

**ALWAYS
FREE**

January 2019



Lighthouse Peddler

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



**Frequency 49
Wind and Piano
Chamber Music
Re-Imagined.
January 20
Gualala Arts**

Frequency 49, a San Francisco Bay Area-based wind and piano chamber ensemble, is dedicated to broadening awareness of compelling woodwind repertoire through performances of highest artistry. The ensemble performs at Gualala Arts' Coleman Hall Sunday, January 20, 4:00pm.

By choosing to use flexible instrumentation, Frequency 49 explores the myriad and mutable sound colors that are created by this combination of instruments.

Formed in 2012, Frequency 49 has appeared in recital throughout the Bay Area, including the Arlington Community Church Concert Series, Berkeley Chamber Performances, Hot Air

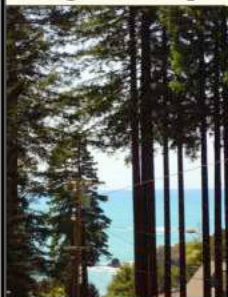
Music Festival, Manteca Kindred Arts Series, Music at Old St. Hilary's, Old First Concert Series, San Francisco Conservatory of Music, and Trinity Chamber Music Series. Highly sought after by composers, they have premiered music across numerous genres, and worked with musicians and composers from classical to hip-hop to jazz and more.

Current members of the ensemble are Katrina Walter (flute), Adrienne Malley (oboe), Jeannie Psomas (clarinet), Patrick Johnson-Whitty (bassoon), Audra Loveland (french horn), and Margaret Halbig (piano). Members hold advanced degrees from prestigious institutions including

cont'd on page 13

"Creekside with Whitewater View • Deeded Beach Access"

Delightful home in Anchor Bay Village offers three bedrooms and three full baths on two living levels. Upstairs features open beamed ceilings throughout, whitewater ocean views from living room, music alcove and deck plus wood burning stove and an innovative full bath. Bright, skylighted kitchen and dining room overlook lush redwood/fern filled creek canyon. Huge master suite with wood stove, bath, breakfast station & canyon view deck complete main living area. Downstairs: 2BR/1BA apartment, garage&laundry. Walk to grocery store, restaurants, and shops in the village and down the trail to white sand private beach. Coastal living at its best in the heart of the banana belt.



\$466,126



www.bananabelt.org

Banana Belt Properties

J. Moloney Scott, Broker #00795487

(707) 884-1109

35505 SO. HWY 1 ANCHOR BAY

E-MAIL: BANANA1@MCN.ORG

Arena Theater presents "Adriana Lecouvreur" MET Opera Live in HD, January 12

Arena Theater presents "Adriana Lecouvreur" Saturday, January 12, 9:55am, as part of its Met Opera Live in HD series. Tickets are \$24 general admission, \$22 senior, \$18 student, and are available online at Arena Theater's website (www.arenatheater.org).

Soprano Anna Netrebko joins the ranks of Renata Tebaldi, Montserrat Caballé, and Renata Scotto, taking on—for the first time at the Met—the title role of the real-life French actress who dazzled 18th-century audiences with her on-and offstage passion. The soprano is joined by tenor Piotr Beczala as Adriana's lover, Maurizio. The principal cast also features mezzo-soprano Anita Rachvelishvili and baritone Ambrogio Maestri.

Gianandrea Noseda conducts. Sir David McVicar's staging, which sets the action in a working



replica of a Baroque theater, premiered at the Royal Opera House in London, where the Guardian praised the "elegant production, sumptuously designed ... The spectacle guarantees a good night out."

The New York Times wrote of mezzo-soprano Anita Rachvelishvili's performance:

"Diving into her chest voice, but not milking it or pushing too hard, her tone stayed round, warm and not all that loud, an iron fist in a cashmere glove. . . Ms. Rachvelishvili (pronounced rah-tch-vel-ish-VEEL-ee), 34, has rocketed to stardom over the past few years with performances built from brief

moments just like it: combinations of arresting vocalism and thoughtful subtlety. Her sensual, even elemental presence makes her particularly ideal for the daunting mezzo roles that anchor some of Verdi's most important operas.

The opera had its World Premiere at the Teatro Lirico, Milan, 1902 and occupies a unique place in the repertory: largely dismissed by experts from its premiere to the present day yet cherished by its fans for the dramatic possibilities provided by the lead roles. The opera is a deft combination of frank emotionalism and flowing lyricism, with pseudo-historical spectacle. Based on a play by Eugène Scribe, the story was in-

spired by the real-life intrigues of famed actress Adrienne Lecouvreur and the legendary soldier—

and lover—Maurice of Saxony. Francesco Cilea's operatic retelling quickly became a favorite of charismatic soloists. The title character in particular is a quintessential diva role.

"Adriana Lecouvreur" unfolds in Paris in 1730. The setting reflects a nostalgia for the Rococo era that swept over Europe and the Americas around the turn of the last century when Cilea was composing, evident in other operas (for instance, Puccini's Manon Lescaut) and in architecture.

The opera has a runtime of 213 minutes with 2 intermissions.

Artist Robin Senour Paintings, Jewelry and Resin Pieces at Coast Highway Art Collective

The Coast Highway Art Collective is excited to announce a new show opening mid-January. Special guest artist Robin Senour will be exhibiting her colorful paintings, jewelry and whimsical resin pieces on January 17 through January 27.

Senour has exhibited her works in many locations in the bay area since 1988. She has a BA in fine arts from San Jose State University and has worked in visual arts as well as fine arts. Senour worked for a major environmental agency, but always found her way back to her art. "I have found an understanding about the important role art can take in peace, unity and the beauty of life and all people. That's not much to ask, is it?" says Senour.



The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun,



located next to the Redwood Coast Credit Union. Winter hours are Thursday through Sunday, 11:00am to 4:00pm.

More information about the artists, events, joining and supporting the Coast Highway Art Collective can be found at their website:

www.coast-highway-artists.com.

Lisa Giacomini "Superfoods on our Coast" At Pt. Arena Lighthouse January 19

On Saturday, January 19 at 4:00pm, Lisa Giacomini will present "Superfoods on our Coast—Hunting, Gathering, Cooking, Preserving" as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.



Superfoods are foods that are nutritionally dense in vitamins, minerals, antioxidants and flavor.

These "free", natural and organic foods exist everywhere in our coastal environment. This series will talk about where to hunt for them, how to gather or catch it, cook it, store it and preserve them. We will cover ocean



to mountains between the shoreline and the ridgelines near Point Arena. This presentation is a list of tips and tricks to make your



outdoor life fun and healthier here on the South Coast. Lisa is a firm believer that food is medicine and

will also touch on how nutrition from these Superfoods wards off everything from heart disease to cancer. This series is not intended to impart too much science, but more about how to find, prepare and enjoy many different types of wild foods found here.

Lisa is the owner of Giacomini Specialty Products, known locally as Baby Tomato which is also a trademark



and brand. Baby Tomato also does private events, personal chef, medicinal foods for clients, event planning, and fundraising for non-profits and all things "food". All Baby Tomato foods are made with the freshest, most local and seasonal foods of the coast whenever possible. Lisa is a 30 year experienced free diver, hunter and avid outdoors person and helps others to develop the skills they need to thrive here.

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

Photos: Lisa Giacomini. Top-Bottom:
• Bolete • Blue Mussel • Ling Cod • Huckleberries.

DRAGON'S BREATH PRESENTS



Healing into Freedom

Three Thursday Evening Winter Salons each season with Fred Mitouer, Ph.D.

Somatic Awakenings

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

Transformational Bodywork

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

To order Fred's book: Wounds into Blessings Click Here or go to

Transformationalbodywork.org

707.884.3138

Email mitouer@mcn.org for more info

B. BRYAN PRESERVE

POINT ARENA, CALIFORNIA



110 acre conservation center dedicated to the breeding and preservation of endangered African hoof stock. Visits available at 9:30 am and 4:00 pm by reservation only.

Stay with us in the comfort and style of one of our eco-friendly cottages.

707-882-2297

www.bbryanpreserve.com

ADVERTISERS INDEX

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

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

**Read the Peddler Online-
Its Free & In Full Color!**
www.thelighthousepeddler.com

Issue #207 January 2019

Lighthouse Peddler

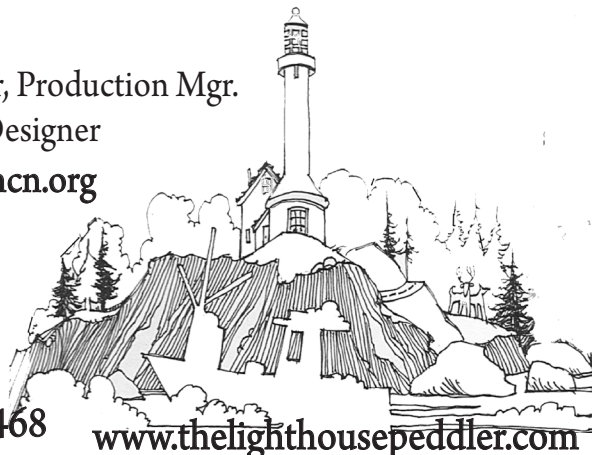
Dolly Steffen: Publisher, Production Mgr.
David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



FROM THE EDITOR'S DESK

- 16 • Frequency 49. Chamber Music Re-Imagined. They'll surprise you. (Cover).
- 18 • MET Opera arrives with Adriana Lecocourvreur in HD no less. January 12. (Page 2).
- 19 • A Mid-Month opening for the Coast Hwy Art Collective in Pt. Arena (Jan).17 (Page 2).
- 11 • Lisa Giacomini brings us Superfoods. Really!. January 19. (Page 2).
- 5 • Devreaux Baker pays a return visit to Pt. Arena for 3rd Thursday Poetry. (Page 4).
- 8 • In a climbing mood? The Lighthouse awaits. January 19 & 20. (Page 4).
- 3 • Volti, a dynamic group of 17 singers comes to Gualala Arts. January 13. (Page 4).
- 17 • Why not moon someone? The new moon and full moon info is here. (Page 6).
- 12 • More Bolshoi. "La Sylphide" hits the screen at Arena Theater January 20. (Page 6).
- 8 • All Hail. King Tide returns on January 20 and 21. (Page 7).
- 8 • Garcia River Casino has plenty to do this month. (Page 7).
- 20 • Thinking about your weight? Join a support group. January 9. (Page 7).
- 4 • The Film Club brings "The Thin Man", "Persona", and "A Mighty Wind". (Page 8).
- 5 • The library screens "1.5, Stay Alive". Bring a skeptic with you. Page 9).
- 17 • Say 'Hi' to Savanna. Sparrow, that is. (Page 9).
- 13 • Karin Uphoff is seeing red. Alders, that is. (Page 9).
- 5 • Find out about the Classical View. At Gualala Arts. January 4. (Page 10).
- 9 • Get a surprising look at some surprising art. At Gualala Arts. January 4. (Page 11).
- 2 • Is King George III really mad? National Theatre helps us find out. (Page 10).
- 10 • Gone in 2018. A look back at 2018. Page 12.
- 12 • Welcome a new contributor. Janet Chancellor brings a short story. (Page 13).
- 13 • Wondering which books really sold in 2018? Check out list. (Page 14).
- 5 • Jennifer's here with a new book: The New Inheritors. (Page 14).
- Mitch looks at renewable energy. From all sorts of angles. (Page 15).
- The Sudoku puzzle is here. (Page 15).
- At a loss for something to do? Try a workshop at Gualala Arts. (Page 16).
- Preview a play coming to Gualala Arts in February. It's a love letter. (Page 16).
- Wondering who won the Gualala Salon art competition? We have the scoop. (Page 17).
- Get warm. Why not learn about making quilts. (Page 17).
- The Crossword is here. Best of luck. (Page 18).
- Mary Jane Schramm sends her love. For Dungeness crab. (Page 19).
- Shirley McVoy left for Michigan. But her art can be found at Dolphin Gallery. (Page 20).
- Take a look at January's "Get Out!" section. Then, get out of the house. (back cover).

HEALING ARTS & MASSAGE CENTER

JUDITH FISHER SWEDISH
JOANN DIXON DEEP TISSUE
ALISA EDWARDS CRANIOSACRAL
NITA GREEN HOT STONE
BILL SCHIEVE, L.AC, DC ACUPUNCTURE, CHIROPRACTIC

Celebrating 30 Years

CYPRESS VILLAGE, GUALALA
(707) 884-4800

PHYSICAL THERAPY

PETER McCANN, MPT OSTEOPATHIC MANUAL MEDICINE
LUCINDA WEAVER, MPT RESTORATION OF FUNCTION

MEDICARE • AARP • BLUE SHIELD
OTHER INSURANCE • PRIVATE PAY

Devreaux Baker Returns For Third Thursday Poetry January 17 at Coast Community Library in Point Arena

On Thursday, January 17, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Mendocino poet Devreaux Baker. The reading will take place in its temporary home at the Coast Community Library and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Devreaux Baker is a 2011 recipient of the PEN Oakland/Josephine Miles Poetry Award, a 2012 Hawaii Council on Humanities International Poetry Award and the Women's Global Leadership Poetry Award. She is a 2014 recipient of the Nuclear Age Peace Foundation Poetry Prize,



a 2016 Poets in Mexico Award, and a 2017 recipient of the Outermost National Poetry Prize.

Baker has received fellowships to the MacDowell Colony, Hawthornden Castle, and the Helene Wurlitzer Foundation. She has taught poetry in the schools and produced The Voyagers Radio Program of original student writing for public radio. She has led writing workshops in the United States, France and Mexico. Her books of poetry

include *Light at the Edge*, *Beyond the Circumstance of Sight*, *Red Willow People*, *out of the bones of earth*, and the just released, ***Hungry Ghosts***.

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.

Hungry Ghosts

Autumn in Chinese Medicine is the season of elemental metal
The time of letting go of the old and taking in the new

I press the point on my arm that connects me to grief
seals come to mind, beaching themselves along the California coast
stretching out their sleek forms against sand and rock
letting go forever of the deep currents that connect them to water

In Chinese medicine it is the season of elemental metal
I carry the taste of tin or aluminum rising from my tongue
I press that point on my arm hard wanting to let go
of the known world and open to pure essence

I set a table for the naked and the dead, the living and the lost
all the hungry ghosts needing to be fed and released from my hands

Like dust to wind and rain to earth I open my fingers
so the animal and mineral bodies slip through

falling into the shape of 10,000 pieces of metal
scattering like silver leaves in November wind.

Devreaux Baker

Point Arena Lighthouse • The New Year Brings 2019's First Full Moon Night Tours Make Plans Now to Take an Evening Tour Of The Lighthouse

The Point Arena Lighthouse continues its popular Full Moon Night Tours with two tours in January. They will offer an (almost) Full Wolf Moon Night Tour on Saturday, January 19 and a Full Wolf Moon Night Tour on Sunday, January 20. Gates open 5:30pm and the tour starts around 6:00pm.

The evenings will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$50 for two. Reservations must be made at least three days in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. 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 in Native American and early Colonial times the Full Moon for January was called the Full Wolf Moon. It appeared when wolves howled in hunger outside the villages. Traditionally, the January Moon is also known as the Old Moon. To some Native American tribes, this was the Snow Moon, but most applied that name to the next Full Moon, in February.



"Our Full Moon Night Tours have frequently sold out well in advance, and guests always marvel at the moon rising over the hills east of Manchester or Point Arena just as we arrive at the top of the Lighthouse Tower," says Mark Hancock, Point Arena Lighthouse Executive Director. "Come enjoy this unique coastal experience!"

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

Your Coast Community Library Make Plans Now to Take Advantage of the Library's Offerings

Here's a brief update of what's coming up at the Coast Community Library in Point Arena. **The Lifelong Learning** classes are on winter break and the spring schedule will begin in February. **Pre-school Story Time** is resuming after a holiday break, on Wed. Jan 9 at 11:00am. **The library's Martin Luther King, Jr Birthday** celebration is on his actual birthday, Jan 15 Read the details in a separate story on page 8.

Here's the January Schedule (at press time)
Monday - Jan 7, 14, 28
4:30-6:00 PM - Ukulele group
note: No Uke group on the 21st.

Tuesday - Jan 8, 15, 22, 29
9:30-10:30 AM - Tai Chi Chih
10:30 AM-1:30 PM - Beginning Quilting
6:00-9:00 PM - Beginning Quilting

Tuesday - Jan 15
2:00-4:00 PM - MLK, Jr Birthday celebration

Wednesday - Jan 9, 16, 23, 30
11-11:30 AM Pre-school Story Time and Crafts

4th Wednesday Book Club - Jan 23
4:00-5:30 PM - book: Beartown by Fredrik Backman,

Saturday - Jan 12
12:30-3:00 PM - South Coast Stamp Club

Julia Larke, Branch Librarian
Coast Community Library
225 Main St. / P.O. Box 294
Point Arena, CA 95468
(707) 882-3114
larkej@mendocinocounty.org

Natural
Cosmetics
Homeopathic
& Natural
Remedies
Available

MediCal
& Insurance
Cheerfully
Accepted

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

Point Arena
Lighthouse

"Climb
to the
Top!"

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

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

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

PointArenaLighthouse.com

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

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

The Loft
Creativity Soars Upstairs

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

**THE SEA TRADER
GUALALA**

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

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

TheZenHouse.net

Point Arena
707-882-2281
Wed - Sat: 9am - 5pm • Sun: 9am - 1pm

**Volte, Path of Miracles. A Concert Event at Gualala Arts
Sunday, January 13, With Artistic Director Robert Geary**

Gualala Arts and Global Harmony present Volte, a vocal ensemble, with Artistic Director Robert Geary, Sunday January 13, 4:00 p.m. Article including Outreach for Housing for performers.

Path of Miracles is an hour-long tour de force for 17 professional unaccompanied singers. Written in 2005 by the British composer Joby Talbot, Path of Miracles is a musical exploration of the Camino de Santiago — the

a n -
c i e n t
C a t h -
o l i c
p i l -
g r i m -
a g e
r o u t e
a c c r o s s
n o r t h -
e r n
S p a i n
t o t h e



cathedral of Santiago de Compostela in Galicia, the final resting place of the body of Santo Iago (St. James).

Throughout the piece, the choristers sing as soloists, in a texture that often requires 17 different parts. The music often reflects a medieval atmosphere, paired with a very contemporary, almost minimalistic, texture with its repeated motives underlying melodic phrases.

The text combines excerpts from historical and sacred documents in several different languages (reflecting the many languages of pilgrims over the centuries), along with original material by poet Robert Dickinson.

Path of Miracles is variously narrative, personal, mystical, and celebrative. Volte performed it in February 2018 at San Francisco's Grace Cathedral, with ODC/Dance choreographed by KT Nelson, to sold-out houses and rave reviews, including this comment from Leah Garchik in the San Francisco Chronicle:

"The unamplified crystalline sound of the singers — pure, modern but somehow Bach-like, too — seemed to lift the dancers as the whole lifted the audience . . . and by the time the per-

formance was over, we were so euphoric that we floated out of the place."

Clearly this music event is more than a concert. It's a vocal performance by 17 talented musicians immersing the audience in the aural imagery of the journey to Santiago de Compostela in Galicia.

Volte's professional singers, under the direction of Founder and Artistic Director

Robert Geary, are dedicated to the discovery, creation, and performance of new vocal music. The ensemble's mission — to foster and showcase contemporary American music and composers, and to introduce new vocal music from around the world to local audiences — has led to performances of a vast amount of new music and to the commissioning of more than 100 new works, by emerging as well as established composers.

Hailed by San Francisco Classical Voice as "undoubtedly the finest collection of new music singers we have" and voted "Best in the Bay" by SFCV readers in 2015, Volte is currently in its 40th season of exploration and innovation.

Robert Geary, Founder and Artistic Director of the professional new music vocal ensemble Volte, the Piedmont East Bay Children's Choir, and the Golden Gate International Choral Festival, also directs the San Francisco Choral Society. Geary's multi-dimensional commitment to the choral arts over nearly forty years has fostered the careers of several leading composers and has led to nearly 200 new works. Bob and his wife, composer/conductor/pianist Sue Bohlin, have a home in Anchor Bay.

Gualala Arts is looking for sponsors in the area who could house one or more of the singers while they are here for their performance on January 13. People who have room(s) available are asked to call Gualala Arts at 707-884-1138.

ARENA THEATER
arenatheater.org
January 2018

Coming Saturday Feb. 3 8:30 PM
Blues On The Coast 2018
James Armstrong and Band

National Theatre Live
from London
Saturday Jan. 13 1 PM
Follies

Bolshoi Ballet in Cinema
Sunday Jan. 21 2 PM
Romeo & Juliet
New Production

Met Opera Live in HD
Saturday Jan. 27 9:55 AM
Tosca

Arena Theater Film Club
Mondays 7 PM
Jan. 8 Beauty and The Beast
Jan. 22 City Lights
Jan. 29 19th Animation Show
of Shows
214 Main Street Point Arena

"Dance is the hidden language of the soul."
Martha Graham (1894 - 1991)

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

Solution to Crossword:

New Moon



January 5

Full Moon



January 20

"To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival."

Wendell Berry (1934-)

Arena Theater Presents The Bolshoi Ballet "La Sylphide" is set for January 20

In a live recording, Arena Theater presents one of the world's greatest ballet companies—the Bolshoi Ballet—performing "La Sylphide" on Sunday, January 20, at



2:00pm, with doors opening at 1:30pm.

"La Sylphide" is one of the world's oldest surviving ballets, and a treasure in Danish ballet master August Bournonville's style. The ballet of the same name marks the start of dancing on pointe. It is not fortuitous that it was in that ballet that the ballerina – Marie Taglioni, the first ballerina of the romantic era – was to rise on pointe, since the Sylph, after all, is a maiden of the air.

On his wedding day, the young Scotsman James is awakened with a kiss from an ethereal winged creature, a Sylph. Entranced by her beauty, James risks everything to pursue an unattain-

able love. Staged for the Bolshoi by Bournonville expert Johan Kobborg, this production is the ultimate romantic masterpiece.

"Kobborg's version of Bournonville's ballet is fresh, and clear yet leaves an air of mystery around the character of the sylph," wrote Isabella Zipp in bachtrack.com. "Even those without knowledge of the synopsis should be able to get the story line, mainly thanks to the effective mime which is of great importance in this bal-

let. Without too much glitter and glamour, scene changes, characters or acrobatics La Sylphide is a sophisticated and poetic ballet with a deeper meaning and intention."



The ballet has a runtime of 120 minutes including one intermission. Please note: the Bolshoi in Cinema series will continue at Arena Theater with "La Bayadere" on March 10 and conclude on May 10 with the



double feature "Carmen Suite/Petrushka." Each production includes behind-the-scenes programming and interviews with the cast and creative teams.

All screenings are on Sundays at 2:00pm and tickets are \$18 general and \$5 youth (17 and under), available the box office and online at www.arenatheater.org.

Arena Theater is at 214 Main Street (Highway One), Point Arena, California 95468. (707) 882-3272. info@arenatheater.org. Arena Theater is a 501C3 non-profit. Your donations and membership are appreciated.

HAPPY NEW YEAR FROM ALL OF US AT GUALALA SUPERMARKET

WE THANK YOU FOR YOUR PATRONAGE



SENIOR DISCOUNT
EVERY MONDAY



WE ACCEPT
EBT CARDS

SUNDSTROM MALL, GUALALA

884-1205

7AM UNTIL 8PM DAILY

Coast Watchers: King Tides Will Return to the Coast In January Look for them on the 20th and 21st

Driving across the Gualala River I couldn't help but notice (be stunned by is more like it) the size of the surf near Gualala Point. Parking the car I joined others who had stopped for the same reason. There we were, half dozen strangers standing together looking at the marvelous surf rolling in from some part of the Pacific Ocean. It was wonderful. I went on my way and maybe a week later I received an email from Julia Larke at the Coast Community Library in Point Arena. I embraced the coincidence. Julia was writing to me about the "King Tides".

While the term "king tide" isn't a scientific term, it describes an especially high



tide event, when there is alignment of the gravitational pull between sun and moon. When king tides occur during floods or storms, water levels can rise higher and have the potential to cause great damage to the coastline and coastal property. We've received our fair share of coastal rain over the past few weeks but nothing, thankfully, to

threaten death and destruction, and the surf could be viewed for pleasure and not from fear. Here are a few things I learned about King Tides:

1. they occur naturally and regularly,
2. they are predictable and expected, and
3. they are not an everyday occurrence.

We all accept—most of us, anyway—that climate change is real, and the likelihood of rising sea levels is almost assured. And California is one of the most "coastal" states in the union, which almost guarantees that the state will be greatly impacted by sea level rise. Standing on the bluff, my small group of strangers got an idea of what a permanent rise in sea level might look like here on the Mendocino Coast. I had been unaware of the predictions of the arrival of King Tides in December. Now I'm a bit more knowledgeable

and I'm pleased to pass this along. After all, there will be a return visit on January 20 and 21. Here's a brief look at activities during the King Tides, and please note: I'm passing along very brief information about the distant (but driveable) events. Local activities have more detail. Here's the short list:

Saturday, January 19, 2019

KING TIDES AND WETLAND SPONGES: Contra Costa County, Oakley; 69 Big Break Road; 12:30pm-2pm.

Sunday, January 20, 2019

KING TIDE TALK & WALK: Humboldt County, Loleta; Richard Guadagno Visitor Center at Humboldt Bay NWR, 1020 Ranch Road; 9:30am-11am.

KING TIDES OPEN HOUSE: Mendocino County, Navarro Beach; Captain Fletcher's Inn, 500 Navarro Beach Road; 8:30am-noon; Presented by Navarro-by-the-Sea Center. The historic Captain Fletcher's Inn will be open to visitors coming down to Navarro Beach to view and record the King Tide. We'll have coffee, hot tea, light refreshments, and a roaring fire to warm up and enjoy as you view the tides from a safe distance. For info on the cultural and natural histories of the area visit www.navarro-by-the-sea-center.org

KING TIDES BEACH CLEANUP: Sonoma County, Bodega Bay; North Salmon Creek Beach, 3095 CA-1, Bodega Bay; 10:30am-12:30pm; Presented by Sonoma Coast Surfrider. Following the high tide, Sonoma Coast Surfrider will lead a beach clean up at North Salmon Creek Beach to see if the extreme high tides had an impact on the amount of debris washed ashore. We will have literature available about the impacts of climate change on our coasts and will encourage discussions about climate change and our rising oceans. Info: Sarah Heyne, secretary@sonomacoast.surfrider.org

KING TIDES WALK ALONG THE WATERFRONT: Alameda County, Oakland; Jingle-town, Fruitvale Bridge Park at corner of Fruitvale and Alameda Avenues; 10am-12:30pm.

More information can be found here:
<https://www.coastal.ca.gov/kingtides/index.html>

Irie Rockers January 11 Johnny Young, January 26 On Stage at Garcia River Casino

There's always something to do at the Garcia River Casino, and January is no exception. This month there will be good, music, good food, and an all around good time.

On Thursday January 3, the Casuals will bring music and memories and Trivia Night. Always a fun time with trivia, music, and \$150 slot-play prizes with the Casuals.

The Irie Rockers bring "rock steady reggae" to the stage on Friday, January 11, 8:30pm. As a band of experienced musicians rooted in Reggae, together they aim to reflect a similar, yet unique, upbringing through music. "We love our rich musical diversity, so listeners can expect to hear stylistic influences from Rock, R & B and sometimes a little Hip Hop or Funk, throughout each song. Feel the rhythm when Irie Rockers take the stage in January.



Headlining on stage this month is Johnny Young, returning to the Garcia River Casino stage with his brand of high-octane country rock. Always a crowd-pleaser, Young will take the stage Saturday, January 26 at 8:30pm.

Music inspired by their NorCal/Mendocino County roots, Johnny Young Band is made up of members from household name acts Jason Aldean, Billy Currington, and Amy Clawson. Formed in 2015 by guitar-slinger turned frontman Johnny Young, the JYB have been firing things up since with their own high octane blend Country and Rock.

Garcia River Casino is at 22215 Windy Hollow Road, Point Arena, California 95468. (707) 467-5300.



Gualala Arts

SINCE 1961
707.884.1138
GualalaArts.org
46501 Old State Hwy
Gualala, CA 95445

Two Exhibits Opening at Gualala Arts

Fri., 1/04 5-7 pm
Unchained Art: Portraits & Dreams

Works by Incarcerated Artists: prisoners producing thoughtful, creative and surprisingly sophisticated art.

The Classical View:

Botanical paintings and nudes by Lisa Prosek, and watercolors of the Sonoma Mendocino landscape by Thomas Prosek.

Exhibits Continue through Jan. 27

New Dolphin Gallery Opening

Sat., 1/05 A Lifetime of Art 5-7 pm
In Shirley McVoy's Garden

40 years of oils, acrylics, watercolors, and found objects, and gardens and building projects.

Exhibit Continues through Jan. 27

1/13 Volti: 4 pm

Path of Miracles

17 Professional Singers, Unaccompanied, in an Hour-long Concert Tour de Force

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

1/20 Frequency 49 4 pm

Wind & Piano Chamber Ensemble
Flute+Oboe+Clarinet+Bassoon+Horn+Piano

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

January Workshops

1/6: Concertina: Making an Accordion Book

1/19: Collages That Change Your Brain

1/26: Instant Pot and Pressure Cooking

To register for these and other workshops, call 707-884-1138

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

Weight Support Group Starts January 9

After the Family, Fun and Food it is time to think about yourself. Join us with weekly themes. Tips for weight loss, maintaining a healthy weight, recipes, changes in life style, weekly weigh ins and friendly support. The goal is to make healthy choices in eating, exercise and attitude.

The January Theme is "Getting Started". The group will meet at the Conference Room of North Gualala Water Company, Cypress Way Gualala. The first meeting is Wednesday, January 9, 2019, and includes a Weigh-In at 5:30pm.

A new year is the time to get this to work for you. For more information contact either Joan Rhine at 884-4565 or by email at jr.rhino@icloud.com; or you can contact Maureen Aardahl at 884-1169, or email at jeffandmaureen@outlook.com.

Phillips Insurance Agency
 Auto - Boats - Homeowners - Renters
 Business & Commercial - Life Insurance
 Annuities & IRAS

Andrea Phillips
 Agent
 Lic# 0E29247
 aphillips3@farmersagent.com
 CYPRESS VILLAGE
 39126 Ocean Dr., Suite C
 Gualala



884-1740



Mar Vista Cottages

Hwy. One - Anchor Bay
 884-3522
 www.MarVistaMendocino.com




OZ FARM

• CSA • Weddings • Retreats •

OZFARM.COM
 707.882.3046
 info@ozfarm.com



Dream Catcher Interiors

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

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

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

One Thin Man, Two Beautiful Women, And A Mighty Wind Three ATFC Films at Arena Theater in January

The Thin Man (1934) is the first in a series of six films featuring the irresistible chemistry of William Powell and Myrna Loy as husband and wife sleuths who solved murders with the aid of their wire-haired terrier, Asta. If you've never seen this classic (or any of the six "Thin Man" films with Powell and Loy) you're overdue for a delightful evening of crime solving, Dashiell Hammett style. In fact—and I'm not



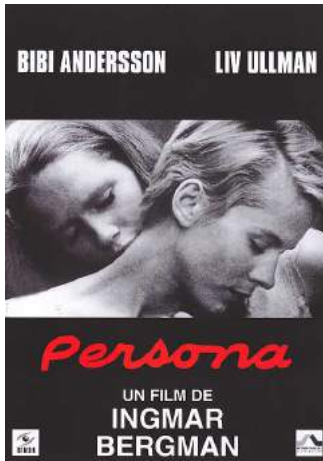
suggesting you follow suit—seeing "The Thin Man" almost makes me want to move back to New York, get a terrier named Asta, increase my alcohol intake, become a private detective and ask my wife to change her name to Nora. (I said, "almost").

The film's murder mystery story takes a back seat to the romantic screwball comedy, featuring the splendid, snappy and flirty banter between the rich, carefree married couple. They were known for sleuthing, solving murders, wisecracking one-liners, affectionate witticisms, delightful teasing and one-upmanship, alcoholic fun with plenty of martinis (two years after the end of Prohibition), a wire-haired terrier named Asta, and a loving relationship—often punctuated with quick kisses and slight hiccups. In the end, retired sleuth Nick Charles resolves the crime, having assembled all of the major characters (and

suspects) at a New Year's Eve dinner party to reveal the devious killer. Get in on the fun Monday, January 7, 7:00pm at Arena Theater. In addition to Powell and Loy **The Thin Man** features Maureen O'Sullivan, Nat Pendleton, Minna Gombell, Porter Hall, and Cesar Romero. Directed by W.S. Van Dyke it is unrated, has a runtime of 93 minutes and is in glorious B&W.

One week later **Persona** (Swedish, 1966) offers a completely different experience (except for the fact that it's in B&W). Screening Monday, January 14, 7:00pm.

A nurse is put in charge of a mute actress and finds that their personae are melding together. Director Ingmar Bergman was already a filmmaker to be watched for creating images and characters we'd not soon forget. But with the radical **Persona**, he attained new levels of visual poetry. In the first of a series of unforgettable performances for Bergman, Liv Ullmann plays a stage actor who has inexplicably gone mute; an equally mesmerizing Bibi Andersson is



the garrulous young nurse caring for her in a remote island cottage. While isolated together at the cottage, "the women undergo a mysterious spiritual and emotional transference." Performed with astonishing nuance and shot in stark contrast and soft light by Sven Nykvist, the influential **Persona** is a penetrating, dream-like work of profound psychological depth.

Rated PG-13 it has a runtime of 84 minutes; in Swedish with English subtitles.

On January 28 the Film Club provides us with a soft landing (after viewing **Persona**) in the form of **A Mighty Wind** (2003). This spoof traces 1960s folk acts as they reunite to play a live TV concert at New York's venerable Town Hall. Among the "legendary" folk artists are Mitch & Mickey, once a duo in both music and life who sang love songs until the collapse of their relationship.

In this hilarious backstage mockumentary, three eclectic, never-quite-famous folk bands come together for the first time in decades following the death of their manager



to put on an reunion concert in his honor, at the request of his son (Bob Balaban). For the members of The Folksmen, The New Main Street Singers, and Mitch & Mickey, time has not been kind. As the show approaches, apprehension sets in, romances are rekindled and ambitions are permanently deferred. Director Christopher Guest is featured in the film as well as Balaban, Michael McKean, Eugene Levy, Harry Shearer, Mary Gross, Catherine O'Hara, Parker Posey, Ed Begley, Jr., Fred Willard, Larry Miller, and Diane Baker. It's rated PG-13 and has a runtime of 88 minutes.

Coast Community Library Presents "1.5, Stay Alive" January 15 A Celebration & Film Screening Honoring Dr. Martin Luther King, Jr.

In honor of Martin Luther King Jr, on Tuesday January 15, the Coast Community Library in Pt. Arena will host the film **1.5, Stay Alive**. This documentary film—about the people of the Caribbean, in Belize, Costa Rica, Trinidad & Tobago, and Haiti, and also in the United States, in Miami and Louisiana—tells the story of the disaster of sea level rise in their communities. The impact and cost of a 1.5 degrees Celsius (2.7 degrees Fahrenheit) increase in global warming is going to be far greater than expected, according to a comprehensive assessment by the Intergovernmental



Panel on Climate Change (IPCC) at a recent conference 10/7/2018). This film informs and entertains and features local Caribbean musicians expressing their concerns regarding global warming and the dying of coral reefs and sea level rise with recent record breaking storms and disastrous flooding. They call out to the developed countries to decrease carbon emissions to save coastal communities around the world. This is another wake-up call that climate change is a reality and if Martin Luther King, Jr were alive he would be supporting this subject. Please join us.



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

Solution to Sudoku

Words on Wellness • Red Alders

by Karin Uphoff

Strong winter storms are reshaping our waterways, leaving fallen trees, small landsides and denuded river banks in their wake. Thankfully, red alders (*Alnus rubra*) are adapted to such conditions and begin rebuilding new habitat from these open patches. Besides anchoring soil, alders provide large amounts of nitrogen that enrich the soil for other plants to grow in. Like many pioneer species, alder evolved a symbiotic relationship with a nitrogen-fixing bacterium, in this case, *Frankia alni*. *Frankia* possesses hemoglobin - the same oxygen-binding compound that we have in our red blood cells. This allows alders to live in standing water and produce up to 280 pounds of nitrogen per acre per year. Then, as their leaves and branches break down, the added nutrients make life possible for trees such as coast redwood.

It is especially in winter, when alders stand tall and bare-limbed, that we notice their silvery outer bark. However, they are named for the inner red bark which oozes a red fluid when first cut. Traditionally, this bark was used in washes to treat poison oak, insect bites, and skin irritations. Bark can be carefully harvested by cutting small twigs and branches, then using a knife to



Photo: Dana Kelley Bressette

strip off much of the outer bark. This bark must then be dried to use internally as otherwise it can cause vomiting. Dried alder bark was simmered as tea by indigenous peoples to treat stomach complaints, hemorrhoids, diarrhea, internal bleeding and lymph disorders. Recent clinical studies have verified that red alder contains betulin and lupeol, compounds shown to be effective against a variety of tumors and skin cancer. This is in-part due to its strong anti-inflammatory effect.

Alder bark is high in salicin, which converts to salicylic acid (natural aspirin) in the human body. This compound acts to relieve pain and lower fevers. Infusions and tinctures of the bark have been used in the treatment of headaches, rheumatic pains and arthritis. Leaf and bark teas are still used to treat tonsillitis, hemorrhoids, vaginal infections and inflammatory conditions. Externally, a compress or bath with the bark reduces aches and pains. The sap of this slender tree can be applied externally to cuts for help with wound healing. Finally, alder catkins and young cones are astringent and bitter but edible, and have been chewed to treat diarrhea.

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

Botanical Body Care: Herbs and Natural Healing for Your Whole Body.

Learn more about Karin at: www.karinuphoff.com

Savanna Sparrow. A Faint Wheezy Song.

I always thought Savannah Sparrows were named for their grassland habitat, but the birds are named for a specimen found in Savannah, Georgia, by 19th century ornithologist Alexander Wilson. The scientific binomial, *Passerculus sandwichensis*, comes from their presence in Sandwich Bay in the Aleutian Islands of Alaska. According to Cornell University's Laboratory of Ornithology, they are one the most numerous song bird species in North America. In California, alone, seven subspecies have been identified.

Savannah Sparrows are six inches long with mottled brown backs. They have pale streaked underparts with finely-streaked breasts. A yellow patch, called a "lore," is between the eye and the bill. Bills and legs are pale pink.

I see Savannah Sparrows in grasslands on

coastal bluffs. They breed there as well as in coastal marshes, grassy valleys, and agricultural fields. Usually, I hear the faint, wheezy song and see the sparrow perched on a dry stalk a foot or so off the ground. Savannah Sparrows often run through grass rather than fly. They eat seeds (especially grass seeds), insects, spiders and snails.

Savannah Sparrows nest on the ground in natural or scraped depressions. Nests are woven with grass and lined with fine materials. They are concealed under overhanging grasses or vines. Three to five pale greenish-blue eggs with brown spots are laid. Females perform about 85% of incubation, which lasts for about 12 days. The young leave the nest two weeks after hatching. In some Savannah Sparrow populations, polygamy is common.



Our thanks to the Mendocino Coast Audubon Society for contributing this article. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Photo credit: Audubon

Animal Care & Welfare • Fatty Lipomas in dogs

By Cathy Sue Riehm

Rex loves his vegetables, and everything else included in his healthy diet. While a few pounds overweight, he is an avid swimmer and ball-chaser. Even so, many months ago, I noticed a lump on his side. After a trip to my vet, it's confirmed to be a fatty lipoma.

I've dealt with fatty lipomas in dogs professionally as a veterinary technician of over twenty years, and I've dealt with them personally in my own dogs.

Fatty lipomas are a type of skin tumor. They are a subcutaneous collection of fat cells. They are usually soft, slow-growing and somewhat 'moveable'. Lipomas are benign- they can multiply, but they won't metastasize. Fatty tumors are contained in a 'fibrous case' that keeps them from invading surrounding tissues. Troubles occur when these lipomas get so big, they hinder movement or internal organ function. Fatty skin tumors are rare in cats and horses, but one-third of all canine tumors are in the skin. Even humans can get fatty lipomas (check out the TV show Dr. Pimple Popper). Labrador Retrievers, Doberman Pinschers, overweight and senior dogs and dogs with hypothyroidism are all prone to getting fatty lipomas.

Traditional Chinese Medicine describes lipomas as a manifestation of 'stagnant Qi' or 'energetic blockage'. These tumors can suggest that the body is congested and energy isn't flowing as it should. Stagnation and blocked circulation occur when (toxin) elimination systems slow down.

A needle aspirate by your veterinarian will give a definitive diagnosis. When caught early, these tumors can usually be surgically removed without complication.

A concentrated protocol that includes the following measures can help prevent these tumors and even prevent the growth of ex-

isting fatty lipomas. Liver and kidney support is imperative- less toxins ingested by your dog means less work for the liver and kidneys in eliminating them. A high quality diet including lean proteins/meat, vegetables and probiotics will benefit liver and kidney function. Healthy blood flow prevents stagnation that can lead to fat cell accumulation- walking, acupuncture and even massage increase circulation and energy flow, thus toxin elimination.

Omega 3 fatty acids and milk thistle are two supplements that can help support liver function, circulation and elimination. While fatty lipomas aren't caused by a dog being overweight, excess fat in the body can, in fact, 'feed' these tumors. Keeping your dog at a healthy weight can only increase the chances that fatty lipomas won't develop.

There are many options available to address fatty lipomas in dogs. I started a new protocol for Rex that includes Hawthorn and a turkey tail mushroom supplement... and I'm watching that lipoma like a hawk.



"We call them dumb animals, and so they are, for they cannot tell us how they feel, but they do not suffer less because they have no words."

Anna Sewell (1820 - 1878)

Spirit Veterinary Services

Mobile Veterinary Services for Dogs & Cats

Dr. Jennifer L. Frankot, DVM, MBA

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

Friday: 8:30am - 12:30pm

In-Home Visits, Stewarts Point to Manchester



(707) 840-3410

Gualala, CA 95445

www.spiritveterinaryservices.com



Lodging for Paws

Boarding Grooming

882-2429

PO Box 174 Point Arena 95468

www.bednbone.com

JIN SHIN JYUTSU

Gentle and Powerful Relief for:
Pain

Stress

Allergies

Since 1981

DENISE GREEN, CMT

882-2437

**UNEDA
PIZZA**
at the Point Arena Cove

790 Port Street, Pt. Arena 95468

- open every day but Tuesday •
3:00pm to 9:00pm
- available for private parties •
• Catering Available! •

www.unedaeat.com
707-882-1960

**215
main**

— IN POINT ARENA —

**Thank You to our
Customers, Poets,
Music Makers, Staff,
and Community For
All Your Support, and
Stay Tuned For
“215” News!**

Gualala Arts Center Presents "The Classical View" A New Exhibit and Opening Reception January 4

Gualala Arts Center opens the new year with two exhibits. "The Classical View" opens in the Elaine Jacob Foyer on Friday January 4 with an opening reception from 5:00pm to 7:00pm. The exhibit will continue through Sunday, January 27. (Read about the second exhibit "Unchained Art: Portraits and Dreams" on page 11.)

"The Classical View" will consist of botanical paintings and nudes by Lisa Prosek, and watercolors of the Sonoma Mendocino landscape by Thomas Prosek. The many decades of experience that Lisa and Tom accumulated as professional illustrators, instructors and artists unify their styles and philosophies. The body of work will include large watercolors, charcoal drawings, pastels and oil paintings.



Lisa's background includes work as a Botanical Illustrator at Harvard University in the mid-1970s, before completing her BA at Princeton University in 1981. After Princeton she continued working as an illustrator before completing her MA in Architecture at the University of Washington in 1992. Dur-

ing the 1990s Lisa was an instructor at Academy of Art, San Francisco, and at the Fashion Institute of Design and Merchandising (also



in San Francisco). These days Lisa is composer at Scolavox, opera and vocal Composition and production.

Tom Prosek, a native of Prague, Czech Republic, and the son of a renowned Czech architect and painter, graduated from the Czech Technical University with a Master's degree in Architecture and Structural Engineering. At this Bauhaus-modeled school, he studied drawing, painting, sculpture, industrial and graphic design, architecture and urbanism. After immigrating to the United States, via Italy and Canada, Thomas began working as an architectural illustrator in Kansas City, Seattle, and San Francisco, becoming one of the premiere architectural illustrators in the United States. He's taught illustration and perspective at the Art Academy in San Francisco and Highline College in Seattle. He designed, built and painted numerous stage sets.

Thomas adds "... Living more than twenty years on Seaview Ridge, just above Fort Ross, gave me the great opportunity to start painting dramatic local landscapes. This amazing and inspirational place, where the San Andreas Fault meets the Pacific Ocean, is dividing at least half of my interest with painting American and European cityscapes. All pigments in my watercolors are absolutely light fast, on Arches 400 pound handmade paper and painted in the classical manner with "divine geometry" composition."



WITH THE RINGING IN A BRAND NEW YEAR

We celebrate joy
with merry cheer.
The greatest gifts
in life behold
as the dawn of each new day unfold.

With every new day
comes welcome joy
an enlightened moment
for mind's to toy.
Sometimes we confuse
blessings with strife
by looking back
on regrets of life.

Yesterdays are ghosts
haunting the past
by grace and forgiveness,
they don't last.
Tomorrows are just
an unbearable load
for future mysteries
are yet untold.

The mistakes we have made
in days long gone
are covered by
our delightful repentance song.
By the mercy from a heart
full of love
tomorrows will sparkle
with stars from above.

If we just give a brother
a gentle kind hand
we will walk together
in life's journeyland.
For there is no burden
we cannot bear
if guided by faith
we together can share.

As calculated as the sun
rises and falls from the sky
knowing it's all planned
carefully for you and I.
Through sunshine or darkness,
hope or despair
the walk of today
is the path where we care.

So out with the old
and in with the new
an expression of life
we need to review.
For yesterdays gone,
tomorrow's far away
Today's the beginning
of our brand new day.

Gualala Arts Center Presents "Unchained Art: Portraits and Dreams"

A New Exhibit and Opening Reception January 4

Gualala Arts Center opens the new year with two exhibits. "Unchained Artists: Portraits and Dreams, Works by Incarcerated Artists" opens in the Burnett Gallery on Friday January 4 with an opening reception from 5:00pm to 7:00pm. The exhibit will continue through Sunday, January 27. (Read about the second exhibit "The Classical View" on page 10.)

In the 1990's, before the "new" Gualala Arts Center was built at its current location, local artist Wendy Bailey was deeply impacted by the artwork she was asked to install in an exhibit of paintings and drawing by inmates of San Quentin, entitled "Death Row Art". In spite of being convicted of violent crimes for which they had received death sentences, the prisoners had produced art that was thoughtful, creative and surprisingly sophisticated in technique and concept.

Two decades after the Death Row Art show, revisiting the idea of an exhibit of prisoner art, Ms. Bailey contacted Leslie Lakes, a professional artist in Marin County who founded and is director of the non-profit Prison Arts Touching Hearts (P.A.T.H.). Ms. Lakes



was first introduced to artwork by incarcerated artists in 2005, when she bid on several pieces being auctioned in the Fifth Annual Inmate Art Auction, sponsored by The Fortune Society of NYC. Ms. Lake states, "...

when I finally received the artwork in the mail, I was so blown away by the sheer talent that I requested to write back to the respective artists to share and show my appreciation. Over the years, I have had the unique opportunity and pleasure to get to know many of these incredibly talented individuals. Hence, P.A.T.H. was formed from the heart; a labor of love and from my long-standing desire to create a platform to showcase their incredible artistic talent. P.A.T.H. is also designed to provide a platform for a much needed voice

and validation to incarcerated artists - those in the shadows and largely hidden to the public eye, while providing them with a vehicle to give back to the community in a meaningful and powerful way - through their art!"

Ms. Lakes receives artworks from a variety of institutions, and promotes the artists by displaying their artwork in venues such as the Marin Civic Center. A recent exhibit she installed at Alcatraz, entitled "Art Escape at Alcatraz", will travel cross-country to be shown at Tennessee's Alcatraz East Museum in 2019. Sales of the art work goes to support prison art programs and provide funds for much-needed prisoner art supplies. In addition to her work with prisoners, Ms. Lake also holds Teddy Bear Parties, working with other charities to provide Teddy Bears for the children of those who are incarcerated.

The artwork featured in the January, 2019 exhibit at Gualala Arts Center reflects a wide range of techniques, subject matter, and mediums. Most of the artists have no or very limited access to traditional art supplies, but

still manage to express their creativity by the ingenious use of whatever materials are at hand. As well as pencils, pens and paint,



artists will use any substance that will color paper - including coffee, powdered drink mixes, mustard, and

other condiments. They make sculpture out of plastic utensils, scraps of material, and food wrappers. Some of the artists must even make paint brushes out of scraps of paper, pencil erasers, and their own hair. Their chosen "canvas" might be an actual canvas, but just as likely can be the back of a manila envelope.

According to artist Lian Ke, who uses milk, drink mixes and condiments in her paintings, "Art is definitely a path - an outlet to express (and relieve frustrations) especially when locked up (in jail/prison). My best art I think are the ones where I just paint whatever comes out of

my hand without thinking."

For more information about P.A.T.H., please visit the website: www.prisonartstouchinghearts.org



Acupuncture and Massage Chi Kung Classes

Call to schedule an appointment



The Tea Shop

Local Herbal Teas & Essences
See website for product information

707-291-5765

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

Mendocino Coast Coffee Roastery



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

Available in Stores Locally, and online at littlegreenbeanroastery.com

The Little Green Bean • 211 Main Street (Hwy 1)
Pt. Arena, 95468 • (707) 271-3085

Arena Theater Presents "The Madness Of King George III"

A Production of London's National Theatre January 26

Arena Theater presents London's National Theatre Saturday, January 26 in Alan Bennett's *The Madness of George III*. Recorded live as part of the National Theatre Live series, Arena Theater will screen the production at 1:00pm, with doors opening at 12:30pm.

The multi-award-winning drama will be the National Theatre Live's first ever broadcast from Nottingham Playhouse.

Written by one of Britain's best-loved playwrights Alan Bennett (*The History Boys*, *The Lady in the Van*), this epic play was also adapted into a BAFTA Award-winning film following its premiere on stage in 1991.

The cast of this new production includes Olivier Award-winners Mark Gatiss (*Sherlock*, *Wolf Hall*) in the title role, and Adri-

an Scarborough (*Gavin and Stacey*, *Upstairs Downstairs*, *After the Dance*).

It's 1786 and King George III is the most powerful man in the world. But his behaviour is becoming increasingly erratic as he succumbs to fits of lunacy. With the King's mind unravelling at a dramatic pace, ambitious politicians and the scheming Prince of

Wales threaten to undermine the power of the Crown, and expose the fine line between a King and a man.

The Daily Telegraph described the play as "a spell-binding tour de force," and the

Guardian called Mark Gatiss and Adrian Scarborough "electric."

The play has a runtime of 210 minutes including one intermission and tickets are \$18, \$5 youth (18 and under), available online at www.arenatheater.org.



Health Insurance Plans for Individual,
Family, & Small Business

Open enrollment
Oct 15 - Jan 15

884-4640

Call now to schedule your
appointment, please!

vanessa@ignaciohealth.com



KEEP
CALM

AND CALL

VANESSA



ignacio
health
insurance services
#0H53499 | #0K08156

Passing the Baton. by David Steffen

The start of a new year is always a demarcation line. It's the most obvious moment—aside from our birthdays—where each of us knows another year has passed. Carl Reiner was quoted as saying "Each morning when I wake up I check the obituaries. If I don't see my name I already feel better." Yes we're all a little older, but that's how things work.

I looked at the list of all the "notables" who've passed and wonder how each of these famous—or infamous—people have affected, touched, or otherwise changed my life. It's always surprising to me that I can find a personal connection to many of them. So here are my thoughts on those we lost in 2018.

What did you think about when you heard the name—nothing else, just the name—Stephen Hiillenburg?

It didn't mean anything to me. It turns out he was important to me for the simple(?) fact that he created the cartoon character SpongeBob SquarePants. My daughter Caitie and I—Caitie was about 10 years old at the time—were driving to Indiana (from Connecticut) to visit family. After a long day on the interstates we were entertaining ourselves by watching TV in our motel room, and that was the moment SpongeBob came into our lives. We laughed for a couple of hours and both became huge fans of the underwater hero. Thanks Stephen.

Robin Leach died last year. In some ways he too was a character worth remembering. In the end, almost all of the overstuffed, vacuous, self-important wealthy people he interviewed became laughable, at least to me.

On the musical side we lost some greats, both household names and lesser-knowns. Before getting into the music business I had heard South African musician Hugh Masekela's hit single "Grazing in the Grass". Little more than a year later I was promoting the Friends of Distinction, an RCA act who did a vocal cover of Masekela's hit, creating a hit of their own. Years later I met Hugh when he recorded an album with my former boss Herb Alpert. Small world indeed.

Another music icon I had the pleasure of meeting was Charles Neville. I was in New Orleans and at Tipitina's for a performance by the Neville Brothers. It was 1988 or '89 and that band of brothers were amazing. Lorraine Gordon died. She kept the flame

of New York's Village Vanguard alive after the death of her husband Max. I made many stops at the club to see some of the greatest live music acts in a somewhat intimate setting.

Joe Jackson, father of, yes, those Jacksons died in June. I recall meeting Joe in the late 1980s as A&M Records had increasingly amazing success with Janet Jackson. In business meetings or casual settings Joe had the ability to smile and scare the hell out of you simultaneously. Clearly a dysfunctional family at times, but they changed the music business.

Aretha Franklin died. I could only smile when I saw the photographs and video of the line of pink Cadillacs lining up to pay tribute at her funeral in Detroit.

Bluesman Otis Rush, founding member of Jefferson Airplane Marty Balin, jazz great Sonny Fortune all died. As did Morgana King, and Nancy Wilson. I first heard Wilson's 1964 recording of "How Glad I Am" while in high school. It's a great record a half-century later.

And ABC's Keith Jackson died. His voice was one of the most comfortable ways of listening to a sporting event. I noticed the passing of disc jockey Dan Ingram. He was one of those Top-40 radio voices that transcended the music. Ingram was, like Casey Kasem, Larry Lujack, the Real Don Steele, and others who came to us as if from the ether. Cousin Brucie is still with us (on Sirius XM) thank goodness.

Hollywood gave up some significant names in 2018. Penny Marshall became a successful film director but I will always remember her as Laverne DeFazio on television's "Laverne & Shirley". Lyricist Norman Gimbel died. He wrote the lyrics to the "Happy Days" TV show theme music. It's more likely he'd like us to remember another set of lyrics he wrote: "The Girl from Ipanema".

Burt Reynolds died. His epitaph should read something like "He did it his way". Clint Walker died. A classic 'bigger than life' actor in many westerns, I remember him a little more for two small things he did. First, he starred in a made-for-TV movie titled "Yuma". A small screen film but he helped make it memorable.

The other thing was his Christmas recording of "Silver Bells". Yes, Clint Walker sang, and I had the single on my jukebox to prove it. Margot Kidder died. I attended a John Anderson for President fundraiser in Los Angeles in 1980, and ran into a friend who was dating Margot. In typical fashion I didn't realize who she was.

Steven Bochco gave us "Hill Street Blues", "LA Law" and more.

Jim Taylor died. He was one of the most formidable running backs in the NFL during the Lombardi years with the Green Bay Packers.

Stan Lee. He single-handedly changed the comic book industry. Carl Kasell died. He spent years at NPR doing the news with absolute professionalism. Then, semi-retired, he

became the perfect comedic companion to Peter Sagal on radio's news quiz "Wait Wait Don't Tell Me". And Tom Wolfe died. He wrote "The Right Stuff". That's all I need to know.

Stephen Hawking died. He outlived and outlasted many others not so severely afflicted as he. And as Penny said to Leonard on "Big Bang Theory", "He's that really smart guy, right?" Right!.

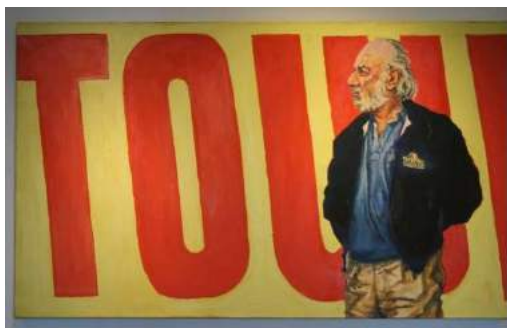
My Friend Russ Solomon died. He *only* created Tower Records. I wrote a column a few years ago decrying the fact that Russ was not in the Rock n' Roll Hall of Fame. He reinvented music

retailing. And others followed.

There were, obviously, many more famous and near-famous deaths in 2018. To

those I met, worked with, never met, and worshipped from afar, you touched my life and so many others. Let's all raise a glass to them.

Photos: Left: Nancy Wilson; Top: Clint Walker; Middle: Jim Taylor; Bottom: Russ Solomon.



WE HAVE SLIPPERS!

For Men
& Women



MERRELL



UGG



Village Bootery

Open Daily 11:30 - 6:00

Across from Seal Cliff



GUALALA

884-4451



Office
Source

39150 Ocean Drive, Suite 2
in Gualala

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

ph 707.884.9640

fax 707.885.0191

officesourcegualala@gmail.com

BUSINESS HOURS

Monday • Tuesday • Thursday • Friday

10am-5pm

CLOSED Wednesdays & Weekends



FREQUENCY 49 from cover

. . . Carnegie Mellon University, the Eastman School of Music, Northwestern University, the San Francisco Conservatory of Music, the University of Michigan, the University of Cincinnati Conservatory of Music, and the University of California, Santa Barbara. Individual members also perform with orchestras throughout the Bay Area.

The name "Frequency 49" originates from the fact that color and sound are both defined by their frequencies. The six wildly different timbres of our instruments result in a vibrant and unique spectrum of sounds. As Marc Chagall put it, "Color is everything, color is vibration like music; everything is vibration."

Information is at www.gualalalarts.org and (707) 884-1138.

Peace is the primary element of life that helps the world keep going.

Not only does peace provide nature a resource of life, but it also reinforces the necessary elements for a strong foundation within the world and the individual lives of those who live in it.

Peace helps alleviate stress from the day-to-day and gives others the strength to forge forward when troublesome times approach.

ENHANCE YOUR HEALTH & VITALITY

www.Wellness On The Coast.com

See Our Website To Find

20+ Local Bodywork Practitioners and Teachers provide exceptional resources & services

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

The Obituary

A Short Story by Janet Chancellor

The local newspaper had only one obituary in it this week. I circled the topics to give myself a guideline; "Dates of Birth and Death," then "Family" -- categorized as "preceded in death" and "surviving her" (clearly this was all about me). Other topics were "Career, Marriage, Retirement" and so forth. Our local Writer's Group had been given the assignment to write our own obituary. I thought it ironic that I would be presenting my story just three days before my scheduled Open Heart Surgery. So I began...

Janet Gail Chancellor (Violet)
(May 13, 1947 -)

This part was easy except that I knew that I had been created, rather than born, and that 5/13 only marked the date I had chosen to loop back through this dimension of chaos and confusion. I left open the date indicating when I would drop my body because I didn't want to jinx myself.

The "Family" part was also easy, but long -- my daughter, seven siblings, my husband. I thought this part might confuse most people because my father and my husband both share the same first and last names—but that's another story.

After finishing the easy parts, I skipped down to "Career." Now I had to think and worse than that, to remember. At least I only had to remember the good parts. Nobody ever talks about getting fired.

My first draft sounded like a salute to the ego.

As I wrote, it became apparent that my "life events" had somehow been attached to a pendulum where they could swing back and forth, and back and forth, between "good" and "bad" -- suggesting that I didn't know the difference between the two. I could see where open doors had led to closed ones, which had led to open ones. And I noticed, from this prospective of finality that all the doors had ended in "good."

I discovered that a person's life in this dimension is made up of a series of voluntary and involuntary choices—except that there are no involuntary choices because what appears to be involuntary (like a complicated heart defect) is voluntary at some level.

On to the next topic—"Marriage"

First comes love, then come marriage, then comes love/hate, then comes divorce. I had two marriages that ended in divorce. This is where facts get drowned in fiction.

And then there is the happy ending: Polaris, my love -- whose goodness and love inspire me daily. I woke up this morning to his mid-night Love Thoughts left propped up on my computer.

Perhaps more important than the "history" of our "life events" are the lessons we learn along the way. Maybe that's the value of exploring them by writing one's own obituary.

This much I know is true:

- My Reality, my Higher Self, is only Spirit
- I am still as God created me -- innocent and perfect
- My true life has continued without interruption, and has been and always will be totally unaffected by my seeming life in this dream.

"Nothing real can be threatened. Nothing unreal exists."

A Course in Miracles

ANCHOR BAY STORE

featuring a full line of
Organic & Conventional Foods
Beer & Wine Camp Supplies

MON- SAT 8-7
SUNDAY 8-6

884-4245



Alysia Calkins & Dorothy Barrett's

Rollerville Cafe



882-2077

Outdoor Deck

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

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

"The dance is a poem of
which each movement is a
word."

Mata Hari (1876 - 1917)

Action Network Family Resource Centers



...building a thriving, healthy, drug-free community for all

We offer:

- Teen Activities (ages 13-18)
- Mentoring & Tutoring (5-18)
- Learning Through Play (18 mos-5, drop off)
- Playgroups (0-5), Computer Lab,
- Parenting Classes, Counseling
- & much more.....

You can: Volunteer or Donate—Today

In Gualala: Cypress Village, above Gym.
In Point Arena: 200 Main St (Blue Awning)
884-5413 884-5414 en español
www.ActionNetwork.info
PO Box 1163, Gualala, CA 95445

The Top-15 Books of 2018.
Pick Up One You Missed

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

1. **Mendonoma Sightings**
by Jeanne Jackson & Craig Tooley
2. **qh awala.li**
by Annette White-Parks
3. **Fylling's Illustrated Guide to Pacific Coast Tidal Pools**
by Marni Fylling
4. **Less**
with Andrew Greer
5. **Californian's Guide to Birds Among Us**
by Charles Hood
6. **Pachinko**
by Min Jin Lee
7. **California Field Atlas**
by Obi Kaufmann
8. **Sea Forager's Guide to the Northern California Coast**
by Kirk Lombard
9. **Woman in Cabin 10**
by Ruth Ware
10. **Killers of the Flower Moon**
by David Grann
11. **All That The Rain Promises and More**
by David Arora
12. **Sea Ranch**
by Susan Clark
13. **Mushrooms of the Redwood Coast**
by Christian Schwarz
14. **Becoming**
by Michelle Obama
15. **Fear: Trump In The Whitehouse**
by Bob Woodward

Bubbling Just Under the Top-15*

- *. **Milk and Honey**
by Rupi Kaur Andrews McMeel
- *. **Crazy Rich Asians**
by Kevin Kwan

The Lighthouse Peddler is pleased to bring our readers a list of the most popular books being picked up and read by locals and visitors alike during 2018. Our thanks to Four-Eyed Frog Books, a Community-owned Bookstore.



The New Inheritors: A Novel

A Book By Kent Wascom, Reviewed by Jennifer Bort Yacovissi

I remember experiencing Kent Wascom's 2013 debut novel, *The Blood of Heaven*, almost as a physical onslaught. Savage and searing, it was also gorgeously written. I remember, too, being stunned that the author was only 27; he wrote like a man who has lived several lifetimes.

Blood was the first in a loosely cast series of books that traces the Woolsacks, starting with bloody-minded Angel, through most of two centuries of Southern, dark-souled American history. And while the first sprawled across years and geography, the second, *Secessia*, had a completely different tone, kept its lens more narrowly focused — on a New Orleans occupied by Benjamin Butler's Union troops — and unspooled in less than a year. Still, it remained as unsettling and foreign-seeming as the first.

Here, then, is the third of Wascom's Woolsack novels, picking up in 1890 and bringing us closer to a more recognizable era just beyond the Great War. Again, this book feels completely different than the other two and yet — now that we know his writing — is fully identifiable as belonging to this author.

The first thing to set it apart is that a Woolsack is not the main character. Instead, Wascom brings us into this story through Isaac, an orphan torn from the one woman — not his mother — who cares for him, but is later adopted by another woman and her family, who fully embrace him as their own. His idyllic childhood and early adulthood on the Mississippi Gulf Coast awaken in him a talent as an artist, and his subject is the natural world he discovers around him.

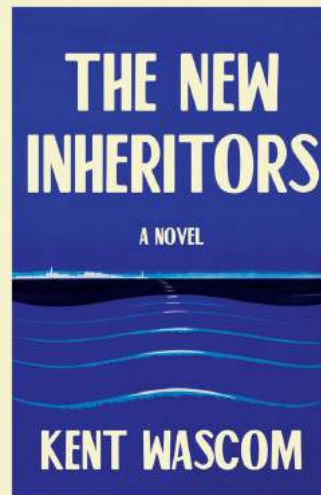
That's the second thing that sets this book apart: that any of it might be described as "idyllic." Stretches of the novel are infused with a sense of light, air, and hopefulness that are entirely missing from the first two.

It's a setup, certainly, to provide a contrast between the surface beauty and the ugliness that lurks just out of sight ("They were young and white and had money, and this combination could put you a good ways out of the path of the world's great reaping. But not in every case"), as well as a contrast between the time before, in happiness, and the time after, in misery. Still, we, like the characters, can bask in the golden light while it shines.

Gradually, we're introduced to the Woolsacks, who spend summers on their own island just across the sound from Isaac's family. We met Joseph and Marina as troubled children in *Secessia*, and here they are as adults with three troubled children of their own: Angel, the carefully closeted eldest,

named for his notorious grandfather; Kemper, the girl, named for her grandfather's adopted brother; and George, apparently named for no one, described as a "puny boy with blood-red hair," nicknamed Red, who spends his life attempting to live up to his grandfather's unhappy example.

When, freshly arrived home after years of southward travel, Isaac finally meets



Kemper, she is stealing crabs from a trap, and he is entirely smitten. He seeks her out the next day and finds her "on the beach shooting arrows into the back of a parlor chair... She looked like the wild survivor of some near-

apocalypse, careless of the value that things once had, as if somewhere not far she had a smoldering pile of banknotes for a campfire."

Wascom is a careful student of history, and his portraits of America are riven with many of its seamier episodes. Sometimes these are used as telling asides, and other times they are woven seamlessly into the backdrop of his stories. Kemper remembers "hearing her mother say that the U.S. had dressed Cuba as a woman in torn clothes on the verge of being raped, then kindly shoved Spain out of the way and took our turn."

Joseph Woolsack's money, built on his father's wealth from slaving, has steadily increased through his own involvement in the Caribbean and Central and South American fruit trade, a notorious business in which ruthless U.S. corporate involvement directly gave birth to "banana republics."

Kemper, aware of the stained wealth, removes herself from her family but is guiltily willing to take its money to support herself and Isaac. She is also haunted by her role in driving her beloved elder brother from the family after Red's venomous revelation to them that Angel is homosexual. Once the Great War breaks out and Isaac's refusal to serve puts him in prison, she is completely alone.

Red, for his part, is haunted by voices in his head. After having to teach himself as a child how to smile in an attempt to cover up his otherness, he begins to hear the voices in early adulthood and learns how to cover

that up, too, though he listens to their violent instruction.

This is a family not destined for happiness.

The novel moves at various times through the eyes of Isaac, Kemper, and Angel, with a touch of Marina and too little of Neda, the woman who cares for Isaac through his first four years. The pieces of Red's story come primarily through the eyes of his reluctant enforcer, a well-read black man named Rule Chandler.

Each one is trapped, one way or the other, by expectations they can't meet and would refuse to anyway, and by circumstances that someone else has dictated for them.

If there is a weakness to *The New Inheritors*, it's an unevenness in pacing that makes it feel at times that Wascom is in a hurry to move on. I, for one, did not want him to hurry; the beauty and richness of his observation and detail when he dives deep made me long for more.

If I understand correctly, there is one more book expected in the Woolsack series, which should bring us close to or into the present day. Since the only next-generation Woolsack children belong to schizophrenic Red, it appears he is to be the patriarch ushering the family into the latter half of the 20th century.

Given that Wascom makes an art of illuminating the many ways that America's history belies the vaunted ideals on which it was founded, it should be riveting to watch him take on the more recent moments in the American story.

Jennifer Bort Yacovissi's debut novel, Up the Hill to Home, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny is a member of PEN/America and the National Book Critics' Circle and writes a monthly column and reviews regularly for the Independent. She is chair of the 2018 Washington Writers Conference and is president of the Annapolis chapter of the Maryland Writers Association.

GUALALA

BUILDING SUPPLY & HARDWARE

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

Helping you build better.

38501 South Hwy 1
707.884.3518
GualalaBuildingSupply.com

Scuttlebutt

by Mitch McFarland

If I could feel sorry for energy companies I would. Turns out, though, that would be tough sledding for me. Coal companies, power companies, and oil companies are facing strong headwinds as they struggle to retain the business practices that have made them the economic giants that they are.

The problem for them is that most are committed to a business model that is no longer supported by the public or reality. Short term profits are still to be had as the world transitions away from fossil fuel, yet a recent poll by a group called RE100 revealed that 74% of respondents believe we should use “as much renewables as possible” and 70% say “in the near future we should use 100% renewables such as wind and solar”. Surprising to me is that a majority of those surveyed (51 percent) believe that 100 percent renewables is a good idea even if it raises their energy bills by 30 percent. This was worded merely to gauge public interest, not because rate increases like that are likely—it is quite the opposite.

This stands in stark contrast to efforts by oil companies to seek new oil leases, power companies to build fossil fuel plants and coal companies to even exist. The last-gasp business approach is driven by the short term need to keep stock prices up. When an oil company, for example, acquires a new lease, it is an asset that increases the value of the company, even if they don't ever drill.

There is a real dilemma for energy companies. State and local governments as well as many large corporations have committed to a goal of zero emissions, but following that course of action would mean that many fossil fuel assets would become “stranded”, an economist's fancy term for useless. That, of course, reduces the value of a company.

Wind and solar bid into wholesale power markets at very low cost, and are usually dispatched first. The reason for that is that once a solar or wind facility is constructed, the cost of operation is very low because of the lack of necessary inputs. In other words, you don't have to keep buying fuel to feed your boilers. This prevents not only the most expensive gas plants – such as less efficient simple-cycle plants – from being brought on line, but also most of the coal plants.

The Sierra Club notes that so far in the

US, more than 80 cities, five counties, and two states have committed to 100 percent renewables. Six cities have already hit the target. The group RE100 tracks 152 private companies across the globe that have committed to 100 percent renewables, including Google, Ikea, Apple, Facebook, Microsoft,

"In 2017, renewables – such as hydropower, wind, solar and geothermal energy – made up 16% of the electricity powering the nation's homes and businesses. This is almost double their contribution at the start of the decade."

Coca-Cola, Nike, GM, and, uh, Lego. Even if policymakers never force power utilities to produce renewable energy through mandates, if the biggest customers demand it, utilities will have to produce it.

Renewable energy is hot. It has incredible momentum, not only in terms of deployment and costs but in terms of public opinion and cultural cachet. To put it simply: everyone loves renewable energy. It's cleaner, it's high-tech, it's new jobs, it's the future. Growth has been driven largely by state policies and federal tax incentives that encouraged adoption of renewables. In 2005, non-carbon sources accounted for 28% of the U.S. electricity

mix. By 2017, that share had grown to 38%. Almost all of this growth was in renewables.

Take a look at Texas. Since 2010 nearly a fifth of the electrical generation in Texas comes from wind and solar. The Electric Reliability Council of Texas (ERCOT) reports that Texans have saved \$5.7 billion since 2010 because of renewables. Their modeling found that wind and solar have reduced wholesale power prices by an average of between \$1 and \$2.50 per megawatt-hour each year from 2010 through 2017. ERCOT has estimated that the state could put online 12 GW more of solar by 2030. This will ultimately mean more hours where coal and gas plants are not operating, and more retirements of conventional generation.

Texas is not alone. New England saw its first “duck curve” day this year; that is, where

mid-day net demand fell to a lower level than overnight demand due to high levels of solar.

U.S. electric power sector carbon dioxide emissions (CO2) have declined 28% since 2005 because of slower electricity demand growth from increased efficiency and changes in the mix of fuels used to generate electricity. EIA has calculated that CO2 emissions from the electric power sector totaled 1,744 million metric tons in 2017, the lowest level since 1987.

In 2017, renewables – such as hydropower, wind, solar and geothermal energy – made up 16% of the electricity powering the nation's homes and businesses. This is almost double their contribution at the start of the decade.

Iowa's largest electric utility, MidAmerican, expects to be generating 85% of its electricity from wind by 2019. In Kansas, the utilities are on track to supply 50% of the state's power with wind by the beginning of 2019.

Texas, Iowa, Oklahoma, California, and Kansas, in that order, lead the nation in wind power generation while all acquiring more than 1/3 of their power from wind. New Mexico, Missouri, Wisconsin, Vermont, and Michigan have had the greatest growth in wind generation as they rush to catch up with the national leaders.

The solar industry took a little hit this year because of the Trump-imposed tariffs on Chinese solar panels, but still achieved the Energy Department's goal of reducing solar costs to \$1/W and did so three years early. Though California far leads the nation in solar output, the five states with the greatest growth are all “red” states, because it is not about politics—it's about money.



FOUR-EYED
Frog
BOOKS

Gualala
Cypress Village
Open 7 days
707-884-1333

Community
Owned
Bookstore

www.foureyedfrog.com

America will never
be destroyed
from the outside.
If we falter, and lose
our freedoms,
it will be because we
destroyed ourselves.

~Abraham Lincoln

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

SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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

Copyright 2019 by The Puzzle Syndicate

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)

Gualala Arts Announces Three Workshops In January

"Concertina: Making an Accordion Book", "Collages That Change Your Brain", and Instant Pot and Pressure Cooking"

Gualala Arts has three workshops planned in January. Improve your skills, hone your talent, or try something entirely new.

On January 6 from 10:00am to 4:00pm Gualala Arts hosts "Concertina: Making an Accordion Book" with instructor Elizabeth Solomon. In this workshop students will acquire the skills necessary to complete the accordion book structure. Each student will take home a completed accordion book along with printed instruction, for use in making future accordion books. It's a workshop that's appropriate for individuals of any skill level. A pre-cut kit, created by the instructor, will be provided. Materials list: tools for mark making, such as rubber stamps, watercolor pencils, ink pads, etc. (to use for decorating your book, if time allows). Scissors. Cost for the workshop is \$45 for Gualala Arts members; \$55 for non-members. Plus a \$10 materials fee will be paid directly to instructor.

A two-day workshop, "Collages That Change Your Brain", is scheduled for Saturday and Sunday, January 19-20 from 10:00am to 12:00pm and 1:00pm to 3:00pm. In this class Instructor Anne Menne will help explore the art of collage as a form of conversation between yourself and your culture. Through creating collages and artist's statements, we will develop core artistic and anthropological processes that generate personal revelations, cultural linkages, and discovery of our common stories.

The process begins with images that choose you, proceeds through communicating with the images to discover the story they are telling you, and concludes in a single collage or series of collages, an artist statement, and a group display, which we will explore

workshops

to discover the communal story we share in common as we become collage elements ourselves. The collages function as a nonlinear kind of thinking feedback that uses all your kinds of intelligence and form languages as a result of intentional participation in the beauty all around you, past, present, and future. Cost for the workshop is \$95 for Gualala Arts members; \$110 for non-members, and there is no materials fee.

The third workshop is "Instant Pot and Pressure Cooking 101: Fearless Pressure Cooking for Anyone" Saturday, January 26, from 12:00pm to 3:00pm. If you haven't heard of the Instant Pot and electric multicooker (pressure cooker, rice cooker, slow cooker, yogurt maker) is one of the best-selling kitchen appliances of all time. If you have one or are thinking about buying one, instructor Jill Nussinow will teach you how to effectively use the Instant Pot or any other pressure cooker to make easy and tasty meals. Here on the coast, conserving energy makes sense and this class can help you do it easily. Best of all the food is delicious.

This class will be based solely on the good-for-you plant foods such as beans, whole grains, vegetables and fruit. Jill will show you how to use the cooker to make more than one dish at a time, as well as how to easily make basics for dinner or other meals such as Mushroom Risotto (in less than 15 minutes with no stirring), "Refried" Beans, Cornbread, Easy Steamed Vegetables and more. Gualala Arts members, pay \$50; Non-members, \$65; and there is a materials fee of \$13. Students will receive a recipe packet and have samples of all the food that is cooked. You can bring your pressure cooker if you would like to know how to use your particular model.

Registration for all workshops is available by calling Gualala Arts during normal business hours at 707-884-1138. All classes have limited space and early registration is encouraged.

Gualala Arts Presents "Love Letters", Saturday February 16 & 17

A Tabard Theater Production of A. R. Gurney's Play

Featuring Cathy Spielberger Cassetta and Kurt Gravenhorst

Love Letters is a play by A.R. Gurney that was a finalist for the Pulitzer Prize for Drama, and it's coming to Gualala Arts in February.

Gualala Arts presents a Tabard Theater production of Love Letters, Saturday, February 16 at 7:00pm and Sunday, February 17 at 2:00pm in Coleman Hall. Tickets are \$15 in advance, plus \$5 day of.

Love Letters was first performed by the playwright himself with Holland Taylor at the New York Public Library. It then opened in 1988 at the Long Wharf Theater in New Haven, Connecticut, with Joanna Gleason and John Rubinstein.

A unique and imaginative theatre piece which, in the words of the author, "needs no theatre, no lengthy rehearsal, no special set, no memorization of lines, and no commitment from its two actors beyond the night of performance."



The piece is comprised of letters exchanged over a lifetime between two characters, Andrew Makepeace Ladd III and Melissa Gardner, both born to wealth and position. The two grew up together, went their separate ways, but continued to share confidences. As the actors read the letters aloud, what is created is an evocative, touching, frequently funny but always telling pair of character studies in which what is implied is as revealing and meaningful as what is actually written down.

Cathy Spielberger Cassetta has a solid background in theatre and television production. She founded The Tabard Theatre Company in San Jose in 2001 as a "different" theatre company.

Tabard's mission is to provide live entertainment experiences that are enlightening, appropriate and affordable for audiences of all ages. We champion new works, innovative interpretations, and unique plays rarely staged. Tabard is an inclusive environment where the community can participate in every aspect of the plays, musicals, educa-

tional programs and music concerts we produce. With altruistic attention to the underserved, Tabard reaches out to communities such as the visually impaired and children in low-income areas, and donates a portion of each production's concessions proceeds to a designated local charity.

Kurt Gravenhorst, recently retired as a professor of humanities, literature, and composition at Foothill College, continues his "side career" as a actor which began 45 years ago with the Nevada Repertory Company while attending graduate school at UNR for an M.A. in English. After completion of the M.A. program, Kurt would later continue his academic study, receiving his second M.A. degree in Humanities, while continuing his theatrical study by taking additional acting courses at Stanford University, the American Conservatory Theatre, and acting in numerous Bay Area theatre productions.

In addition to being a recurring actor with Tabard Theatre --"Love Letters" marks his seventh Tabard show-- his many Bay Area performances include Red Clay and the world premier of My Antonia (TheatreWorks), The Kentucky Cycle (Willows Theatre), Santos & Santos (Teatro Vision), A Moon for the Misbegotten (Pear Theatre), Side Man (Dragon Theatre), and the indie film, The Last Time I Saw Soap (a 2011 New York International Independent Film Festival selection).

A recipient of a Dean Goodman Award, Kurt has also written and performed three solo shows: "Into the Wake of the Moon" (a Eugene O'Neill Foundation selection); "Farewell Fitzgerald," (a South Lake Tahoe Gatsby Festival selection); and "Sam Smiley and the Famous Jumping Frog of Calaveras County (an Arts Council, Jumping Frog Jubilee selection).

Kurt is thrilled for the opportunity to bring this poignant, heart-felt production of "Love Letters" to The Gualala Arts Center.

KGUA IS EVERYWHERE



You can now stream KGUA live on your cell phone or tablet anywhere on earth. Simply go to www.kgua.org and click on "LISTEN LIVE".

YOU ARE THE YOU IN
KGUA
88.3FM • MENDONOMA PUBLIC RADIO
Programming schedule is on kgua.org • 884-4883

ARFF
FEED and PET SUPPLIES

Self-Service Bath

(707) 884-1832 • Mon-Fri 10-5 Sat 10-3
Hwy 1 and Pacific Woods, Gualala, CA

"Humanity has advanced, when it has advanced, not because it has been sober, responsible, and cautious, but because it has been playful, rebellious, and immature."

Tom Robbins (1936 -)

The Gualala Salon & Salon des Refusés at Gualala Arts 6th Annual Sone Winners Announced

The Gualala Salon & Salon des Refusés is a juried and judged fine art exhibit showcasing outstanding visual art and artists without regard to the type of media.

The annual Salon & Salon des Refusés is the largest exhibit at Gualala Arts aside from Art in the Redwoods; it has the largest number of entries of any other open call show and fills both the Burnett Gallery and Elaine Jacob Foyer. The Salon is sponsored by generous donors; not by Gualala Arts or the North Coast Artists' Guild. Many artists save their best new art for this exhibit, as the Salon has gained much notoriety as a judged show by well-qualified people in the arts one that provides significant awards.

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

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

As in previous years, significant prizes will be awarded to first, second and third best art piece. This year's monetary awards are first prize of \$1,000, second prize of \$750, and third prize of \$500. The People's Choice awards in the Salon des Refusés are first prize of \$100, second \$175 and third \$50. The award for Emerging Artist Under 18 years of age is \$100.

The first Place Award went to Lauren Stanford for her "Pick of the Paramour". Stoneware, underglaze, gloss. Pictured here is Lauren.

Congratulations to all of the entries, and to the winners.



WINNERS! of the 6th Annual Gualala Salon & Salon des Refusés

- **1st Place Winner:**

Lauren Sanford, "Pick of the Paramour", stoneware, underglaze, gloss

- **2nd Place Winner:**

Gail Coulson, "Polka", oil on canvas

- **3rd Place Winners (2):**

Jon Klein, "Dusky-footed Woodrat", photograph on metallic paper;
Judy Pfeifer, "Harbor Series #2", oil on canvas;

- **Judges Choice Award:**

Barbara Johannes, (digital art based on original photo)
Mark Chase (brass, copper, wood, mineral spheres)
Eleanor Moss Rock (anagama fired ceramic)
John Stickney (bass wood and ink carving)
Caroline Holmes (mixed media on canvas).

- **NCAG Salon Founders Award:**

Jennie Henderson.

- **Best Collage:**

Polly Hutcheson

- **Best Under 18**

Owen Chee

Quilt-making Classes Scheduled at Coast Community Library First Class is January 8 • Sign-up Available Now

There's always something of interest going on at the Coast Community Library in Point Arena. Want to make a Quilt? Two free Beginning Quilt-making classes are scheduled to begin January 8 at Coast Community Library. These identical twelve-week classes will meet every Tuesday, January 8 through March 26, the first in the morning from 10:30am until 1:30pm and the second in the evening from 6:00pm until 9:00pm.

Instructors, and local quilters, Judy Riddle, Marcia Luchini and Francie Angwin are thrilled with the opportunity to share their knowledge of quilting with the local community. All three are members of the Pacific Piecemakers Quilt Guild in Gualala and bring with them years of quilt knowledge and know-how.

Students will construct a Sampler Quilt while learning the basics of quilt making from beginning to end. Instruction will focus on rotary cutting and safety, quilt block design and construction, how to "square-

up" a block, sashing, borders, batting and backing. Each Sampler Quilt will be finished with simple machine quilting and binding. At the end of twelve weeks, with dedication and determination, students will go home with a completed lap-size quilt.

Space constraints limit each class size to only six students, so it is advisable to sign up



early at the Library's circulation desk to reserve a place in either class. A detailed supply list will be discussed at the first meetings on January 8. Say the trio of instructors, "Come join us for some fun and discover the joy of quilting!"

For more information contact Judy Riddle at (707) 684-6470 or at judy.annriddle@gmail.com.

arena technology center

monday thru friday

3:30pm - 7:30pm

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

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

185 lake street

(located at south coast high school back building)

707.882.4173

arenatechcenter.org

(a subsidiary of the point arena schools)

Redwood Coast Chamber of Commerce

The Sonoma- Mendocino Coastal Connection
Visitor Center Hours



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

39150 S. Hwy 1 in the Forte Gualala Bldg.

tel: (800)778-5252 or 884-1080

www.redwoodcoastchamber.com

South Mendocino Coast Bus Service

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

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



800-696-4MTA

Crossword

by Margie E. Burke

ACROSS

- 1 Conn. neighbor
- 5 Herringlike fishes
- 10 Leave in, to an editor
- 14 Ancient Andean
- 15 "Water Lilies" painter
- 16 Fiesta fare
- 17 Go to great heights
- 18 Itsy-bitsy bits
- 19 How one might run
- 20 Spanish gentleman
- 22 Mac maker
- 23 Wife, jokingly
- 25 Hindu soul
- 28 Aspen aficionado
- 29 Word after pocket or loose
- 31 Deliberate destruction
- 36 They may be pulled
- 38 Dilbert's workspace
- 39 Erotic
- 41 Early English comedy, "_____ Gurton's Needle"
- 42 "Get lost!"
- 44 Minuscule
- 45 Accept responsibility
- 50 Unaccompanied
- 51 Weatherman offerings
- 55 Lose steam
- 56 Parlor piece
- 57 Beat badly

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

Copyright 2019 by The Puzzle Syndicate

- 58 Clothing line
- 59 Certain exams
- 60 Frank Herbert sci-fi series
- 61 Nothing but
- 62 To the point
- 63 A whole bunch

DOWN

- 1 Catchall abbr.
- 2 Forest ox
- 3 Wound covering
- 4 Minuet-like dances
- 5 Clothing size
- 6 Monopoly purchases
- 7 Polar parkas

- 8 Possessed one
- 9 Ave. crossers
- 10 Kind of infection
- 11 Buccaneers' home
- 12 Reason for a food recall
- 13 Representative
- 21 Spiny lobster
- 22 Like Cirque du Soleil performers
- 24 Fix, in a way
- 25 Plays a part
- 26 Quaker's "you"
- 27 "Death in Venice" author
- 30 Son of Cain
- 32 They're punched at work
- 33 Top of the heap
- 34 Secluded valley
- 35 Mysterious: Var.
- 37 Guaranteed
- 40 Russian urn
- 43 Diego Rivera creations
- 45 Weighty put-down
- 46 1979 sci-fi classic
- 47 Snorkeling sight
- 48 Hostile force
- 49 Have a hunch
- 52 Music category
- 53 Spotify selection
- 54 Hearty dish
- 56 URL punctuator



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

ARENA FRAME
Custom Mats & Frames
 Anna Dobbins,
 APFA
882-2159

"Couples are jigsaw puzzles that hang together by touching in just enough points. They're never total fits or misfits."
 Diane Ackerman, (1948-)

100.5 FM
KTDE -The Tide
Tune in to Local Radio
 38598 Cypress Way, Gualala
Office 884-1000
Studio 884-3000
www.ktde.com

"Getting To the Bottom Of Things: the Dungeness Crab"

by Mary Jane Schramm

They met last spring. Perhaps it was the heady perfume of pheromones wafting through the salt-tanged water. He sensed she would be receptive; vulnerable, but in a positive way. No longer imprisoned in her hard, ill-fitting carapace, and teeming with eggs - between 500,000 and 2 million of them - she accepted his courtship. They'd spend the next several days together, during



which he would carry her in a protective, pre-mating embrace. When she was fully molted and ready, he'd transfer his sperm into her special organ, the spermatheca. Their union would not bear fruit until late fall or winter. Then, she would extrude her bright golden fertilized eggs and carry them under her abdominal flap until they hatched as larvae, sometime between November and February. The larvae would experience five distinct phases of metamorphosis and growth, until as adults they could continue their cycle of life as a Dungeness crab, *Metacarcinus magister*.

NATURAL HISTORY: The Dungeness crab is a marine crustacean that lives only in the shallow waters off Western North America. Dungeness crabs have a broad, hard shell, or carapace which is periodically molted as they grow, and five pairs of legs. Their colors may range from reddish brown to mauve-purple, with white markings. Their formidable, white-tipped claws are used both for defense and to tear apart prey. While clams are the preferred diet of *M. magister*, other crustaceans and small fish are on the menu, too. "Dungies" also scavenge, contributing to the ocean's nutrient recycling system.

VIEW FROM THE BOTTOM: The broad expanse of shallow Continental Shelf waters protected as Greater Farallones National Marine Sanctuary is ideal habitat for Dungeness. Its mostly sandy

substrate provides a vantage for ambush and concealment from predators, plus nutrient-laden waters that support a proliferation of marine life throughout the food web. These bottom-dwellers have it all here. For more general information on Dungeness crabs, see NOAA Fisheries article at <https://go.usa.gov/xECgj>

DELECTABLE! This species is prized for its sweet meat (best savored, in this author's opinion, with a quick dip in clarified sweet butter and fresh sourdough bread). In Northern California and the Pacific Northwest, Dungeness are a traditional Thanksgiving specialty, and enjoyed throughout the ensuing season as well.

THE HARVEST: Dungeness have been landed commercially since Gold Rush days. The fishery is regulated based on crab size, sex, and season. Each fall you can see the early-harvest fleet dotting the waters off Duxbury Reef and other soft-bottom sites. This is the most commercially important crab in the region. The 2016-17 harvest in California

alone netted record landings of \$83 million. However, in 2015-16 the fishery was almost entirely shut down in many areas due to contamination by a biotoxin known as domoic acid, produced by a proliferation of tiny sea plants. When the crab season finally opened, though, the crabs were safe and succulent, with up to 27% meat content. Although domoic acid levels this season have trended upwards, especially in Northern California, it is hoped that a repeat of the 2015-16 season will not occur.

CONSERVATION: Scientists are concerned that changing sea conditions such as temperature and ocean acidification caused by use of carbon fuels will have serious impacts on this species, a key component of the Northwest marine ecosystem, and this fishery, with repercussions throughout. Recently, West Coast crabbers sued the fossil fuel industry over

climate change damage. Noah Oppenheim of the Pacific Coast Federation of Fishermen's Associations said the "new normal" of dealing with domoic acid and delayed seasons is one of the main reasons his organization filed the suit. "These companies buried the truth about the impacts climate change will have about oceans, society and commercial crab fisheries." For more on how ocean acidification is affecting Dungeness crabs: <https://go.usa.gov/xEC4N>

WHALE IMPACTS: Unfortunately, the Dungeness crab and other fisheries pose a serious threat to whales that become entangled in crab pot lines, buoys, and other gear. NOAA, other agencies, scientists, and the fishing community are working together to find solutions, such as modifying fishing gear, to minimize these sometimes fatal incidents. The California Department of Fish and Wildlife is planning to submit a conservation plan to minimize whale entanglements in this fishery.

LEARN MORE:

Whether as a part of our ecosystem, our economy, or gracing our tables,

the Dungeness crab is a superb representative of the bounty that the ocean can bring us. Discover more about Greater Farallones National Marine Sanctuary and its other marine life at <http://farallones.noaa.gov>.



Mary Jane Schramm
 • NOAA Greater Farallones • Nat'l Marine Sanctuary
 Maryjane.schramm@noaa.gov
 Photo Credits: Near Left: Harbor porpoise "chocolate chip" dorsal fin. Cr: NOAA; Far left: Harbor porpoise. Photo by Ari Friedlaender. Lower left: Harbor porpoise 'spying' Cr: Dann, Wikimedia Commons.



Want To Get Your Message Out More Efficiently?

Please Shop at my Store.



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

lighthousepeddler@mcn.org
www.thelighthousepeddler.com

"Ocean Reflections" Opens In Elk Exhibit Runs Through January

The Artists Collective in Elk (along with five other coastal galleries in Mendocino County*) will exhibit works of art about the ocean during the month of January. Paintings, sculpture and mixed media under the heading "Ocean Reflections".

Our coast and ocean is a source of inspiration and creativity for artists in all mediums. Evocative work will be presented through a wide range of drawings, paintings, sculpture, ceramics, blown glass, light fixtures, vessels, jewelry, photography, paper/fabric mixed media constructions, and furniture.

Constantly reminded by its extraordinary beauty—yet wary of the risks and threats by attempts to industrialize it—coastal residents and especially artists, have an emotional, sometimes spiritual, relationship with the ocean. The Artists Collective is at 6031 S. Highway 1, Elk, California 707.877-1128

*In addition to the exhibit in Elk, galleries include Partners Gallery, Northcoast Artists' Gallery, Glass Fire Gallery, Mendocino Art Center, and Artists Coop of Mendocino.

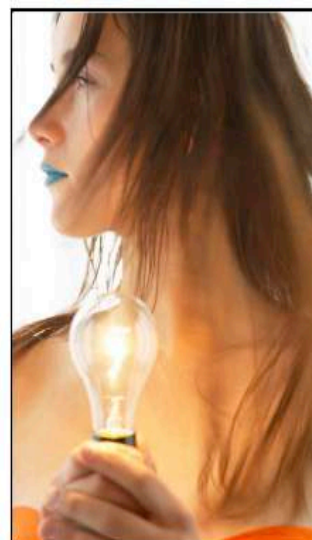
Good Idea! Support KZYX. We Are Public and Community Radio For You.

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

On The Radio
 On Line
 On Your Phone



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



“A Lifetime of Art in Shirley McVoy’s Garden” New exhibit at Dolphin Gallery • Opening Reception January 5

Shirley McVoy was constantly creating. For over 40 years as a north coast resident, McVoy’s palette encompassed not only oils, acrylics, watercolors, and found objects, but



also gardens and building projects. McVoy never sought to be a professional artist, instead working for the joy of creativity and the personal challenge of exploring

new techniques and subject matter. When she moved last year to her native Michigan, she left a trove of undiscovered treasures, including roughly 150 paintings along with many other expressions of her creativity.

The Dolphin Gallery is proud to share a sample of her work with her local community. Opening reception is Saturday, January 5, 5:00pm to 7:00pm. The exhibit continues through January.

Shirley McVoy was born in 1926 and grew up in Grand Rapids, Michigan. She received her sociology degree from the University of Michigan at Ann Arbor, and then her first ca-

reer was as an executive with the Girl Scouts in various regions of the United States. In 1974, she visited the Mendonoma coast on vacation and fell in love with a parcel of land on Highway 1 near Anchor Bay. She moved the next year and began creating her home. She built her house and various outbuildings almost single handedly and maintained large gardens. McVoy also drove a school bus for the Point Arena schools.

For four decades McVoy’s days were structured around morning work, a mid-day meal, afternoon projects, and evening reading. During the summer, the days were consumed maintaining the gardens, chopping wood, and tackling new construction projects (over the years McVoy built a house with multiple additions and renovations, a guest-house, garage, workshop, winery, greenhouse, art studio, even a swimming pool). During the winter there was more time for her art work. She attended local painting classes taught by Judith Greenleaf. In addition to painting, McVoy also enjoyed gaining skill with many other materials, for example working with leaded glass or glass mosaics. Her creative passion often took on a more whimsical focus, emerging from her life as a builder and using her shop tools and excess materials.



Because Shirley McVoy created art by choice and with no burden of professional necessity, she was free to experiment and try out new media, styles, and subject matter.

Each of her artistic seasons seemed to represent an exploration of a given idea, and after achieving success with some set of works she would move on. The Dol-

phin exhibit represents samples from four collections: paintings of people and garden, and found object miniatures and collage landscapes.

In her portraits McVoy used bold, intuitive approaches to probe the internal psychology of human experience. She was interested in imperfection, in the stories etched into wrinkles, and in a raw, unflinching exploration of emotion. She was fascinated to discover how these could be evoked in paintings: varying use of light and dark, partial figures with negative space, realistic poses vs. distorted or even somewhat abstract caricature. In one major series she portrayed elderly people, probing both the beauty and the internal experience of aging. In another series she explored her own emotions through both realistic and abstract watercolor self-portraits.



McVoy’s life as a gardener was reflected in her many paintings of flowers. Like the portraits, these often similarly confront the

viewer with something more complex or subtle than mere garden beauty. Most of McVoy’s canvas works portrayed flowers from a variety of perspectives - a whole garden scene, one variety blooming in abundance, or the detail of just a few individual specimens. Her home and garden were also featured in smaller watercolor and pastel works.

One of McVoy’s most astonishing found-object art projects came from a happenstance opportunity, the luxury of time, and “why not?” When her cement fish pond sprung a leak and needed to be repurposed, McVoy produced a major opus of installed art, appreciated firsthand only by herself and a few close friends. She transformed the pond into a diorama of a river bed adorned by a miniature western town -- buildings, covered wagons, horses and all. Many of the figures from that installation are included in the Dolphin exhibit.

McVoy’s last major work was a series of creative collage landscapes.

The collection expressed well her passion to experiment with whatever seemed to her to be interesting and fun. This found object art brought together her history as a painter with the common materials of her garden and workshop.

As much as Shirley McVoy loved her gardens, her home, and her routine life, she recently decided that having reached her 90s the time had

come to stop feeding her own wood stove for winter heat. In 2017 McVoy moved back in her native Michigan.

It is a privilege to share McVoy’s heart-felt art with her local community in the Dolphin Gallery. More of her work is also available at www.shirleymcvoyart.com.

GARCIA RIVER CASINO



IRIE ROCKERS
“ROCK STEADY REGGAE”

Friday, January 11th, 8.30PM

**JOHNNY
YOUNG**

“High Octane Country Rock”

Saturday, January 26th, 8.30PM



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

THE PIER
Chowder House
AND TAP ROOM

Open Friday-Tuesday • 11:00am to 8:00pm

Serving Seafood, Burgers, and More!

In The Bar: Monday Night Pints—\$2 pints, 6-8pm

Taco Tuesday: 5pm 'til we run out

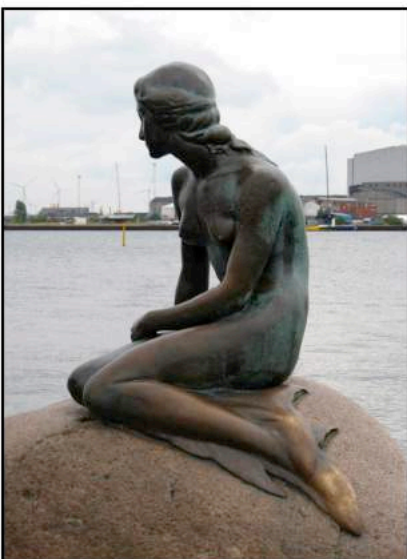
Call For Reservations: (707) 882-3400



790 PORT ROAD (THE COVE) IN POINT ARENA

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

- Tuesday 01: 10:00am, Artists Collective in Elk new exhibit "Ocean Reflections (thru Jan)
- Thursday 03: 6:00pm, Trivia Night with the Casuals at Garcia River Casino
- Friday 04: 5:00pm, Opening Reception at Gualala Arts ("Classical" & "Unchained")
- Saturday 05: 5:00pm, Opening Reception at Dolphin Gallery, Shirley McVoy
- Saturday 05: 7:30pm, Mendocino English Country Dance at Caspar Community Center
- Monday 07: 4:30pm, Ukelele Group at Coast Community Library
- Monday 07: 7:00pm, ATFC presents "The Thin Man" at Arena Theater.
- Tuesday 08: 9:30am, Tai Chi Classes at Coast Community Library
- Tuesday 08: 10:30am, Quilting Classes at Coast Community Library
- Wednesday 09: 9:30am, Pre-school story time and crafts, Coast Community Library
- Friday 11: 8:30pm, Irie Rockers with rock steady reggae, at Garcia River Casino
- Saturday 12: 9:55am, MET Opera Live presents "Adriana Lecouvreur" at Arena Theater
- Sunday 13: 4:00pm, Volti: Path To Miracles concert at Gualala Arts
- Monday 14: 4:30pm, Ukelele Group at Coast Community Library
- Monday 14: 7:00pm, ATFC presents "Persona" at Arena Theater.
- Tuesday 15: 9:30am, Tai Chi Classes at Coast Community Library
- Tuesday 15: 2:00pm, Screening of film "1.5 Stay Alive" at Coast Community Library
- Wednesday 16: 9:30am, Pre-school story time and crafts, Coast Community Library
- Thursday 17: 10:00am, Robin Senour, new exhibit at Coast Hwy Art Collective, Pt. Arena
- Thursday 17: 7:30pm, 3rd Thursday poetry with Devreaux Baker at Coast Community Library
- Saturday 19: 4:00pm, Lecture with Lisa Giacomini at Pt. Arena Lighthouse
- Saturday 19: 6:00pm, Full Wolf Moon Tour at Pt. Arena Lighthouse
- Sunday 20: 2:00pm, Bolshoi Ballet performs "La Sylphide" on screen at Arena Theater
- Sunday 20: 4:00pm, Frequency 49 at Gualala Arts
- Saturday 20: 6:00pm, Full Wolf Moon Tour at Pt. Arena Lighthouse
- Tuesday 22: 9:30am, Tai Chi Classes at Coast Community Library
- Wednesday 23: 9:30am, Pre-school story time and crafts, Coast Community Library
- Wednesday 23: 4:00pm, 4th Wednesday Book Club at Coast Community Library
- Saturday 26: 1:00pm, NTL's "The Madness of King George III" at Arena Theater
- Saturday 26: 8:30pm, Johnny Young: High Octane Country Rock At Garcia River Casino
- Monday 28: 4:30pm, Ukelele Group at Coast Community Library
- Monday 28: 7:00pm, ATFC presents "A Mighty Wind" at Arena Theater.
- Tuesday 29: 9:30am, Tai Chi Classes at Coast Community Library
- Wednesday 30: 9:30am, Pre-school story time and crafts, Coast Community Library



**Contemplating
a new advertising strategy?**

**Place an Ad in
the Lighthouse Peddler.**

**You read the Peddler.
Your friends read the Peddler.
Your customers read the Peddler.**

**eMail or Call us Today.
We're very affordable.**

**(707) 684-1894
lighthousepeddler@mcn.org**