blocks and boards for neighbors, friends and family. In 2017 he stopped building homes allowing him to focus his creative efforts on knife block and serving-board creation and fabrication. He's also worked on fabric design, based upon his wood creations. "My work has been described as 'quilting in wood'.

The Fabric (Covington) and the Wood (Docker) provide visitors to the Dolphin Gallery with an understanding of how comfortable and appropriate it is to have these two artists exhibit together. The exhibit continues through March 1, 2020.

New Exhibit at the Artists' Collective in Elk The Jewelry of Rhoda Teplow • Opening Reception February 8

The Artists' Collective in Elk will present the jewelry of Rhoda Teplow for its February show. There will be a reception for the artist on the 2nd Saturday, February 8th, from 3:00pm to 5:00pm. The gallery is located at 6031 South Highway 1, Elk, CA. (707) 877-1128.

Teplow makes jewelry from beads, many of which she imported from Africa, Asia and Europe.

After graduating from the University of California in Berkeley, Teplow entered the Peace Corps. She was assigned to teach in Togo, West Africa. In her village of Lama Kara she became acquainted with African trade beads which were actually millefiori beads that had been brought from the is-

land of Murano in the Venetian Lagoon of Italy. Her first necklace consisted of those glass beads.

Beads are a passion for Teplow. "I thrill in combining Tibetan beads with African beads with Japanese and Balinese beads. To know that other hands have labored to make them, hands that have been burnt by the flames, cut by the glass or blackened by the polishing. So much labor is in one bead, and so many stories and history are attached to them."

Her body of work incorporates her own porcelain beads, brass from the Ashanti tribe, recycled glass beads from the Krobo tribe in Ghana, and beads she has collected from around the world during her travels.

**Robin Joy Wellman Presents at Point Arena Lighthouse February 15
"Siberia—The People, Their Traditions and Their Connections to Our Coast"**

On Saturday, February 15 at 4 p.m. Robin Joy Wellman will present "Siberia – The People, Their Traditions and Their Connections to Our Coast" as part of the Lighthouse Lecture Series. Admission is \$5 per person and the lecture will take place in the Fog Signal Building at 45500 Lighthouse Road in Point Arena.

Enjoy an evening of Siberian tales from Robin Joy, who after years of Fort Ross work has a deep and lasting relationship with the people of Siberia. Wellman was invited by the Ministry of Foreign Af-



fairs and Ellyadia Organization to travel to Siberia with Fort Ross volunteer member Amy Lemmer, and Coast Miwok members Joan Harper and Nancy Napolitan. Learn about their experiences of being the first Americans in the village of Mryrila, camping on the Siberian plains along the Angara River, attending the Solstice Festivals, experience very different foods, learning about village life, effects of climate change and the permafrost, and their visit to the Lena Pillars. Amy and Joan (Coast Miwok) will be joining the conversation. Tea and a sample of traditional blessing bread will be shared.

Wellman retired after 27 years at Fort

Ross State Historic Park where she worked closely with natural and cultural history interpretation providing research, curriculum development, and programs. She worked closely with many partners including Sonoma Museum, San Francisco Presidio Trust, Gualala Art Center, Stanford Uni-



versity, and many people across the cultural spectrum including tribal members from all tribes (Kashaya, Coast Miwok, Dry Creek Pomo, Sakha, Kenaitze, Kodiak, Tlingit members, and more. She has presented internationally throughout Russia and Paris.

Wellman continues to remain active being a presenter at the first forum in Hawaii in November of 2017 with the tribal people of Hawaii and academics related to the Russian American Company, presenting in Paris in regards to her work with the Kunstkamera, presenting in Oregon, and local conferences in as it relates to interpretation in Santa Cruz. Her passion and dedication to the telling of the Northwest Pacific has been core to her life work.

For more information or to reserve a seat call the Point Arena Lighthouse at (707) 882-2809, ext. 1.

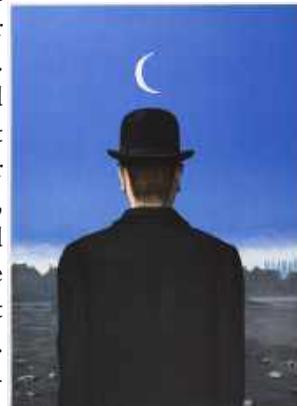
**A New Exhibit at Gualala Arts: "Personal Perception"
40+ Artists Bring Their Own Personal Perception February 7**

When the call went out to artists for a new exhibit titled "Personal Perception", it's possible that some—or many—of the artists carefully read and re-read the guidelines from curator Ron Bolander. And then they went to work on bringing their art to the February exhibit in the Burnett Gallery. "Personal Perception" opens with a reception on Friday, February 7, from 5:00pm to 7:00pm at Gualala Arts.

Bolander began by asking artists if they were serious about their work, and if they are creative and honest with themselves. Perhaps self-reflection can stimulate an artist to get outside of their comfort zone. He challenged them to not only raise their game a bit, but also asked them to take the assignment personally. Bolander described "Personal Perception" as an opportunity and challenge to enter an exhibit for the true artist.

Here's the challenge: "Convey, with your art, your personal, truthful answer to either one or both of the following two questions:

1. How do you perceive your immediate social environment?
2. How are you perceived by your immediate social environment.



To help the participating artists get started, Reflecting on the art created by the likes of Leonardo DaVinci, Toulouse Lautrec, Pablo Picasso, Salvadore Dali, Rene Magritte and others, it is clear that Bolander wanted artists to bring to this exhibit their efforts to answer the two questions. With their art.

Come see for yourself how the artists took up the challenge. Think about how you, whether an artist or not, might have answered the questions.

While not on display during the exhibit, two of the examples given to the artists are here: left, Rene Magritte and above, Toulouse Lautrec. This is an exhibit unlike many (or any) you've seen. At least in recent memory. "Personal Perception" will be on display thjrough March 1.

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No Justice, No Peace

by David Steffen

I'm fascinated by the amount of hurt that is directed at the wealthy. In many cases it's not their fault they're wealthy. Their wealthy parents were born before them and, in a form of financial gravity, stuff rolls downhill. After the estate is settled, voila, they are now officially wealthy. But wealth does not mean you live without pain.

Take the woman from New Jersey, as reported in the Washington Post. She and her husband, reportedly, belong to an exclusive country club. How do we know it's exclusive? When I'm told that the initiation fee is \$65,000 to join and the annual dues are \$19,000, I pretty much conclude that it's exclusive. At the very least I know it excludes me. Although I'm reminded of Groucho Marx who exclaimed "I won't belong to any organization that would have me as a member". So there. Anyway, this apparently wealthy couple went to dinner at the club. Mrs. wealthy person carried a \$30,000 Hermès Kelly clutch which she received as a gift from her husband on her 30th birthday. (My wife's birthday is coming up in May. I hadn't considered a \$30,000 purse.) So after a waiter at the posh New Jersey country club spilled some red wine on the luxury handbag, the Wealth family "sued for negligence, demanding that the Alpine Country Club pay her the eye-popping price of her spoiled handbag." I would recommend she take a different route: Auction or sell the handbag to someone who likes red wine and can afford an Hermès Kelly clutch. Of course it won't command \$30,000 but, hey, take what you can get, donate the cash to charity and write off the difference as a loss on your taxes. Oh, wait. You can't do that anymore. The 2017 "Tax Cuts and Jobs Act" suspended the itemized deduction for personal casualties and theft losses. Bottom line? If you can afford to spend \$30,000 on an Hermès Kelly clutch, don't. Or at least don't whine.

Then there's poor Betsy DeVos. If the name

rings a bell but you can't quite place it, she's the current Secretary of Education. And she, too, suffers like many of us. Police in Huron, Ohio, reported that "someone untied a yacht owned by the [DeVos] family, causing the vessel to drift into a dock and incur up to \$10,000 in damages." Maybe this has happened to you. Silly me. DeVos' yacht is really a YACHT. It's 163 feet long and its estimated value is \$40 million. I can only assume Betsy will sue to recover the \$10,000. With any luck that will assuage her grief. Or she can simply dispense with the 'damaged goods' and use one of the other 9 yachts her family owns.

We all want the best for our children and I'm no exception. I went to parochial grade school in the 1950s and early '60s, and then public high school. When it came to our daughter, we looked at all of the school options in the '90s and early-oughts in Connecticut. We ended up considering a Catholic elementary school and a non-denominational private high school. Public elementary and high schools would have been cheaper but a "school as community" was important to us. We applied, were interviewed, and accepted.

George Packer wrote in the Atlantic about his own experience with today's education reality. "Our son underwent his first school interview soon after turning 2. He'd been using words for about a year. An admissions officer at a private school with brand-new, beautifully and sustainably constructed art and dance studios gave him a piece of paper and crayons. While she questioned my wife and me about our work, our son drew a yellow circle over a green squiggle. Rather coolly, the admissions officer asked him what it was. "The moon," he said. He had picked this moment to render his very first repre-

sentational drawing, and our hopes rose. But her jaw was locked in an icy and inscrutable smile. . . . When the rejection letter arrived, I took it hard as a comment on our son, until my wife informed me that the woman with the frozen smile had actually been interviewing us. We were the ones who'd been rejected. We consoled ourselves that the school



wasn't right for our family, or we for it. It was a school for amoral finance people."

I hadn't thought about our '90s 'process' since, that is until last year's college entrance cheating scandal with celebrity kids getting into USC (and other elite schools) based on the tens of thousands of dollars—and in some cases hundreds of thousands—spent on "gaming the system." The uber-wealthy are now hiring people to game the system for them. Pity them, it's not tax-deductible. And, it turns out, it's illegal. Who knew?

More than thirty years ago we spent three weeks in China. When we arrived in Guangzhou (aka Canton) in 1985, Mao Tse-Tung had been dead for almost a decade. We could actually evaluate his condition for ourselves a couple of weeks later when we spent time in Beijing. Mao was still dead but as we walked through the mausoleum we agreed he looked great. Really. We marched along (with hundreds of very reverent Chinese), viewing his preserved and protected body in its glass case. We toured Tiananmen Square (a few years before the massacre), walked through the Forbidden City, did a little shopping and more. There was a clear and accepted or directed respect for the grounds we walked in Beijing.

The Forbidden City is a palace complex, and it is not forbidden to tourists. It includes the former Chinese imperial palace, serving as the home of emperors and their households for almost 500 years. Foot-traffic is welcomed, reverence is expected—it certainly was in the 1980s—but change

is inevitable. According to the New York Times, two women drove their glistening Mercedes-Benz sport utility vehicle onto the grounds of the Forbidden City and one of the women added insult to injury by bragging about "getting exclusive access to the palace, a notoriously congested tourist site, saying she had gone there to 'run wild.'" And of course she posted her pictures on social media. But in reality isn't that exactly what the wealthy are supposed to do? Be obnoxious, flaunt conspicuous wealth, take selfies and boast on Instagram?

The Hermès clutch bags, \$40 million yachts, bribes for education and Mercedes SUVs in the Forbidden City are symbols. Not of just obnoxious people and obscene wealth but of a world where Greta Thunberg is attacked by an American president, too many people are homeless, many more are stateless, we ignore climate change, and thousands of children are still in cages along the border. We should try and do more to change what we can. In "Mirror, Mirror", a 1967 episode of the original Star Trek television series, Captain James T. Kirk reminds First Officer Spock that change is possible: Kirk tells Spock that "In every revolution there's one man with a vision", to which Spock replies, "Captain Kirk, I shall consider it." Perhaps we can do more than consider it. Let's each, in our own way, find one more ounce (or more) of energy to defend Greta, help the homeless, give thought to the stateless, tackle climate change and get children out of cages.

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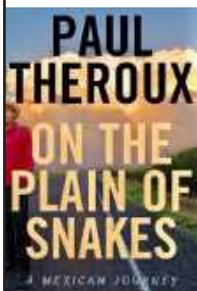
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"On The Plain of Snakes" • A Book By Paul Theroux

Reviewed by Jennifer Bort Yacovissi

Recently, the New York Review of Books featured three new narratives, all translated from Spanish, that address the terror gripping Mexicans in a way that other brutal, horrific crimes — frequent as they may be — have not.



Five years ago, 43 students studying to be schoolteachers vanished, in what appears to be collaboration between drug traffickers and the government. This story of the "disappeared" is one that Paul Theroux returns to

throughout his latest travelogue, a chronicle of his complex and extended trip through Mexico.

As ghastly as the scores of murders that Theroux recounts are, it is the levitation into thin air of these young men, that has given many Mexicans something they can finally grab onto, something concrete for which they can demand justice.

But if there's one take-away from Theroux's sprawling, multi-layered *On the Plain of Snakes*, it's that justice for the average Mexican is in precious short supply.

As we already know, the author is a gifted storyteller, an accessible, easygoing travel guide. But he offers up much to unpack here: His journey is split into five parts, each one taking us deeper into Mexico, and, it often feels, deeper into the past.

He drives from Cape Cod all the way down the Pacific Coast, determined to traverse the border. For those who appreciated Francisco Cantú's perspective in *The Line Becomes a River*, part one of *Snakes*, "Borderlands," offers the more nuanced counterpoint. Theroux repeatedly traverses the border at different crossings, spending time with people on both sides, pulling back the curtain to reveal what is hiding in plain sight:

"It was here for anyone to discover, and so simple. It was as illuminating to me as any foreign travel I had taken anywhere in the world. In some ways, being so near home and taking less effort, it seemed odder, freighted with greater significance, this wider world... just behind the fence."

He reminds us that the border only truly started to harden into its current militarized state in the mid-1990s, cementing firmly in place after 9/11. NAFTA and the hardened border go hand-in-hand as villains in this narrative, causing Americans to stop visiting Mexico as casual tourists, and, in the other direction, having "the effect of turning the Mexican side of the border into a plantation, a stable supply of cheap labor,

and the workers' confinement behind the border fence was considered essential."

A few hundred yards from the U.S. border in many Mexican cities are the U.S. companies — Oster, BFGoodrich, Honeywell, Gulfstream — employing that cheap labor,

"But if there's one take-away from Theroux's sprawling, multi-layered *On the Plain of Snakes*, it's that justice for the average Mexican is in precious short supply."

with starting salaries of four dollars an hour and no threat of pesky labor unions. Also on the Mexican side are crowds of dentists and pharmacies offering the retirees of Arizona their bridgework and prescriptions at bargain-basement prices.

Of course, the brutality of the drug trade is well documented, fueled in part by the flow of guns from the U.S. and, more substantially, the ravenous market for drugs that causes them to pour into America.

Mexico is far more than its northern border, described by Theroux as he travels deeply into the country. It is, for example, the large number of universities and institutes of technology, 16 in Mexico City alone, that produce highly educated graduates in software development and other IT and technical fields.

It is ancient spiritual customs and beliefs mixed in with more recent religion, the Christianity inflicted by conquerors who forced the natives to build churches over existing temples and to pay for them, too. It is the cult of La Santísima Muerte, the skeleton saint who forgives even the murdering cartel members, though they have no plans to reform.

It is crowds of protestors shutting down main roads or picketing government ministries demanding justice. It is isolated and impoverished communities where women walk miles to trade the hat they wove that morning so they can have their grain milled. Theroux is keenly aware of his privileged status, experiencing "the melancholy of the voyeuristic traveler... You begin to understand how trapped people feel, how hopeless and beneath notice, how nothing will ever change for them, while you the traveler simply skip away."

During his journey, he teaches a writing class in Mexico City and takes a Spanish class in Oaxaca, despite his hatred of being in a classroom. He talks — or attempts to talk — to everyone he meets. He has several frightening run-ins with police, who typi-

cally are simply seeking a bribe, but whose unpredictability makes them especially dangerous.

It is the hardened, pervasive corruption at all levels of government — national and local — that instills a sort of resigned weariness in the citizenry. For example, he says, "Mexicans spend very little time railing against the U.S. government, because in their experience, government by its very nature is corrupt, often criminal, and the poor are its victims."

But every so often, an event lights them up in coordinated protest, as with the vanished student teachers. The students were traveling in a caravan of five buses, on their way to honor victims of the 1968 Tlatelolco massacre. Local police began by escorting the caravan, but later attacked it.

Many of the students in the buses were hurt, some were murdered outright, but only one bus disappeared entirely with the students in it. The prevailing theory is that the bus was specially outfitted to carry a large quantity of drugs being run by the local mayor/drug lord.



The one example of functional government that Theroux experiences during his journey is that of the Zapatistas, a revolutionary group of indigenous campesinos that sprang from the jungle in 1994. He describes what he observes and learns about the numerous strongholds of Zapatista government scattered throughout Chiapas in glowing, almost reverential terms.

But, coming as it does at the end of an arduous, often dangerous journey, the praise seems apt. When government is perpetually corrupt, when the police and army are as lawless and savage as the narcos — and are often one and the same — all that regular citizens have to depend on is each other.

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, writes a monthly column and reviews regularly for the *Washington Independent Review of Books* and the *Historical Novel Society*. She owns a small project-management and engineering consulting firm, and enjoys gardening and being on the water. Jenny lives in Crownsville, MD

The Top 15 Books (Plus 1) Pick Up One You Missed

"It is books that are a key to the wide world; if you can't do anything else, read all that you can."

Jane Hamilton, (1957-)

1. *Living At The Sea Ranch*
by M. Alinder, A. Lunsford, C. Kreyling
2. *City Mouse, Country Mouse*
by Maggie Rudy
3. *2020 Northern California Tide Log*
by Pacific Publishers
4. *Sunny Loves . . . The California Coast*
by Jeanne Jackson
5. *I Wish I Had A Pet*
by Maggie Rudy
6. • *All That The Rain Promises and More*
by David Arora
7. *Mendocino Coast Through Time*
by Tammy Durston
8. *qh awala*
by Annette White Parks
9. *Indian Horse*
by Richard Wagamese
10. *Gentleman in Moscow*
by Amor Towles
11. *Mushrooms of the Redwood Coast*
by Christian Schwarts & Noah Siegel
12. *There There*
by Tommy Orange
13. *The Overstory*
by Richard Powers
14. *The Sea Ranch*
by Susan Clark
15. *Leadership: In Turbulent Times*
by Doris Kearns Goodwin

Another Book You Might Like*

- *. *On The Plain of Snakes*
A Book by Paul Theroux
(See review on this page.)

"Be Yourself. Everyone else is taken".

Oscar Wilde (1854-1900)



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Bob Marley Tribute Concert February 29 at Arena Theater Featuring Sol Horizon with Tropicali Crew

February 6, 2020, marks reggae star Bob Marley's 75th birthday, and Arena Theater will present a Bob Marley 75th Birthday Tribute Show with Sol Horizon, featuring local band Tropicali Crew, on Saturday, February 29, at 8:30pm, with doors opening at 8:00pm.

Roots, rock, and reggae band Sol Horizon, Northern California's premier Bob Marley tribute band, will return to Arena Theater by popular demand. Featuring Tuff Lion on rhythm guitar, Sol Horizon (recently voted, again, Best Reggae Band in the North Bay) will pay tribute to the global voice of reggae music, celebrating Marley's life and legacy by performing some of his greatest music.

Sol Horizon seamlessly fuses roots reggae with rock, funk, hip-hop, and world beats. Renowned for energetic live performances and powerful lyrical content centering on themes of peace, positivity, community, sustainability and the re-vitalizing power of nature.

Anchored by former members of Groundation and Les Claypool's Frog Brigade, Sol Horizon has shared the stage with legendary acts like Ziggy Marley, Steel Pulse, Anthony B, The Wailers, Morgan Heritage, Collie Buddz, Don Carlos, and Eek-a-

mouse in concert halls and festival stages across the USA. After touring in support, they collaborated with British Roots Reggae star Pato Banton on the recording of their second album "Party Revolution," which featured Pato on the title track. In 2017, under the production and direction of Grammy-winning engineer Isha Erskine, the band released their 4th album "Under the Sun," and a follow-up remix album "Under the Dub" featuring dub remix tracks from electronic artists spanning the globe.

Point Arena outfit Tropicali Crew, featuring local favorite Jamison Hodder with Delwin G. and musicians from the Dominican Republic, will warm the house with their brand of "positive, high energy dance music, hip hop with a Latin flavor," says the band. Their music includes tropical bass, reggae and Reggaeton. Tropicali Crew's latest record, "Here and Now," was produced locally by Ian Stinson and Keith Abrams. (Housing for Sol Horizon is provided by Oz Farm.)

Tickets for the show are \$20, available at the door, local outlets or online at www.arenateater.org, \$10 for youth (12 and under), available at the door. Arena Theater is at 214 Main Street, Highway One, Point Arena. ArenaTheater.org.

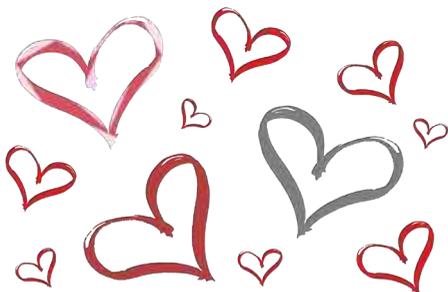


Valentines Party and Gifts at The Discovery Gallery Friday, February 14

What are your plans for Valentine's Day February 14th? How about starting it off by stopping by the Discovery Gallery and taking in some good art and tasty treats from 5:00pm to 7:00pm.

Artists in the Collective have something special planned to share with you.

The members of the Collective have donated thirteen original pieces of art as door prizes and if you are the lucky fourteenth number chosen you will receive a \$25.00 gift certificate towards any art of your choosing in the Gallery.



Maybe you and your sweetie will each receive a special Valentine from the Discovery Gallery Artists if you are one of the winners. You can't win if you don't show up.

The Discovery Gallery Artists Collective is located at 39140 Hwy 1, Gualala, in the Sea Cliff Center near Trinks. For more info you can call the Gallery at 884-1900.

The Discovery Gallery Artist Collective is an artists collective comprised of local north coast artists representing a full variety of art forms.

Redwood Coast Recreation Center Opens 2020 with Events, Fundraising and More

In some ways the Redwood Coast Recreation Center (RCRC) is one of the best kept secrets on the Gualala Ridge. 2020 should be the year that the center goes mainstream.

The RCRC expects to hear soon about the Proposition 68 Recreation Grant. Many may remember that this is a \$6,500,000 grant that will put in all the infrastructure (road, electricity, solar) and build two pools along with a water catchment system collecting rainwater from the locker room roof and purifying it as well as developing a well. Read on, as you'll see that they're not simply waiting to hear.

Saturday, February 1st is the day for the NorCal Ice Bowl Disc Golf Tournament. There will be openings for Beginners as well as Advanced players. They'll have some of Tom's famous chili, Frannie's cornbread, Bev's cookies, beer and hot chocolate (with marshmallows). Registration can be done on the Facebook page for RCRC Disc Golf or through Paypal. Registration is from 7:30am to 8:30am followed by player talks at 8:45am. Then a round of Disc Golf; lunch; another round of Disc Golf. Nothing could be finer!

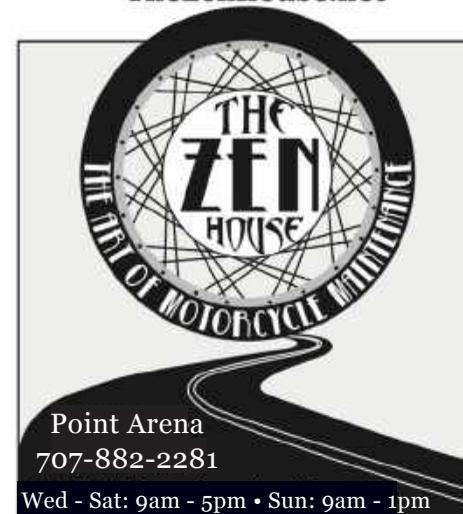
Later in the month they're hosting a Mar-



di Gras Celebration. That's set for Sunday, February 23rd from 6:00pm to 8:00pm at the Gualala Community Center! The evening will include a Guest Chef dinner prepared by Patrick Dougherty with all things New Orleans! There will be a "mask contest" (to get you in the mood)—add your creativity, feathers, and beads. The prize is an incredible framed photograph of costumed people at the Mardi Gras celebration in Venice last year taken by Tonya Giusso. There will also be jambalaya, music, wine and beer, beads, and fun.

Tickets for the Mardi Gras celebration are \$25 before the event and \$30 the day of the event. You can contact any Board Member or purchase tickets at local merchants. Volunteers are requested to help serve food, helping with the Mask Contest and, of course, clean up. Contact Bev (884-4224) or Richard (884-9712) if you're able and willing to donate a couple hours

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"In the end we will remember not the words of our enemies but the silence of our friends."

Martin Luther King, Jr.
(1929-1968)

Coastal Hills Community Project Announces Slide Shows In February & March At The Fort Ross School

The dates for CHCP's Friday night slide show series at Fort Ross School have been announced. Admission is free.

February 7: "Russian Influence in early California History: Fort Ross and Beyond", with Dr. Glenn Farris.

February 21: "Slow Road to Chicago: Carhenge, Pie Day, Lost in Kansas and More", with Gretchen and Jim Butler.

March 6: "ViVerde - Fifty Shades of Green: Nicaragua!", with Brett Rousseau and Mark Ogren.

The Fort Ross School is at 30600 Seaview Road, Cazadero, CA 95421.

Scuttlebutt

by Mitch McFarland

As I sit here staring out the window at the quiet and windless downpour outside, I am contemplating reading the online discussion of the Udall-Levinson Plastics Draft. The other option is a paper on how the circular economy tackles climate change. Believe or not, these subjects are of interest to me. Besides, I have to come up with a column soon and I have to actually care about something before I can muster the wherewith-all to bang out another column.

What we do about plastics is a major question humanity needs to answer. I have written about that issue before and I do want to keep somewhat current on the policies and politics of plastics production, use, and disposal. I think everyone should, but I am not naive enough to think that many people give more than a passing thought to the subject. If you are still reading this you have probably already reached your quota for today.

Would you find it weird if I told you that the idea of reading about putting together climate mitigation with the circular economy excites me? I know, but that's why you don't have to write this column.

It should seem obvious that one of the ways to slow climate change is to quit wasting natural resources. After all, it is our exploitation of the biosphere that has caused it's climate to change. Isn't it nice to imagine that humanity could live off the natural resources of our planet without destroying them?

Some feel that it will take a mass extinction of humans to return a balance to nature and that human nature is antithetical to living in harmony with Mother Nature.

If that is true then we are all seriously

screwed, but I don't choose to believe that. I do believe that we need to limit the human population. We have to get a handle on how to live on this planet with the number of people already onboard and it seems the rate of growth may be slowing, at least in so-called "advanced" countries,

I don't know if humanity will survive or not and in the long run I don't really care. Somehow I care more about the plant and animal life than I do about humanity. I don't mean individual humans, most of them are all right, but as a species, we have been very destructive, which is probably why some people feel a mass extinction would be appropriate.

The reason I remain an optimist is that it is a lot more fun. Going around with your head down is even worse than going around with your head in the clouds.

I love the challenge of finding ways to bypass the system and get what I need without being a mindless consumer. I believe that I can navigate in and around the consumer culture while still being much less destructive of the environment.

Of course, many of you know the joy of repurposing something instead of throwing it away or of finding a solution to something that does not require buying anything. As frequent readers know, I am a freak for recycling. I get a kick out of figuring out ways to recycle something that otherwise would get landfilled.

For example, metal bottle caps are too small to make it through most recycling sys-

tems, but if you half-fill a metal can that you do recycle, then crush the top closed so that the caps can't come out, they will get melted down and made into another Toyota.

Some of you may find this silly—and maybe you are right, but as it has been said, "The Revolution Begins at Home". I know it is so easy and natural to think that your individual acts have no practical effect on the condition of the world. Whether you are doing something to enhance the environment or degrade it, it is easy to imagine

that you are having no significant effect. That makes us think that our transgressions are so minor that it doesn't matter. It also discourages us from thinking about making a positive step because that single effort too, doesn't seem to make a difference.

That's a tough one to get past, but mass movements consist of many, many individual efforts. An obvious example of this is voting. It is easy to believe that my single vote out of over 100 million cast in a presidential election is totally meaningless, yet if everyone felt that way and didn't vote, we wouldn't have elections.

I opted for the circular economy/climate change one, but there were no startling revelations there. We simply need to be more responsible in how we use the natural resources of our planetary home.

The paper consisted mainly of examples of efforts to reduce waste. The well-known motto "reduce, reuse, recycle" has had much too much emphasis on the "recycle" aspect,

when that is actually the least desirable of the three choices. I guess getting people to change their garbage disposal habits was easier than trying to turn around the whole consumer culture. Wall Street and Madison Avenue have taken enormous power and influence over the living habits of Americans—and the planet.

Nevertheless, positive action is taking place. TerraCycle is a Trenton, New Jersey-based company that made a name for itself by turning hard-to-recycle waste (think juice boxes, coffee capsules, plastic gloves and cigarette filters) into new products. They have launched a new entity called Loop. Dozens of brands, from Tide to Pantene to Colgate, are partnering with Loop, a global, online shopping platform that uses a closed-loop system for product delivery. Loop, which will ramp beyond its initial markets during 2020, provides products to consumers in durable containers that can be reused multiple times and is driving companies to invest in such high-value packaging.

Though this is an online business model, Loop plans to move into brick and mortar stores. Furthermore, Austin, Denver, New York, and some European cities already have zero waste grocery stores.

There is also a movement toward Producer Responsibility Laws that will greatly accelerate the reduction in packaging waste. Why should consumers be responsible for something they had no voice in designing, producing or acquiring?

It is really nice that options are becoming available for consumers, but the rubber hits the road when we each have to make the daily, even hourly, decisions about how we wish to live.

The well-known motto "reduce, reuse, recycle" has had much too much emphasis on the "recycle" aspect, when that is actually the least desirable of the three choices.



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

(Answer appears elsewhere in this issue)

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Point Arena Schools' Music Program: The Offerings Change, But The Song Remains The Same

from Warren Galletti, Point Arena Schools Superintendent

Times have changed. Every student from 2nd-12th grade now has the opportunity to experience music as part of their regular school day in the Point Arena Schools.

Jered Sherrill is the schools' new Music Director. He teaches how to read music more effectively than any teacher I've ever seen and he's very passionate about his music program.

Sherrill is in his second year for the District, "My primary focus is to excite students to be involved in music. Musical training begins in the second grade and progresses through high school band. Ultimately, I hope to have a high school concert band with 35-40 students. At the moment we have 21."

Sherrill has taught bands, with a focus on percussion sections, throughout California for the last 25 years. He chose Point Arena because he loves the area and was given the chance to build a vertically-aligned, District-wide music program.

"I'm here for the small-school setting and the challenge to develop a district-wide program, a first for me," said Sherrill.

His music program includes teaching four bands, a percussion class, a guitar class, and three general music classes — in all, he teaches nine classes to students from the four Point Arena schools: PAHS, Arena Elementary, PCHS, and PCCS.

"Calibrating my delivery of content for students with an age range of nine years, in the same day, can give me an instructional whiplash, but it's an interesting challenge," said Sherrill.

"Every well-run music program is made or broken on class scheduling," said Sherrill. "It's a challenge and a work in progress, but the school staffs work together to make it happen."

In the last year, he has doubled the size of the high school band, developed a first-time percussion class, and reached out to the community and funding sources to double the number of instruments. Each student has their own instrument now.

Sherrill's originally from Visalia, California. He took up percussion in 5th grade and was a standout player in high school, according to Scott Deering, Sherrill's high school band director. At Fresno State, he played with the majority of the ensembles on campus. He excelled in musicology, composition, and musical theory research.

He earned a Bachelor's in Arts in Music Education and a Master of Arts in Percussion Performance from California State University, Fresno under percussion pedagogue Matthew Darling.

In addition to teaching, Sherrill plays percussion for the Symphony of the Redwoods, and Timpani for the Ukiah Symphony Orchestra. "I'd like to encourage parents to



support their kids in music. Research shows that involvement in music is one of the highest predictors of academic success. It's also another place for a student to thrive in their school culture," said Sherrill.

"I don't expect my students to be music majors or professional musicians," he said. "But music teaches so much regard to life skills including promptness, teamwork and problem solving. We're learning about life; music is just the medium."

Here are photos and comments by student representatives of the program, along with Jered Sherrill's synopsis of his course offerings. The photos and descriptions are organized 'clockwise' from upper left. (Jered Sherrill's comments are indicated **(JS)**).

2nd & 3rd grades: general music program
Second grade students learning the "Ham-bone" rhythm by clapping and singing "Hush Little Baby, Don't Say a Word".

JS: With 2nd grade, I'm teaching primarily "bodily-experiential" relationships to music by listening, moving, and singing through games and activities. In 3rd grade they're studying written notation, playing simple pieces on the ukulele, drums, tambourine, and recorder, along with singing. Most of the third graders can read the treble clef and have basic rhythm reading down.

5th grade Pre-band: 5th graders, Treyce Zettler, Aiden McGraw, and Daniel Davila, learning a new note on their trumpets.

JS: Playing an instrument is a challenge and 5th grade is the ideal age to start. The musical offering is band for all 5th graders and we're hoping to get them hooked. By 5th grade, they know how to read music and are able to focus on playing their instruments.

Beginning Guitar: Jacqueline Contreras, Freshman, playing "Greensleeves": I came from Manchester School where there wasn't a music program. Since I was about nine years old, I've wanted to play an instrument. Next year, I'll probably take Sherrill's Percussion class.

JS: Guitar is the entry level music class in the high school for those who'd like to learn music but haven't had the opportunity.

Pirate Band: The Pirate band playing the chromatic scale.

JS: This is the advanced middle school band. I'm preparing them for entrance into the high school band. I'm working on their confidence. They're learning what band is about and having fun.

Percussion: Brandon Huse, Sophomore, practicing 16th note timing patterns on a

snare drum: "Drums appealed to me because I like to work with my hands. Sherrill really makes it fun because he's knowledgeable. I've learned different motions, strikes, holds, and to play many percussion instruments."

JS: Having the percussion class exist separately from the Band is a way to teach this instrument in a more comprehensive and efficient manner. We combine with the Band prior to concerts to put things together.

4th — general music program: Emma, who plays the recorder in class: "I like the music teacher because he's funny. He teaches really well and walks us through the steps. We've learned to read the A, B, G, E and D notes. Maybe next year I'll play the flute."

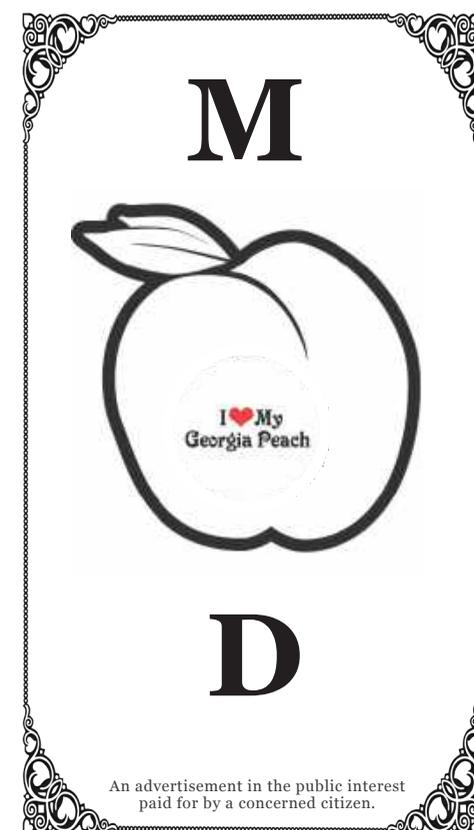
JS: Fourth graders are reading music and playing proficiently on the recorder in an ensemble setting.

Point Arena High School Band

Tyler Sundstrom, Junior (center, in photo): "Sherrill has such a good ear—he tells me 'that's wrong, that's wrong'. It's a difference experience than before."

JS: As Music Teacher, Band is my area of focus. It's the "academic" offering in the District music program that allows specialization and depth of study. It also has the potential to offer a lot of music to as many students who are interested. There's no upper limit on membership.

Jered Sherrill can be contacted for any queries or donations at jsherrill@pauhs.org.



POETRY *Continued from Cover Story*

... and a greeting card writer. Sarah has a BA in Anthropology from Minnesota State University, Moorhead. She loves to binge watch British detective shows. She is a perinatal yoga instructor, and a semi-retired International folkdancer.

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.

Point Arena Lighthouse Keepers Announce Feb. 1 Annual Members Meeting & Board Election

The Point Arena Lighthouse Keepers, Inc. (PALKI) will hold its annual Members Meeting and Board Member election on Saturday, February 1, at 4:00pm in the Fog Signal Building at 45500 Lighthouse Road, Point Arena CA 95468. All PALKI members are invited to attend.

A total of four Board seats are up for election, with three incumbents running. Incumbents are Geoffrey Beaty, Glenn Funk and Mark Gross. Write-in candidates will be accepted for any or all of the open seats. PALKI members have been sent their ballots either electronically or by mail and may vote by proxy or in person by attending the meeting. Questions can be directed to Mark Hancock, PALKI Executive Director, at (707) 882-2777 or MarkH.PALight@gmail.com.

South Mendocino Coast Bus Service

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Blues Rock Guitarist Albert Cummings Opens The 2020 Blues On The Coast Series Concert is at Arena Theater, February 22

With more than a decade of great music coming to Arena Theater for the Blues on the Coast series, we long-ago transitioned from being interested to now finding an audience highly anticipating just who will be coming to the coast. On Saturday, February 22, blues rock guitarist Albert Cummings and his trio open the series for 2020 by heating up the stage with their sizzling blues.

Tickets are available locally at Four-Eyed Frog Books, the Sea Trader, Arena Market, The Pier Chowder House and Tap Room, Point Arena; and tickets are available at Twist in Mendocino. The Arena Theater Bar and snack stand will be open.

Cummings is one of the most respected players on tour today and his stage show will confirm all that praise. Bluesprint Magazine stated "A barrage of guitar pyrotechnics that calls to mind a grand mix of the styles of past masters like Albert King, Freddie King, Stevie Ray Vaughan and Jimmie Hendrix." From the start Cummings will cover the spectrum from subdued stylings to roadhouse raunch and everything in between.

Backed up by the excellent Warren Grant on drums and the equally accomplished Karl Allweier on bass, Cummings—a big man in jeans and a gimme cap looks like the home builder he is—commands the stage and has the perfect voice for singing the blues. And his guitar work sets him apart. On stage



he's clearly charismatic and energetic which explains why he's shared the bill with music legends B.B. King, Buddy Guy, Double Trouble, Susan Tedeschi, Johnny Winter and

Sheryl Crow among many others. The prowess behind his live performance led to the release of his second live album, "Live at the '62 Center," in 2017. Recorded in his hometown of Williamstown, Massachusetts, "Live at the '62 Center," showcases an impeccable artistry through the album's spontaneity and creative spirit, earning him the prestigious nomination for a Blues Music Award in the Blues Rock Album category.

The Blues on the Coast at Arena Theater is underwritten by The Pier Chowder House and Tap Room. Come and enjoy the fun.

Know Your Numbers!

Free Blood Pressure and Cholesterol Screenings In February

Those of us who have chosen to live in a beautiful place like the coast understand that living here means anytime help comes our way we take advantage of the opportunity. This month the Mendonoma Health Alliance is once again offering Blood Pressure and Cholesterol screenings. And the screenings are free. You can have your Blood Pressure & Cholesterol checked and learn how to better manage your health. As the saying goes, "knowledge is power" and it's good to "Know Your Numbers!"



The screenings will be offered at different locations on seven days between February 5 and February 28:

Day/Date	Time	Location
Wednesday, February 5	8:30am to 10:00am	S&B Market, Manchester
Wednesday, February 5	11:00am to 1:00pm	Point Arena Senior Lunch
Wednesday, February 12	1:30pm to 3:30pm	Point Arena High School
Friday, February 14	10:30am to 11:30am	Food Bank Baptist Church, Gualala
Sunday, February 23	9:00am to 11:00am	Sunday Market, Timber Cove
Tuesday, February 25	11:00am to 1:00pm	Senior Lunch, Gualala
Friday, February 28	11:00am to 1:00pm	Sundstrum Mall, Gualala

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

Prescription Take-Back Event At Pt. Arena High School Friday, February 7

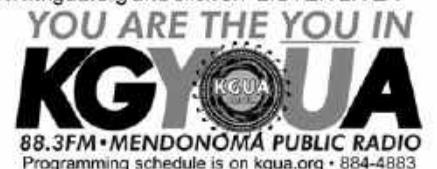
The Mendonoma Health Alliance has partnered with Mendocino SafeRx and the Mendocino County Sheriff's Department to create a special Prescription Take-Back event.

On Friday, February 7, the Point Arena Pirates Basketball Team will be taking on Laytonville. Come to the game and when you do, bring along any old, unused, outdated or unwanted prescription medications. They'll be collected outside the Pt. Arena High School Gym from 4:00pm to 6:00pm. Then head into the gym and cheer on the Pirates.

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Crossword

by Margie E. Burke

ACROSS

- 1 Throws in
- 5 Rhombus, e.g.
- 10 Yellowstone, for one
- 14 Guitar part
- 15 December ditty
- 16 Medicinal herb
- 17 More than suggestive
- 18 Under construction
- 20 Washington Monument, e.g.
- 22 "The Thorn Birds" novelist McCullough
- 23 Telescope part
- 24 Tapping sound
- 25 Big club?
- 27 Shredded
- 29 Text alternative
- 32 Old what's-___- name

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64					65							66		
67					68							69		

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- 33 Built-out window
- 35 North Pole workers
- 37 Sparkle
- 39 Sub detector
- 41 Hot rock
- 42 Taxi ticker
- 44 Be silent, in music
- 46 URL ending
- 47 Humdinger
- 49 Clock part
- 50 Barley brew
- 51 Nonpoetic writing
- 53 Splinter group
- 55 Create a stir
- 58 Kids' racers
- 61 High spirits
- 63 Medical remedy
- 64 Desertlike

- 65 Ill-gotten gains
- 66 Prayer's end
- 67 Anagram for "user"
- 68 Floor it
- 69 Pundit's piece

DOWN

- 1 Bushy do
- 2 Cheerless
- 3 Slow down
- 4 Fashion sense
- 5 Tailor's tool
- 6 Ketcham of the comics
- 7 Fly ball's path
- 8 Four-legged friend
- 9 "Freaky Deaky" author Leonard

- 10 R.J. Reynolds brand
- 11 Direction at sea
- 12 Memorization method
- 13 Peachy follower
- 19 Feather in one's cap
- 21 Quite fond of
- 24 Like The Who's wasteland
- 25 "Excuse me..."
- 26 Paparazzi target
- 28 Barrel of laughs
- 30 Donald's first wife
- 31 Carpenter's device
- 34 Fancy edging
- 36 Fill to the gills

- 38 Ocean current
- 40 Thought out
- 43 Like the boondocks
- 45 Arduous journey
- 48 Bottom-line figures
- 52 Sting operation
- 54 Tree for chocolate
- 55 A bit cracked
- 56 Wise one
- 57 Sacred bird of the Nile
- 58 Former V.P.
- 59 Sloth's home
- 60 Sam Cooke song, "You ___ Me"
- 62 NHL surface

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"New Kids On The Block: Local Fin Whales Revealed As New Subspecies!"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

The fin whale glided languidly, parting the waters with her long, sleek body, its pale chevron pattern emblazoned across her dark back. She rose to breathe, and her eponymous dorsal fin stood outlined sharply against the sky. As her head cleared the surface, the asymmetrical white of her lower right jaw shone bright. She was oblivious to the news that scientists had just declared that she and her cohorts represented a newly recognized subspecies of fin whale that lived only in the North Pacific. (Well, she always knew she was special). Her new scientific name, *Balaenoptera physalus*



waters off Russia and Japan. Small numbers have been found in mid-ocean around the remote Northern Hawaiian Islands. Unlike blue and humpback whales, many fins do not migrate over long distances; some remain as localized populations year-round.

FIN FORAGERS: Fin whales feed from summer through fall in the cool, food-rich waters off our North American coast, hoping to bank enough calories to last through the fasts of their winter breeding season. We know that our West Coast marine sanctuaries, the Greater Farallones and Cordell Bank; Monterey Bay and Channel Islands, and Olympic Coast national marine sanctuaries, are among their preferred feeding grounds. Here they gorge on shrimp-like krill and masses of schooling fish and squid, engulfing tons of food each day. Their unique black-and-white patterned baleen plates along the upper jaw, combined with their lower right-hand white jaw patch, may startle fish into confusion, making them easier to capture.

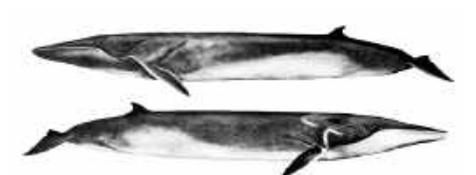
SPEEDSTER-OLDSTERS: Fins are the second largest animal on Earth at over 85 feet and 80 tons – and likely the fastest whales. Known to live to a ripe 90 years, some may live past 120, rivaling the bowhead whale in longevity.

Fin whales are gray to brownish-black, with two pale V-shaped chevrons stretching back toward their flukes, along their backs and sides. Like most large whales, fin whales breed every two to three years, from November to January in the Northern Hemisphere. Gestation lasts 11 to 12 months, and they bear a single calf. Weaning occurs at six or seven months, but the calf remains with mom for another few months before becoming independent.

velifera, now included the Latin-based descriptor, “velifera,” or sail-bearing — a tribute to her large, distinctive dorsal fin.

THE DNA DISTINCTION: This winter, scientists from NOAA Fisheries, Ocean Associates Inc., Cascadia Research Collective, Tethys Research Institute, and Universidad Autónoma de Baja California Sur, announced the new subspecies.

Comparing DNA from fin whales in the North Pacific, the North Atlantic, and the Southern Hemisphere, these scientific sleuths analyzed small plugs of tissue the size of a pencil eraser and used genetic analysis to confirm that our North Pacific fins are their own subspecies. Even the two Northern Hemisphere populations, Atlantic and Pacific, were found to have been genetically distinct for hundreds of thousands of years despite seeming virtually identical in almost every other way.



FAR-FLUNG FINS: In the Eastern North Pacific, these “sail-bearing” whales range from Baja California Mexico north to Arctic waters. Other stocks are found far across the Pacific Basin, and plying the

SURVIVAL IN THE SEA: Whaling continued in these waters into the 1970s. Now illegal, nonetheless, other human-



to rebuild depleted whale stocks. Each bit of new information may move us further toward that goal.

Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
Maryjane.schramm@noaa.gov
Image Credits: Left: Light jaw patch visible as whale surfaces. NOAA-PaulaOlson
Right: Chevron visible on back and flanks. NOAA-G-Okge
Bottom: *Balaenoptera physalus* FinWhaleIllust.NOAA

related threats remain: fishing gear entanglement, vessel strike, and lack of prey due to overfishing. Ocean noise may interfere with finding mates, finding food, and other vital communication. Changes in ocean temperatures and chemistry may pose the greatest threat yet, to an extent not yet fully understood. Listed in the U.S. as “Endangered” under the Endangered Species Act, fins are still recovering.

It requires understanding of the life parameters and requirements of a species

On my second swim at Deception Island, the water was very clear and I was looking at hundreds of whale bones beneath me. It was a graveyard from the whaling some time in the 1920s-30s.

Lewis Pugh (1969 -)

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Saying Farewell to 2019 and Hello to 2020

by Caitie Steffen

On January 1, 2020 I woke up and looked through all the photos I took throughout 2019. It was so nice to be able to look back and remember everything that happened. And I felt a true appreciation for the past year. It motivated me to make 2020 another great year. It's not even the big moments that resonated the most with me. It was all the small moments throughout the year that I had forgotten about. Like remembering when my friend came to visit me with his fiancé before shipping off to boot camp or paddle boarding for the first time with my dog on the Gualala River. I want to make sure that 2020 holds plenty of those first time moments.

It's challenging the older you get to have first time moments. You either get comfortable in a routine and forget or you begin to run out of things that you haven't already done. However, I don't think it's possible to really run out of first times. Even if it's a small thing like trying a new food, it is the act of breaking away from what you know to discover and learn more that helps you appreciate the experience. I filled 2019 with lots of first times and appreciated every moment of them. They helped me grow, learn,

and feel a gamut of emotions.

When I took my first solo international trip in March of 2019 I felt so many different emotions; I was nervous, excited, sad, lonely, invigorated, curious, happy, elated, offended, angry, calm, stressed, satisfied, and so much more. I learned that traveling alone has its benefits and drawbacks. Ultimately, if I had to travel alone I would, and I would be fine, but if I had my choice, I prefer to travel with my boyfriend. If I hadn't taken that trip, I would never have known this is my preference. I would have assumed my opinion but would never truly know.

It's scary to step outside your comfort zone. No one likes to feel uncomfortable and we naturally try to get back to that feeling of safety. However, the more you force yourself to do the unknown, the easier it becomes. Opening yourself up to something new, leaves you temporarily vulnerable, but from my experience, I have seen it have some of the most awesome benefits.

I always remember that Jim Carrey movie, Yes Man. It's a silly movie and of course takes the storyline to an extreme, but the underlying message, to open yourself up to saying yes to new experiences, is one I hope every-

one can keep with them. And the other side of the message is to pay attention when you experience something for the first time. Like I said earlier, it doesn't need to be a big first time. If you really want to get philosophical, every moment is a first time since no moment is every truly the same. But it's more the moments where we are faced with a choice. Yes, we could resort to a familiar place or why not take a risk and try something completely new. Nothing guarantees that choosing the new experience will leave you happier or lead to something great, but the action of saying I am going to make myself uncomfortable so I can learn something new is powerful.

It can also be a fun exercise to proactively think about new experiences that you have wanted to try but talked yourself out of doing. One first time that I have committed to this year is to run a marathon. I've run in 10k's, half marathons, a 10 miler but have

always been scared of the full marathon. However, I'm done talking myself out of it and now I'm talking myself into it. I can't predict the future, so I don't know if life will throw a curveball. But until something derails my training, I'm going to believe that I will run my first marathon in 2020.

We are all familiar with the saying that life is too short. It really is true. The future is unpredictable and things can happen at any moment to change the course. I would personally rather not waste any moment thinking I have all the time in the world. As Ferris Bueller said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Choosing new experiences forces you to stop and look around. And who knows you may discover something fantastic.

Images: Left: Fushimi Inari Taisha Temple, Kyoto.
Right: Caitie & Ned on the Gualala River.



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

- Saturday 01: 7:30am, NorCal Ice Bowl Disc Golf Tournament at Ocean Ridge Park, Gualala
- Saturday 01: 8:30am, Voter Registration at Gualala Community Center
- Saturday 01: 9:55am, "Porgy & Bess", MET Opera Live, at Arena Theater
- Saturday 01: 4:00pm, Annual Members Meet at Pt. Arena Lighthouse
- Saturday 01: 5:00pm, Hand Carvings & Furniture. Opening Recep. at Coast Hwy Art Coll.
- Saturday 01: 5:00pm, Fabric & Wood: Beyond Borders, Opening Recep. at Dolphin Gallery
- Sunday 02: 7:00pm, Music & Trivia with The Casuals! at Garcia River Casino.
- Monday 03: 7:00pm, "The Lady From Shanghai". Arena Theater Film Club
- Tuesday 04: 5:30pm, Spring Begins. Taoist Talk at Gualala Arts
- Friday 07: 4:00pm, Prescription Take-Back at Point Arena High School
- Friday 07: 5:00pm, "Personal Perception", Opening Reception at Gualala Arts
- Saturday 08: 3:00pm, Rhoda Teplow artist opening at Elk Gallery
- Saturday 08: 5:30pm, Full Snow Moon Tour at Point Arena Lighthouse
- Sunday 09: 1:00pm, Great Art on Screen: "Gauguin in Tahiti", at Arena Theater
- Monday 10: 7:00pm, "My Favorite Year". Arena Theater Film Club
- Friday 14: 5:00pm, Valentines Party and more at Discovery Gallery, Gualala
- Friday 14: 7:30pm, Valentines Day Show, Readers Theater Variety, at Arena Theater
- Saturday 15: 8:30am, Voter Registration at Gualala Community Center
- Saturday 15: 1:00pm, "All My Sons", National Theatre Live, at Arena Theater
- Saturday 15: 4:00pm, Robin Joy Wellman presents "Siberia". Lighthouse Lecture Series
- Sunday 16: 4:00pm, Andrianov & Illarionov. Chamber Music at Gualala Arts
- Tuesday 18: Noon, Voter Registration at Arena Market & Cafe
- Tuesday 18: 7:00pm, "Rolling Thunder Revue". Music on Film Nite, at Arena Theater
- Wednesday 19: 9:00am, Greater Farallones NMS Advisory Council Meeting, Bodega Bay
- Wednesday 19: 2:15pm, Volunteer Recognition & Member meeting, Gualala Arts
- Thursday 20: 7:30pm, Poet Sarah Margaret Ruth Kobrinsky. 3rd Thurs. Poetry, Arena Market
- Saturday 22: 6:30pm, "Jazz In The Foyer" at Gualala Arts
- Saturday 22: 7:30pm, Blues on the Coast: Albert Cummings, at Arena Theater
- Sunday 23: 6:00pm, Mardi Gras Celebration to suport RCRC at Gualala Community Center
- Monday 24: 7:00pm, "Ikiru". Arena Theater Film Club
- Friday 28: 6:00pm, "Murder on the Sea Ranch" Mystery Dinner at Gualala Arts
- Saturday 29: 9:55am, "Agirippina", MET Opera Live, at Arena Theater
- Saturday 29: 2:00pm, "Murder on the Sea Ranch" Mystery at Gualala Arts
- Saturday 29: 8:30pm, "Bob Marley Tribute" w/ Sol Horizon, at Arena Theater

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Saturday, February 29, 2 pm

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