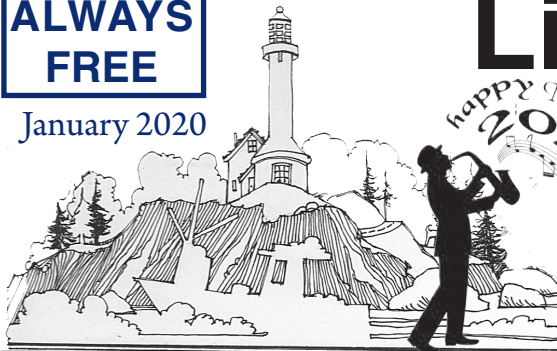


**ALWAYS  
FREE**

January 2020



# Lighthouse Peddler

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

## **BAKU** A Special Global Harmony Winter Concert At Gualala Arts. January 26.



BAKU, the popular Mendocino World-Fusion ensemble will return to Gualala Arts Center's for a performance on Sunday, January 26, at 4:00pm for an intimate concert. Tickets are \$15 advance, \$20 if purchased the day of the concert and are available online at BrownPaperTickets, and locally at Gualala Arts Center and Dolphin Gallery.

This will be a special Global Harmony Winter concert in the intimate surroundings of the Elaine Jacob Foyer. The band will showcase its distinctive and captivating improvised sounds that combine contemplative, ambient structures and melodies with a strong yet relaxing rhythmic

pulse. Baku's self-styled musical hybrid, "Jambiant Soundscapes," is a fusion of jazz and Afro beat, drawing upon Cuban, Latin, Middle Eastern and other world cultural influences and rhythms.

The members of the group are a uniquely talented group of musicians. BAKU includes Harrison Goldberg, saxophones and percussion, Chris Doering, 7-string guitar and synthesizer, Tim Mueller, 6-string guitar and guitar synthesizer, David French, upright bass and percussion and Nancy Feehan, cajon and percussion.

BAKU was selected as the name of the group to honor...

*Cont'd on page 17*

### "Diamond In The Rough"

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



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Alameda County Poet Hugh Behm-Steinberg January 16  
Third Thursday Poetry at Arena Market & Cafe

On Thursday, January 16, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Alameda Poet Hugh Behm-Steinberg. The reading will take place at the Arena Market Cafe and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Hugh Behm-Steinberg is a poet and short fiction writer. His books of poetry include *Shy Green Fields* (No Tell Books, 2007) and *The Opposite of Work* (JackLeg Press, 2012), as well as three Dusie chapbooks, *Sorcery* (2007), *Good Morning!* (2011) and *The Sound of Music* (2015). In November 2019, Nomadic Press will publish his collection of prose poems and microfictions, *Animal Children*. In 2020, Doubleback books will reprint *The Opposite of Work*.

In 2015 his short story "Taylor Swift" won the Barthelme Prize for short fiction, and has appeared in Literary Hub's "11 Very Short Stories You Must Read Immediately" and



Electric Literature's "7 Flash Fiction Stories That Are Worth (a Tiny Amount of) Your Time", as well as in the syllabi of numerous college classes. His story "Goodwill" was picked as one of the Wigleaf Top Fifty Very Short Fictions of 2018.

He is the author of two libretti: *Terrible*

*Things Will Happen But It's Going to Be Okay: A Donner Party Opera* with composer Guillermo Galindo, and a children's opera based on the Chinese folktale, *The Clever Wife*, which was commissioned by the Houston Grand Opera for their *Opera to Go* series. Behm-Steinberg also performs improvised experimental music utilizing vocal samples, digital turntables and effects pedals, working on text/sound

art projects with Matt Davignon and others under the bandname *Oa* and the *How Are You Feeling Project*. He is a regular at the monthly improvised music workshop, *Doors That Only Open In Silence*.

He is a former Wallace Stegner Fellow in creative writing at Stanford University and the recipient of an NEA fellowship. For the past twenty years he's taught in the writing and literature and MFA writing programs at California College of the Arts, teaching courses in creative writing and literature, with a growing emphasis on science fiction, fantasy, horror, the weird, the strange, the experimental, the unclassifiable.

From 2007-2017 he served as Faculty Editor of *Eleven Eleven*, where he published close to 1200 writers, artists and translations. He is currently the Chief Steward of CCA's Adjunct Faculty Union, SEIU 1021.

*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.*

### Things

The older children are nervous about the newer children. When we take them to the nursery, they sob louder than the babies.

"There are so many of them," they cry. "How much love will you have left for us?"

We look around in our bags, pull out toys and makeup and tissues and car keys, and they say, "Things? Things! You think we're going to mistake shoddy materialisms for love?"

And the babies say to their brothers and sisters, "In time, eventually, you will."

A kid tugs at my arm, she says, "You better be carrying a puppy in that bag of yours."

Hugh Behm-Steinberg

## Coast Highway Art Collective Gets A New Look Re-Opening January 16

The holiday rush is over, the new year has begun and the members of the Coast Highway Art Collective give thanks and appreciation to this wonderful community for the support that sustained us.

The members of the collective are excited to begin the new year with a major facelift of the gallery space. The CHAC will close on January 6 with a planned reopening on Thursday, January 16. The new space will be totally reconfigured, lighter and brighter, emphasizing the beautiful artwork created by the collectives' talented and eclectic members. When it reopens, visitors will find a wide range of art, including painting, mixed media, photography, jewelry, woodworking, ceramics and textiles.

Also available when the gallery reopens is



new July 5/Sky Dancer warm "neck gators," cashmere hats and scarves, cashmere ponchos, silk scarves, and more. Guest artist Teresa VanHatten-Granath will display her handmade pouches. Her company, *Teresa-Made*, is familiar to many coastal residents due to her work as *The Green Bag Lady*. Joining the gallery as new collective members are Colette Coad, glass work; Madeline Kibbe, silk and glass lamps and Kathryn Weiss, lamp glass and jewelry.

On Saturday, February 1, the Collective hosts its first opening reception of 2020 from 4:00pm to 6:00pm with new sculptures and woodworkings by collective member John Stickney.

Please visit the gallery at 284 Main Street., Point Arena, open Thursday through Sunday from 11:00am to 5:00pm. For more information about the artists, the artwork or how to join the collective, visit the website at <https://coast-highway-artists.com>.

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

*Happy Sax Image by mohamed Hassan from Pixabay*

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## Lighthouse Peddler

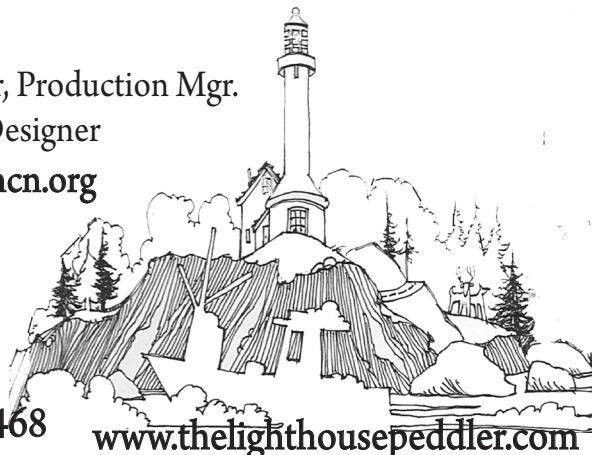
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**CLOSED: Wednesday, Thursday, Weekends**

## Met Opera Live in HD Presents "Wozzeck" Alban Berg's Opera At Arena Theater • January 11

As part of the 2019-2020 Met Opera Live in HD season at Arena Theater, a new production of Alban Berg's opera, "Wozzeck," will screen live from the Met on Saturday, January 11, at 9:55am, with doors opening at 9:15am. Tickets are \$24, \$22 general, \$18 youth (18 and under), at the door or online at Arena-Theater.org.

After wowing audiences with his astounding production of Lulu in 2015, South African artist William Kentridge now focuses his extraordinary visual imagination

on Berg's other operatic masterpiece, which comes to cinemas for the first time on January 11. Met Music Director Yannick Nézet-Séguin is on the podium for this important event, with baritone Peter Mattei as the disturbed title character. Soprano Elza van den Heever is Wozzeck's unfaithful mate, alongside a commanding cast that also includes tenor Christopher Ventris, bass-baritone Christian Van Horn, and tenor Gerhard Siegel. This live cinema transmission is part of the Met's award-winning Live in HD series,



bringing opera to more than 2,200 theaters in more than 70 countries worldwide.

World Premiere: Staatsoper, Berlin, 1925. One of the emblematic achievements of the thriving artistic forces in Germany and Austria during the brief period between world wars, Wozzeck was a sensation and a scandal at its premiere. Remarkably, it has lost none of its power to fascinate, shock, and engage audiences, and its status as one of the defining musical works of the 20th century has not

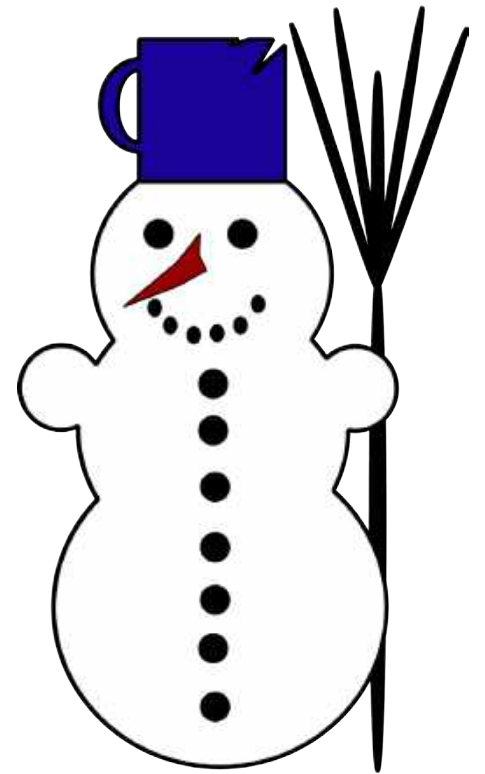
blunted its vitality.

Among the most visionary and influential composers of the 20th century, Alban Berg (1885-1935) came of age amid an explosion of artistic and intellectual creativity in Vienna. His vocal and instrumental writing merges the revolutionary techniques of Arnold Schoenberg with the grandeur of such late Romantic composers as Gustav Mahler. The libretto is Berg's own close adaptation of the play Woyzeck by Georg Büchner (1813-1837).

For any or all of you former (or visiting) midwesterners or fugitives from the plains or Alaska or vacationing New Englanders, this is for you.

Enjoy.

(And it won't melt. No mess!)



## The Winners of the 2019 Gualala Salon and Salon des Refusés at Gualala Arts (Look for more pictures next month)

As The January Lighthouse Peddler went to press the Annual Gualala Salon and Salon des Refusés at Gualala Arts was coming to a close. It's become one of the largest exhibits on the north coast. Eclipsed in size only by Art In The Redwoods The Salon draws artists from all over California.

Gaining in popularity, this year there were over 150 entries submitted, with eleven awards given for the art juried into the Gualala Salon, and three for the Peoples Choice Awards in the Refusés show.

**The winners of the Gualala Salon are:**

- First Place, \$1000. Sponsored by Andrea Lundsford. Winner: Larain Toth
  - Second Place, \$750. Sponsored by Gualala Market. Winner: Michael Henderson
  - Third Place, \$500. Sponsored by Elizabeth Lane. Winner: Ingrid Nudelman
- Special Awards:**
- Collage Interest Group (\$100). Winner: Kelley Kieve



- Best Artist Under 18 (\$100). Winner: Nathan Cohen
- Founders Award (\$100). Kathleen Mills
- Judges Awards (\$100.00 each)
- Pam Goedhart-Sponsor Kitty Wolf
- Anne Vernon-Sponsor JR's Home and Auto
- Brian Denova-Sponsor Larain Matheson
- Scott Sewel-Sponsor Pfeifer Family

• Steven Steinberg-Sponsor Alice Combs  
**The winners of the Gualala des Refusés are:**

- First Place \$100. Donnalynn Chase
- Second Place \$75. Bodhi Shakti
- Third Place \$50. Sophia Sutherland

The Gualala Salon and Salon des Refusés is sponsored by North Coast Artists Guild and made possible by generous donors. 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. This year's judges were Tony Sheets, a renowned Sculpture and Painter who is familiar to many in our Community, and Robert Rhoades, professor emeritus of College of the Redwoods and print/mixed media artist. North Coast Artists Guild would like to thank all the artists for their participation in making this such a beautiful show.

PICTURED: Here is Larain Toth's First Place Winning ceramic sculpture "Spring Allegory".

"Raymonda" • Bolshoi Ballet in Cinema  
At Arena Theater, January 26

Captured live on stage at the Bolshoi Theatre, Moscow, Arena Theater will screen "Raymonda" on Sunday, January 22, at 2:00pm, with doors opening at 1:30pm.

The ballet was the creation of Marius Petipa (the renowned Maitre de Ballet to the St. Petersburg Imperial Theatres), the composer Alexander Glazunov, the director of the St. Petersburg Imperial Theatres Ivan Vsevolozhsky, and the author and columnist Countess Lidiya Pashkova. Raymonda is betrothed to Jean de Brienne, a gallant knight who pledged to go on a crusade led by the King of Hungary. When her beloved leaves, Abderakhman, a foreign knight, makes a bid for the hand of Raymonda and threatens her fate when she rejects him.

"Raymonda" is considered a must-see of the Bolshoi, a work of living dance history showcasing the ballerina as the ultimate vir-



tuoso. Being one of legendary choreographer Petipa's final works, he fully armed this ballet with beautiful court scenes, romantic corps de ballet dances, Hungarian czardas and a title role suited for the most outstanding ballerina. The approximate runtime is 180 minutes.

The 2019/20 season at Arena Theater is sponsored by Ken and Wendy Bailey, Claudette Dunn Rainier, and John and

Christine Wall.

The Bolshoi in Cinema series will continue at Arena Theater with "Giselle" on March 22, "Swan Lake" on April 26, and conclude with "Jewels" on May 31. All screenings are on Sundays at 2 p.m. and each production includes behind-the-scenes programming and interviews with the cast and creative teams. Tickets are \$18 general and \$5 youth (17 and under), available the box office and online at [www.arenatheater.org](http://www.arenatheater.org).

Murder Mystery Fans

Save The Dates  
February 28 & 29

"Murder On The Sea Ranch"  
Arrives at Gualala Arts!

One of the more popular events at Gualala Arts is the Murder Mystery Dinner. Once again, the great Steve Oakwood must rise to the occasion, and find out exactly "WhoDunnit!"

As has been done in the past, Gualala Arts will prepare a Friday night dinner so that you can enjoy a meal while you're helping to solve a murder. It seems a little bit of a contradiction to solve a murder over



dinner, but in reality, once you've arrived you'll see that it's a special evening for all.

Tickets are \$50 for the dinner show on Friday, February 28. The Saturday show—no dinner—is \$20. Reservations can be made at the Gualala Arts Office or by purchasing tickets online through [BrownPaperTickets](http://BrownPaperTickets).

**Gualala Arts**  
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**Dolphin Gallery • New Exhibit**  
**"Collage & Assemblage"**  
Opening Reception Jan. 4, 5-7 pm

**Nicole Paisley Martensen**  
**"Water's Edge"**  
**Elaine Jacob Foyer • New Exhibit**  
Opening Reception • 5 pm - 7 pm  
Friday, January 10

**Composition 4:**  
**Michelle Andres, Sara Post,**  
**Victoria Veedell, Jenny Wantuch**  
**"Where The Journey Takes Us"**  
**Burnett Gallery • New Exhibit**  
Opening Reception 5 pm - 7 pm  
Friday, January 10

**Chamber Music Concert**  
**Eric Kritz & Friends**  
Carolyn Steinbuck, Marcia Lotter,  
Tammie Dyer, Jeff Ives, Marcia Sloane.  
Sunday, January 19, 4 pm

**BAKU**  
**Harrison Goldberg, Nancy Feehan,**  
**Chris Doering, Tim Mueller,**  
**David French**  
Sunday, January 26, 4 pm  
Global Harmony Series

**Gualala Arts**  
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"It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends."  
J.K. Rowling (1965-)



Solution to Crossword:

Garcia Guild's Annual Crab Feed  
12th Annual Event Scheduled For January 4

The first crab feed of the season is always the Garcia Guild's Annual Crab Feed. This year the Crab Feed is Saturday, January 4th. And, this year the Garcia Guild's Crab Feed will have only one seating. The doors will open at 5:00pm for hors d'oeuvres and a no-host bar. Dinner will be served starting at 6:00pm. Since there will be limited seating, people should get their tickets early. The Crab Feed will be at the Manchester Community Center on Crispin Road at Highway 1 in Manchester.

The 'feed' is about more than crab, although crab is the central theme. Besides crab, the menu will also feature the ever-popular clam chowder. For our vegetarian friends, there will be vegetarian lasagna. And, for everyone, there will be a salad, garlic bread, and drawn butter.

As usual, the bar will feature beer donated by North Coast Brewery and wines donated by the S&B and Surf Markets and some Anderson Valley wineries. Non-alcoholic drinks will be sold by local students raising funds to attend the sea turtle conservation field study.

This crab feed will be served family-

style by the Point Arena High School Cheer team. Other than the style of serving, the Crab Feed will be the same, with silent, live and dessert auctions. The live and dessert auctions feature items from local restaurants, stores, friends, and neighbors. "Sheriff Tom Allman will once again grace us

with his presence as our auctioneer," says the auctions coordinator, Susan Levenson-Palmer, "So, we are bound to have plenty of entertainment."

While the community has been very generous as usual, there are still ways to make this year's Crab Feed even more successful. There is more room for businesses or individuals who would like to donate items/gift certificates for the auctions. The Guild is also looking for bakers to make cakes, cookies, and pies for the dessert auction. While the Point Arena High School Cheer team will be the servers for this family-style dinner, volunteers are needed to help set-up, prep, greet and other fun posts where you will get to meet and greet all your friends and neighbors. Call the Garcia Guild at 707-882-3425 to take part in any way. With limited seating, all tickets will be sold in advance. Tickets for this all-you-can-eat Crab Feed are \$50 each. Reservations for tables of ten are available. To donate, volunteer and/or purchase advanced tickets, call 707-882-3425 and leave a message.

GARCIA GUILD 12TH ANNUAL  
**CRAB FEED**

**SATURDAY**  
**JANUARY 4, 2020**

**Menu:**  
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**Limited seating, advance tickets available \$50**  
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**SPONSORED BY:** THE POINT ARENA HIGH SCHOOL CHEER TEAM

Full Moon



January 10

New Moon



January 24

"I know: "Guns Don't Kill People." But I suspect that they have something to do with it. If you point your finger at someone and say, "Bang, bang, you're dead," not much actually happens." Molly Ivins

### Know Your Numbers!

#### Free Blood Pressure and Cholesterol Screenings In February

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

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



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

¡Conozca sus números!

• Since high blood pressure and high cholesterol have no symptoms and can greatly increase your risk of developing heart disease and stroke, it's important to know your numbers.

• Dado que la presión alta y el colesterol alto no tienen síntomas, pueden aumentar en gran medida el riesgo de desarrollar enfermedades cardíacas o derrame cerebral. Es importante saber sus números.

#### Screenings are scheduled in August as follows:

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

To get more information contact the Mendonoma Health Alliance (707) 412-3176 x 102

Para más información, por favor llame Mendonoma Health Alliance (707) 412-3176 x106

### Eric Kritz & Friends

#### A Special Chamber Music Event

#### At Gualala Arts • January 19

Eric Kritz is an outstanding clarinetist, known for his many contributions to classical music throughout the Redwood Coast. He's put together this ensemble of other



wonderful musicians from Northern California to bring a special concert of music to the Gualala Arts Chamber Music Series. Sunday, January 19, 4:00pm. Tickets are \$25 advance, \$30 the day of.

The group includes Carolyn Steinbuck, piano, Marcia Lotter, violin, Tammie Dyer, violin, Jeff Ives, viola, and Marcia Sloane, cello. These fine musicians perform with the Symphony of the Redwoods, the Mendocino Music Festival, the Santa Rosa Symphony, and the Marin Symphony. Their concert will feature well-known clarinet works by Mozart, Bernstein, and Milhaud, as well as a lesser-known but brilliant work by 20th-century composer Robert Muczynski.

A brand new work by Jeff Ives composed especially for this concert will be premiered.

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**"Present Laughter" • January 18**  
**Arena Theater Presents**  
**National Theatre Live**

Arena Theater presents another event from National Theatre Live from London. "Present Laughter" debuts on the screen at Arena Theater Saturday, January 18 at 1:00pm. Doors open at 12:30pm. Tickets are \$18, \$5 for youth 18 and under.

Matthew Warchus directs Andrew Scott (BBC's "Sherlock," "Fleabag") in Noël Coward's provocative comedy "Present Laughter."

As he prepares to embark on an overseas tour, star actor Garry Essendine's colorful life is in danger of spiraling out of control. Engulfed by an escalating identity crisis as his many and various relationships compete for his attention, Garry's few remaining days at home are a chaotic whirlwind of love, sex, panic and soul-searching.

The Guardian's take was that "Andrew Scott gives a virtuosic performance in Noël Coward's imperishable 1943 comedy. He



lends the hero, Garry Essendine, a mixture of twinkling charm and driving egomania characteristic of the kind of actor-manager Coward was portraying and possibly of the author himself."

Captured live from The Old Vic in London, "Present Laughter" is a giddy and surprisingly modern reflection on fame, desire and loneliness. The play has a runtime of 180 minutes.

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**Two Wolf Moon Night Tours Planned at Pt. Arena Lighthouse**  
**Tours Planned for January 10 and 11**

The Point Arena Lighthouse continues its popular Full Moon Night Tours with two tours in January. They will offer a Full Wolf Moon Night Tour on Friday, January 10 and an (almost) Full Wolf Moon Night Tour on Saturday, January 11. Gates open 5:30pm, tour starts around 6:00pm on Friday and gates open at 6:30pm, tour starts around 7:00pm on Saturday.



The evenings will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more guests. Reservations must be made at least three days in advance of the tour. While the 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 is-

ues 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.

know the last 4 digits of your Social Security Number. Students, First Time Voters, and New Citizens are welcome and encouraged. You may also preregister if you are at least 16 years old; your registration will become active once you become 18. Voter Registration forms are in English and in Spanish.

If you're already registered bring a friend or family member who is not yet registered and get them ready to vote. You must re-register if you have moved, changed your name, or want to change your political party preference. After all, voting is a sacred right and the foundation of our democracy. Your vote is your voice!

Check your voter registration status at [voterstatus.sos.ca.gov](http://voterstatus.sos.ca.gov) or call your county elections office: Mendocino: 707-234-6819, Sonoma: 707-565-6800. Register at [www.RegisterToVote.ca.gov](http://www.RegisterToVote.ca.gov); [Vote411.org](http://Vote411.org); [www.voterguide.sos.ca.gov](http://www.voterguide.sos.ca.gov).

**Voter Information • Voter Registration**

**Stop By Voter Registration • January 4 and 10**

Voter registration returns in this election year. Get registered this month, well before the primaries and the general election.

Registration will be at Pay n' Take at the Gualala Community Center on Saturday, **January 4** from 8:30am to 11:30am.

In addition, there will be another registration available on Friday, **January 10** at Arena Market & Cafe, 185 Main Street, Point Arena. Information and registration will be available from 1:00pm to 4:00pm. The Cafe will be a warm, cozy atmosphere (and some good food and drink if you like) while you gather information or Register To Vote!

Registration is for U. S. Citizens, California Residents, who will be 18 or older by the (earlier) primary election date of March 3, 2020, and certainly by the time the general election rolls around on November 3. You'll need your CA Drivers License, or CA ID Card, and you'll need to

know the last 4 digits of your Social Security Number. Students, First Time Voters, and New Citizens are welcome and encouraged. You may also preregister if you are at least 16 years old; your registration will become active once you become 18. Voter Registration forms are in English and in Spanish.



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**January 2020**

**Music on Film Nite**

**Tuesday Jan. 21 7 PM**

**Linda Ronstadt:**

**The Sound of My Voice**

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**Valentine's Day Show, Fri 2.14**  
**Blues: Albert Cummings, Sat 2.22**

**Met Opera Live in HD**  
**Saturday Jan. 11 9:55 AM**  
**Wozzeck**

**National Theatre Live**  
**from London**  
**Saturday Jan. 18 1 PM**  
**Present Laughter**

**Bolshoi Ballet in Cinema**  
**Sunday Jan. 26 2 PM**  
**Raymonda**

**Arena Theater Film Club**  
**Mondays 7 PM**

**Jan. 6 21st Animation Show**  
**of Shows**

**Jan. 13 You Can't Take It With You**  
**Jan. 27 Raise Hell**

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## A New Documentary, An American Classic, and An Evening of Animation

Join The Fun At Arena Theater Film Club • January 6, 13, 27

Those familiar with the Animation Show of Shows will already be marking their calendars. If it's new to you, get out your Sharpie. "The 21st Animation Show Of Shows", a curated selection of the "best of the best" animated short films created by students and



professionals around the world, returns to Arena Theater on Monday, January 6. The film screens at 7:00pm. It has a runtime of 98 minutes. Featuring 10 films from

seven countries, the 2019 edition of the program offers an array of highly imaginative, thought-provoking, and moving works that reflect the filmmakers' unique perspectives and their relationship to the world.

"Animation is an incredibly versatile medium that allows artists to explore situations and ideas that you won't see anywhere else," says the show's founder and curator Ron Diamond. "From political and philosophical concerns, to the complexities of individual identity and personal relationships, animated short films are uniquely able to capture the many facets of human experience."

There are 10 films, three of which have qualified for 2020 Academy Award consideration. The complete lineup is:

- **Kids** - Michael Frei, Mario von Rickenbach, Switzerland
- **Rubicon** - Gil Alkabetz, Germany
- **Portrait of Gil Alkabetz** (Rubicon) - Marta Trela Germany
- **Five Minutes to Sea** † - Natalia Mirzoyan, Russia
- **Récit de soi (Self-Narrative)** - Géraldine Charpentier, Belgium
- **Le jour extraordinaire** † (**Flowing through Wonder**) - Joanna Lurie, France
- **Hounds** - Amit Cohen, Ido Shapira, Israel
- **Portrait of Amit Cohen and Ido Shapira** (Hounds) - Shlomi Yosef
- **The Fox and the Bird (Le renard et l'oisille)**, Sam & Fred Guillaume, Switzerland
- **Daughter** - Daria Kashcheeva, Czech Republic

During its first 20 years, 40 of the films showcased in the ANIMATION SHOW OF SHOWS went on to receive Academy Award® nominations, with 11 films winning the Oscar®.

Having been through an evening of animation, the Film Club brings us good fun with "You Can't Take It With You". This 1938 romantic comedy includes most of director Frank Capra's favorite players: Jean Arthur,

James Stewart, Lionel Barrymore, Edward Arnold, H. B. Warner and Eddie 'Rochester' Anderson. Plus Spring Byington, Mischa Auer and a 15-year old Ann Miller.

Capra's film is the Oscar-winning version of the play about a romance between members of two very disparate families: she's from an eccentric clan, while he's the gentlemanly son of stuffy, snobbish parents. Sweet-natured Alice Sycamore (Arthur) falls for banker's son Tony Kirby (Stewart). But when she invites her snooty prospective in-laws to dinner to give their blessing to the marriage, Alice's peculiar extended family—including philosophical grandfather Martin Vander-



hof (Barrymore), hapless fledgling ballerina sister Essie (Miller) and fireworks enthusiast father, Paul (Hinds)—might be too eccentric for the staid Kirbys. Capra's magic works. "You Can't Take It With You" screens Monday, January 13 at 7:00pm. The runtime is 126 minutes and is not rated. NOTE: The

film was originally scheduled for October 26, 2019, but had to be canceled due to a county-wide Public Safety Power Shutoff (PSPS).

"Raise Hell: The Life and Times of Molly Ivins" presents a real life character from American politics who left us way too soon. This is the story of media firebrand Molly Ivins, six feet of Texas trouble who took on the Good Old Boy corruption wherever she found it. Her razor sharp wit left both sides of



the aisle laughing, and craving ink in her columns. She knew the Bill of Rights was in peril, and said "Polarizing people is a good way to win an election and a good way to wreck a country." Molly's words have proved prescient. Now it's up to us to raise hell! Raise Hell: The Life and Times of Molly Ivins will be shown Monday, January 27 at 7:00pm. Directed by Janis Engel, the film is Not Rated, and has a runtime of 93 minutes.

Information is at ArenaTheater.Org.

### Crisis and Possibility • Reflecting on Dr. King on his 91st Birthday by DJ Sister Yasmin

Crisis and possibility surround us as we celebrate the 91st birthday of Martin Luther King on January 15. Let's contemplate what this great man would say, were he with us today. He would surely be dismayed to find so many of the same problems that he and the Civil Rights crusaders were demonstrating, marching and going to jail for so long ago, which are still present in our country and world today.

When he was gunned down by an assassin's bullet on April 4 1968, he was preparing to lead The Poor Peoples March, and was in Memphis to lead a Justice for Janitors March. King would be gratified to learn that the people's movements of today are strong and vital. I know he would be marching with Greta and the Youth for Climate Justice, standing with Rev. William J. Barber leading the Poor Peoples Campaign, joining Black Lives Matter, standing up for Prison



Reform, Housing and Healthcare as Human Rights, working for gun control, Voting Rights, Human Rights, and protesting "the 3 evils" of Poverty, Racism, and Militarism, as he always did. He would be shocked at the vast economic inequality in our nation, the Climate Emergency, thousands of unhoused people, and the outrageous amount of our taxes spent on the Pentagon for ongoing wars, weapons, and now, nukes in space (Space Force).

Our fragile planet is on life support, and so much injustice against immigrants, refugees, workers, People of Color, First Nations people, the LGBT community, and seemingly everyone in our country who is not rich, white and male. Voices must continue to be raised about the crisis, and our country (and the world) must listen, hear, and help us to change course and create a new possibility.

Image by Jae Rue from Pixabay

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

Solution to Sudoku:



## Words on Wellness • "Seaweed"

by Karin Uphoff

The ocean roils with big rollers as winter storms up-root seaweeds, tossing them upon the beach for us to examine - a perfect reminder of the importance of this plant community as food for a healthy marine environment as well as our bodies. Seaweed or sea vegetables, are algae that grow in oceans and come in red, green and brown with shades in-between. Always a precious food and trade item for humans, we now use seaweed in sushi rolls, desserts, soups/stews, salads, supplements, smoothies, body care and many industries. They are so highly nutritious, that eating small amounts with consistency results in multiple benefits.



Seaweeds concentrate iodine and tyrosine, both necessary building blocks for the thyroid gland and helpful in preventing cancer and cardiovascular disease. Iodine content varies among species, where they grow and how they are processed, for example, when boiled for 15 minutes, seaweeds can lose 40-90% of its iodine content though their mineral content will remain. Sprinkling dried seaweed on your food not only adds taste and texture to your meal, but will boost your intake of iodine, vitamins and minerals, especially in the winter when our bodies crave bone-building nutrients. All algae contains proteins (essen-

tial amino acids), riboflavin, thiamine, iron, manganese, copper and small amounts of vitamins A, C, E and K, along with folate, zinc, sodium, calcium and magnesium, plus essential fatty acids. It also appears that dried green and purple seaweeds contain substantial amounts of vitamin B12. Unlike kale and spinach, seaweed has pre-formed omega-3 fatty acids DHA and EPA, can be a reliable source of omega-3 for vegetarians and vegans. These omega-3 fats might also be why seaweed consumption is linked to low cholesterol.

All seaweeds boast beneficial flavonoids and carotenoids that protect cells from free radical damage. Fucoxanthin is the main carotenoid found in brown algae and it has nearly fourteen times the antioxidant capacity as vitamin E. This same carotenoid along with fiber the plant provides, aids in insulin release, reducing blood sugar spikes. Plus, sea veggies contain complex polysaccharides that support gut health by increasing the growth of "good" gut bacteria and nourishing the cells lining the gut. You can soak seaweed in drinking water overnight to 'soften' water, making it more absorbable for your body. You can also luxuriate in a hot seaweed bath to soften and rehydrate winter skin.

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

**Botanical Body Care: Herbs and Natural Healing for Your Whole Body.** Learn more at: [www.karinuphoff.com](http://www.karinuphoff.com)

## Common Goldeneye: "The Whistler!"

Even though the Common Goldeneye has no lips it is called The Whistler, because of the sound the male's wings make in flight. The Common Goldeneye is a medium-sized diving duck, sixteen to twenty inches. It is described as stocky with a large head and small bill. It is aptly named, as both the male and female have light ivory-colored eyes. The male has a round, glossy green head, a dark bill and a round, bright, white cheek-patch. In flight, it shows a lot of white on its sides and wings. The female has a chocolatebrown head and grey-brown body. Her dark bill is tipped with dull yellow.



The Common Goldeneye winters in our area. The males tend to winter farther north than the juveniles and females. The Common Goldeneye dives for crustaceans,

mollusks, amphibians and small fish. They also feed on plants and tubers. Along the coast, they will dive for mud crabs and hermit crabs.

In mid-April, they return to the coniferous forests of Canada and Alaska. Courtship displays are said to be spectacular. The pair flies above trees with the whistling male following the female. On the water, the drake circles the female and then bends its head all the way back while kicking up a spray of water. The pair searches for a hole in a hardwood tree close to water to nest. The female lays eight to twelve eggs, one a day.

When the chicks are only a few days old, the mother coaxes the little fluff balls to leap from the nest. She then leads them to the safety of the water where, in another two months, they learn to fly.

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

## Animal Care & Welfare • Stress

By Cathy Sue Riehm

Rex and I both use a common homeopathic treatment called Rescue Remedy when we get stressed out. It helps Rex when his McNab friend harasses and jumps on him, and it helps me when I need to fly on a plane. Essentially a flower essence, Rescue Remedy keeps Rex from going to that manic place of spinning in circles when he can't get away from his doggie friend, and keeps me from crying when the plane goes through a little turbulence.



Is homeopathy an option you consider when it comes to treating your pets?

The philosophy of homeopathy revolves around not just suppressing symptoms, but gently triggering the body's natural ability to heal. The treatment principle is based upon 'like curing like' - nudging the animal (or person) in the direction of the disease so their body will rebound into a state of health. In other words, a substance that can make you ill in large doses can cure you if taken in small doses. First developed over 250 years ago, homeopathic medicines today are regulated by the FDA. Homeopaths prescribe remedies- these are created from animal, plant and mineral substances which are then diluted many times so that a very small amount of the original chemical substance remains. When prescribing a remedy, the homeopath considers every aspect of the patient, from their physical

symptoms to their mental and emotional state, thus treating the whole animal, and not just their symptoms.

Dr. Barbara Fishelson is a local licensed veterinarian and certified veterinary homeopath. She has her own practice, Veterinary Homeopathy, and also makes house and farm calls through her business On The Road Veterinary Care. She is also the veterinarian at the Gualala Humane Society (along with me, as her veterinary technician). Dr. Fishelson spent many years treating

animals allopathically, including owning her own animal hospital in San Francisco. Searching for a different system of medicine, she took her first course (of many to follow) with Dr. Richard Pitcairn, the "guru" of veterinary homeopathy. Dr. Fishelson says "he was my first teacher (and friend) who taught me how to 'take off the blinders and think'. I learned about animal nutrition and behavior in ways that I did not learn in my conventional medical training". You can reach Dr. Fishelson at 707-937-1358 or at [veterinaryhomeopathy@mcn.org](mailto:veterinaryhomeopathy@mcn.org) and [ontheroad@mcn.org](mailto:ontheroad@mcn.org).

If you are looking for over-the-counter homeopathic (or natural and herbal) products, check out Roots Apothecary in Point Arena.

(Picture: Rex, de-stressing).

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)



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**“Where the Journey Takes Us” • At Gualala Arts Burnett Gallery • Opening Reception January 10**  
Featuring the Works of Michelle Andres, Sara Post, Victoria Veedell and Jenny Wantuch

Four Northern California painters, known collectively as Composition 4, have come together for a new exhibit at Gualala Arts. The works of the four artists included in “Where the Journey Takes Us”—Michelle Andres, Sara Post, Victoria Veedell and Jenny Wantuch—focus on exploring nature, our surroundings, and our human nature. The exhibit features a variety of media and styles: oil paintings, cold-wax applications and a bold expression of color and place.

Gualala Arts Center is proud to present “Where the Journey Takes Us” in the Burnett Gallery. An Opening Reception is set for Friday, January 10, from 5:00pm to 7:00pm. In addition the artists will participate in an Artist’s Talk in the Gallery at 4:00pm, followed by the opening reception.

Sacramento-based artist Michelle Andres has an affinity for California’s nature preserves, rivers and parklands. Inspired by the American River Parkway near her studio, Andres paints intimate, reductive landscapes focusing on the river bluff as well as



other natural elements. She says, “The interplay with nature, sharing a space with the wildlife and foliage, re-calibrates and resets what I innately know as truth.”

Abstraction is a natural language for Davis-based painter Sara Post. Originally a cerami-



cist, Post experienced a shift at a 2008 print-making residency in Italy. Initial explorations were in encaustic – a beeswax medium, and led to cold wax techniques that are included in the recent book “Cold Wax Medium: Techniques, Concepts and Conversations” by Rebecca Crowell and Jerry McLaughlin.

Victoria Veedell’s atmospheric landscapes capture the essence of nature through examining the effects of light. Drawing inspiration from her travels and frequent art residencies, she paints out of her San Francisco studio. Veedell says, “I want to share the way I see and feel when I’m out observing in nature. My fascination with the way light affects color and atmosphere keeps me excited to continue to explore and paint new landscapes.”



Jenny Wantuch is a San Francisco based painter who focuses on urban and rural landscapes. Inspired by the complexity and beauty of life and nature, and her own imagination, she enjoys exploring her inner and outer worlds. In her art, she seeks visual harmony while allowing a dynamic movement. Using her gift for design and color, she creates strong, balanced compositions that make an impact.



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**Gualala Arts Presents An Exhibit of Collage and Assemblage Art**  
At Dolphin Gallery • Opening Reception January 4

The long history of collage and assemblage art will once again be part of the fabric that is featured at January’s exhibit at the Dolphin Gallery. The opening reception is Saturday, January 4, from 5:00pm to 7:00pm. This exhibit reflects the work of the members of the Gualala Arts Collage Interest Group.

This artform, embraced by many today, is an idea that has grown to incorporate a wide variety of materials as fans of the medium combine fragments of paper, wood, linoleum, tin, wax, plastic and newspapers with oil paint on paper, canvas, wood and more to create objets d’art. On view will be art that has a message of something subtle, dynamic, interesting, abstract, provocative and fun.

Collage is one of the fastest growing and popular methods of artmaking today, due in no small part to the fact that it’s accessible

to everyone with a penchant to create. The creative process may be explored through tearing or cutting, pasting or reassembling the many elements. Fragments may include paper, fabrics, found objects and ephemera all brought together to create something new. And visitors may also discover that Assemblage is a companion artform, incorporating three-dimensional found objects.

In the creation of both collage and assemblage the artists may take advantage of analog or digital methods, or both. In either case the completion of the project is clearly a transformation. Nowhere else in artmaking does synchronicity and intention have such impact as when they collide and integrate in the making of collage art.

The Collage and Assemblage Art Exhibit continues through Sunday, January 26, 2020 at the Dolphin Gallery in Gualala. Admission is free.



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## "Water's Edge" at Gualala Arts

Nicole Paisley Martensen

Opening Reception January 10

Gualala Arts presents a new exhibit featuring Mendocino County artist Nicole Paisley Martensen. The exhibit, "Water's Edge" is scheduled for the Elaine Jacob Foyer in January with an opening reception on Friday, January 10 from 5:00pm to 7:00pm.

"Water's Edge" is an installation reflecting concerns about the planet, both intimate and global, and Martensen's works will be around, above and throughout the Foyer. Paintings around the circumference of the foyer depict abstract aerial views of Arctic ice melt. Silk panels hanging in the center



of the space reflect images of our ecosystem on the Mendocino Coast and invite a conversation on how rising sea levels and the effects of climate change will challenge all of us to redefine our sense of "home." In its solid ice-state, in its sea-level rise, in its life-giving force, and its propagating abilities, water offers its potential for self-reflection and invokes a deep reverence, reminding us that we are all edge-dwellers.

Martensen's tells us, "My paintings include many layers of collaged materials bound together in encaustic medium: fragments of domestic textiles, pages of old books, navigational charts, discarded detritus from our everyday lives. This ongoing dialogue with the material brings its own history which is woven into the work. My silk panels incorporate several transfer processes and cyanotypes of local seaweed, sewn together with vintage fragments."

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

Martensen's exhibit continues through February 2, 2020. Free.

## "Linda Ronstadt: The Sound of my Voice"

Arena Theater Music on Film Nite • January 21

For music fans of all ages comes a film to love. Linda Ronstadt's ability to defy everyone's opinion and instead define herself has been an undeniable characteristic of this woman with the amazing voice. Arena Theater presents "Linda Ronstadt: The Sound of my Voice", a film for music lovers of all kinds. The film screens Tuesday, January 21 at 7:00pm. Doors open at 6:30pm. Tickets are \$10.

Since bursting onto the music scene in 1967, Linda Ronstadt has been an icon for more than 50 years. Her extraordinary vocal range and ambition created unforgettable songs across rock, pop, country, folk ballads, American standards, classic Mexican music and soul. As the most popular female recording artist of the 1970s, Ronstadt filled huge arenas like no one had ever done and produced an astounding eleven Platinum albums. Ronstadt was the first artist to top the Pop, Country, and R&B charts simultaneously, she won 10 Grammy Awards on 26 nominations and attained a level of stardom the Tucson native never could have fathomed.

In this documentary, Ronstadt is our guide through her early years of singing Mexican canciones with her family; her folk days with the Stone Poneys; and her reign as the "rock queen" of the '70s and early '80s. She was a pioneer for women in the male-dominated music industry; an early advocate for human rights, and had a high-profile romance with California governor Jerry Brown.

Ultimately, her incredible voice was lost to Parkinson's disease, but her music and influence remain as timeless as ever. With moving performance footage and



appearances by collaborators including Dolly Parton, Emmylou Harris, Bonnie Raitt and Jackson Browne, the film celebrates an artist whose desire to share the music she loved made generations of fans fall in love with her — and the sound of her voice. The film is directed by Rob Epstein & Jeffrey Friedman with a runtime of 95 minutes. Tickets are \$10 at the door.

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

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## Looking Back on 2019

by David Steffen

The beauty, for me, of being the editor of the Lighthouse Peddler is that each month I'm allowed to blather on about something. A few years ago I decided to start chronicling the passing of some great people, with a full understanding that greatness, like many things, is highly subjective. And be forewarned. There's a lot about music in this year's column. Here is my list of those we lost in 2019.

Art Neville died in July. I met the Neville Brothers in the 1980s when A&M released the "Yellow Moon" album. The legendary band were a joy to work with. Some 30 years ago I had the honor of getting on stage at Tipitina's in New Orleans and introduce them to an audience of music fans. I'm happy our paths crossed but I must admit, with Art's passing there's a little less 'Fiyo on the Bayou.'

João Gilberto died in July. One of the driving forces behind the creation of Bossa Nova, he helped change the rhythm of the world. And in 1964 his then wife, Astrud Gilberto became an icon with her recording of Antonio Carlos Jobim's "The Girl From Ipanema".

You can almost feel the sand at Copacabana.

Driving a rental car in San Francisco was always fun. Really. One afternoon in the late 1970s I heard a record come on the radio and thought to myself, this is a near-perfect single. That was the moment I first heard "Two Tickets To Paradise" by Eddie Money. Since that day, whenever that song comes on the radio I'm always ready to , crank up the volume and sing along. Eddie died in September. Hopefully he made it.

A radio legend died in December. "Grizzled, irascible, foulmouthed, an outrageous, confrontational growler with a buckram face, a battered cowboy hat and a gun on his hip, he spent decades on the air doing pranks and parodies that were often brutish, tasteless or obscene and sometimes racist, sexist or homophobic — all while

surviving alcoholism, cocaine addiction, repeated firings and a nearly fatal fall from a horse." That's the New York Times take on the life of Don Imus. They're right. And I admit it. I listened to him for years when I worked in New York.

The Monkees. Peter Tork, Michael Nesmith, Davy Jones, and Mickey Dolenz were a pure Hollywood TV creation. Surrounded by great songwriters and a group of legendary musicians the Monkees became overnight teenage idols in the mid-1960s. Founding member of the band Peter Tork died this year. He was 77.

I first heard "Scatterlings" on the radio while driving in Los Angeles. An amazing song, and an amazing recording was the creation of Johnny Clegg (left). Beyond his musical talents he was a British-born singer, songwriter and guitarist who managed to fuse together Western and African influences, and found an international audience. He stood as an emblem of resistance to the apartheid authorities in his adopted land, South Africa where he was sometimes referred to as "the white Zulu".

A few months ago I wrote of the death of Dick Dale, the King of the Surf Guitar. Listen to "Miserlou". It was as if he decided in 1963 to rethink what the electric guitar should sound like. Likewise I remembered Dr. John, The Night Tripper. He died in September.

If you listened (or purchased) records by The Captain and Tennille, you may have heard that Daryl Dragon died in January. The son of composer/conductor Carmen Dragon, Daryl was a songwriter, a keyboardist with the Beach Boys, and a bona fide success with partner (and ex-wife) Toni Tennille. For five years in the late 1970s I had the pleasure of working with them. Their music wasn't for everyone, but they sure knew how to make hit records.

The death of Scott Engel may not turn heads everywhere, but those in the music

world knew him as Scott Walker. Along with John Maus and Gary Leeds, these three American-born musicians changed their professional surnames to Walker and found success performing brilliant arrangements of songs like "Make It Easy on Yourself," "Love Her," and "The Sun Ain't Gonna Shine Anymore". Their hits were their own version of blue-eyed soul with arrangements that echoed those of the Righteous Brothers. Scott Walker was always a bigger star in Britain than in the States, and lived there until his death this year.

In 1969 we were fortunate to meet three actors, free spirits all. The film "Easy Rider" brought Peter Fonda, Dennis Hopper and Jack Nicholson into our lives. Fonda, who died in August, managed to escape the shadow of his famous father. Peter Fonda on a motorcycle is an image for which he'll always be remembered.

2019 was a tough year for long-time Green Bay Packer fans. Forrest Gregg died in April. Jim Taylor died in October. Zeke Bratkowski, a talented but perennial backup QB died in November. But with a slight to no one, the biggest loss this year was Bart Starr. One of the greatest quarterbacks in NFL history died in May. He was a dominating force in the 1960s. He and the Pack won three N.F.L. Championships (1961, '62 and '65) in the pre-Super Bowl era, and then the first two Super Bowls, in January of 1967 and '68. The 1960s was the decade where Green Bay earned the nickname Title Town.

Rutger Hauer died in July. The Dutch-born actor turned in many fine performances but his greatest may have been as the humanoid/replicant Roy Batty in Blade Runner. One of my all time favorite films, Hauer was both scary and sympathetic. As the replicant Blatty neared the end of his 'life' he reflected on his imminent "death". With rain pouring down, Blatty tells us that whatever he was, whatever he did, "All those moments will be lost in time, like tears in rain."

In 2003 Ambassador Joseph C. Wilson became an unlikely hero. He challenged the Bush/Cheney narrative about Saddam Hussein making nuclear weapons, which was the foundation of Bush's decision to invade Iraq. It was a lie, but the truth didn't matter. We went to war and America is still paying for it. Wilson died in September. Thanks, Joe.

I.M. Pei died this year. A brilliant architect. I visited Paris numerous times beginning in 1975 and, in addition to the restaurants and the sights, loved the museums. I'll only add that with Pei's glass pyramid as its new entrance, the Louvre—for better or worse—will never be the same.

We lost some names from the world of television. Actor David Hedison died in July. And humorist and creative force Marshall Efron died in September. Maybe you can see some of his stuff on YouTube. Try "Great American Dream Machine". Efron was one of a kind. And Sylvia Chase, Sander Vanocur, and Cokie Roberts died in 2019. All were forces in national news and political news reporting.

2008 was one of those years. I mean one of those fire years. While answering phones at KZYY public radio during the fall Pledge Drive we took a call—and a pledge—from a seemingly unlikely caller. He lived in the area, was already a supporter of the station and wanted to help a little more. His name was René Auberjonois. Better known to some as Father Mulcahy in the original film M\*A\*S\*H. To others he was Clayton Endicott II from the sitcom Benson. To me he will always be Odo from Start Trek: Deep Space Nine. He was 79.

There are, obviously, many more who could be added to this list. But I have just one more name to mention: Jim Swindel. Most of you, I assume, are thinking "Jim who?" Jim was one of those people born to succeed in the music business. He wasn't a pop musician, songwriter or producer although he touched all of it. I hired Jim to work for A&M in the late '70s. He was smart, and he was the consummate 'people person'. Walk into a room and Jim would meet one or more people who would come to appreciate his gifts.

After A&M he worked for Island, Virgin, Qwest and Arista and never changed. Some people like to say of someone they liked or loved, "he was the best". In this case it was all true. I attended a memorial for Jim in San Francisco in October. The place was packed.

It's rare when we can say 'that person was one of a kind'. Jim was smart, charming, and a friend. I miss him.



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## "Grand Union Stories" • A Book By Zadie Smith

Reviewed by Jennifer Bort Yacovissi

Zadie Smith contains multitudes — fully formed, distinct, unique — and she shares them to devastating effect in the 19 short stories that make up *Grand Union*, her first collection.

These stories are all over the map, but in the very best sense: in geography and time, in form and voice, in tone and approach. They demand that you pay attention, and it's best to meet each one on its own terms, without preconceived notions of what may be lurking there.

And though all our contemporary anxieties and dread skulk inside or punch through these stories — Brexit and Trump, babies in cages, global warming, crushing student debt, and opioid addiction, the ugly-isms in all their clumsy and brutal forms — they hold a timeless quality since, of course, people are people, and the range of human emotion remains steady no matter where, when, or in whom it exhibits itself.

Such is Smith's wizardry, to give those emotions such range of voice.

Like the voice of the title character in "Miss Adele Amidst the Corsets": Defeated by the middle-aged spread that has stolen away her former tight and tempting show-

girl's body, Miss Adele — born Darren — is forced to trudge through the frigid night in search of new foundation garments, finally stumbling into a shop and a whole series of cultural miscues. It's an hour-long snapshot of one person's life, a simple story that is not simple at all.

"The Canker," takes us to an imagined island nation where a middle-aged woman describes life in the time of the Usurper, whose

mind "was exactly as everyone had expected, it writhed and it oozed. It was an abomination." And yet his greatest disruptive power is to make himself the universal focus of all attention, which makes everyone, the wom-

**"From post-sea-rise humanity to the mind of God stuck in a creative slump, this sharp-eyed collection offers no easy answers."**

an included, complicit in the debasement of social norms.

A universe of time, place, and anguish is encompassed in "Two Men Arrive in a Village," a story as old as humankind of the price innocent civilians pay in the wars and revolutions that ravage them and leave them in ruin:

"Sometimes on horseback, sometimes by foot, in a car or astride motorbikes... Two men arrive in a village by foot, and always a village, never a town... the teenage girls are out in front of their huts or houses, wearing their jeans or their saris or their veils or their Lycra miniskirts, cleaning or preparing food or grinding meat or texting on their phones. Depending. And the able-bodied men are not yet back from wherever they have been."

The details change, but the story remains the same.

And in "Kelso Deconstructed," Smith takes us to a real event in 1959 London and imagines the final day of Kelso Cochrane's life. Kelso came from Antigua by way of America and wanted to be a lawyer. In 1959, he was living with his fiancée, Olivia, a nurse trainee from Jamaica.

"One thing about the last day of our lives is we almost never know that it is the last day

— from here stems 'dramatic irony' — and no more did Kelso know it." Yet Smith still makes us hold our breath in hope as the day and evening unwind and Kelso is still with us. His late-night murder by a carousing group of whites galvanized the nascent civil rights movement in England.

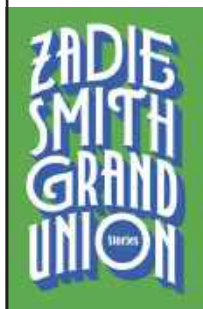
This whipsawing of the stories through time, place, people, and points of view leaves the reader with a buzz of disorientation, which does nothing to dampen the desire to find out what comes next. Some stories defy summary, like "Mood" — with its cacophony of observation, conversation, and Tumblr feeds — but virtually all of them are unsettling in their own unique way.

There are surprises everywhere. In a darkly comic take on viral social media and the cancel culture, "Now More Than Ever," the otherwise seemingly inane narrator comments, "No one ever got lynched and thought, Well, at least this will lead inexorably to the civil rights movement... Pain is the least symbolic thing there is."

Whence the title? The Grand Union Canal runs through England from Birmingham to London and into the Thames. Smith envisions Kelso looking at it and imagining that the other end connects to the water he swam as a child in Antigua and to all the other water he has ever seen.

In Smith's final story, "Grand Union," the canal makes a similar link, this time of "all the daughters of the world," women linked together through generations, multitudes that form a grand union.

*Jennifer Bort Yacovissi's debut novel, **Up the Hill to Home**, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny is a member of PEN/America and the National Book Critics' Circle, writes a monthly column and reviews regularly for the Washington Independent Review of Books and the Historical Novel Society. She owns a small project-management and engineering consulting firm, and enjoys gardening and being on the water. Jenny lives in Crownsville, MD*



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

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


Jane Hamilton, (1957-)

- **Sunny Loves . . . The California Coast**  
by Jeanne Jackson
- **2020 Northern California Tide Log**  
by Pacific Publishers
- **Living At The Sea Ranch**  
by M. Alinder, A. Lunsford, C. Kreyling
- **qh awala**  
by Annette White Parks
- **Mendonoma Sightings**  
by Jeanne Jackson
- **City Mouse, Country Mouse**  
by Maggie Rudy
- **Can You Hear The Trees Talking**  
by Peter Wohleben
- **The Overstory**  
by Richard Powers
- **Indian Horse**  
by Richard Wagamese
- **Marcel DuChamp and the Art of Life**  
by Jacquelynn Bass
- **Gratitude**  
by Oliver Sacks
- **The Little Book of Otter Philosophy**  
by Jennifer McCartney
- **I Wish I Had A Pet**  
by Maggie Rudy
- **All That The Rain Promises and More**  
by David Arora
- **Leadership: In Turbulent Times**  
by Doris Kearns Goodwin

### Another Book You Might Like\*

#### \*. **Grand Union Stories**


A Book by Zadie Smith  
(See review on this page.)



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

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

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

Space is limited so early registration is available and encouraged. Information and registration is at (707) 412-3176 x 102.

Learn how to live a healthier life with chronic conditions. Topics include:


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- **Stress Management**
- **Making informed Treatment Decisions**

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

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

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

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



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## Human Farm: A Dark, Familiar Tale Seems To Have Renewed Itself

by Caitie Steffen

My middle school education never felt easy to me. It felt like I was always trying much harder than my classmates. My grade point average was just that, average. And as much as I studied and tried, I never felt like I really understood what I was learning. There was this moment though in sixth grade that I have never forgotten.

We were reading *Animal Farm*. That book to this day, is still a favorite of mine and it is because of this moment. We were almost through the end of the book and had just re-capped the part where Boxer, the loyal, hard working Clydesdale, was irreparably injured and preparing to retire, or so he thought. Then, the glue truck comes for him. My sixth grade teacher posed this question to

the class, "Why did the pigs send Boxer to the glue factory instead of allowing him to retire in the front pasture of the farm?" My school was small so the class was *maybe* 30 students.

No one raised their hand. Suddenly, this interesting thought popped in my head. I sheepishly raised my hand. The teacher called on me and I quietly said, "Because he was not useful to them anymore?" My teacher leapt to his feet and wanted me to say more. I continued, saying, that he was the hardest worker but being old and injured the pigs could not use him anymore in the same way. I couldn't believe that I had gotten the answer right, and it was a rather insightful revelation for a girl of 11. So, where am I going with this story?

My boyfriend and I binge watched the HBO series "Chernobyl", which actually inspired me to reread *Animal Farm*. I realize that this TV series was "so 8 months ago" but we tend to be late to jump on the bandwagon when it comes to popular TV shows. And after finishing the 5 episodes in 3 days, per my usual curious self, I started reading all about the incident. I just could not wrap my head around the concept that something so horrible, deceiving, and corrupt could occur on such a large scale. I imagined what it would be like to live in a country so jaded by an idealism that clouds any sense of rational judgment. And then I remembered George Orwell's book, "Animal

Farm" from 20 years ago.

I remembered bits and pieces of the story but after re-reading it, it finally dawned on me

I imagined what it would be like to live in a country so jaded by an idealism that clouds any sense of rational judgment. And then I remembered George Orwell's book, "Animal Farm" from 20 years ago.

how sad and frighteningly relevant the book remains. It creatively warns about what is wrong with communist, socialist, fascist, and ultimately human society. As I helplessly observed Napoleon's hypocrisy, apathy, cruelty, and deception play out, I was frightened that the origins of so many ideologies start with good intentions and end with the worst.

Napoleon at the start of the book seems like he is for a just cause and truly cares about the other animals on the farm. He could never find himself becoming the human he hates so much. And yet, by the end of the book, the animals could not differentiate man from pig.

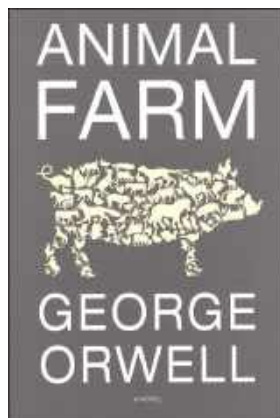
The Atlantic published an article written by Will Evans on November 25th titled "Ruthless Quotas at Amazon Are Maiming Employees". With endless Black Friday shopping deals hitting me in the face everywhere I looked and Amazon being a frontrunner in that assault, I decided to give the article a read.

Evans introduces Candice Dixon, and I already know that this article is the last thing Amazon wants me to be reading right before their largest shipping days of the year. Candice worked in one of the distribution warehouses as a "stower." She is responsible for scanning items from endless boxes of goods as well as the rack number they are going to be stored on, so the new location

In a normal 8-hour workday there are 28,800 seconds. (This being a busy season, these "stowers" are working 12-hour days, but for the purpose of this example we'll assume it is an 8-hour workday.) If she needs to scan a new item every 11 seconds, she was expected to scan a total of 2,618 items during her workday. Her scan rate was 300 items an hour which computes to scanning a new item every 12 seconds. All of that data is tracked and also stored in the system, so that managers can monitor employee performance and give write ups to under-performers who ultimately get fired. Does any of this sound kind of familiar? Oh and did I mention that Candice is 54-years old?

As I was reading this article, I could hear Boxer's voice ringing through my head: "I will work harder!" Evans writes, that the employees of this particular warehouse hit a new record and shipped a million packages in 24 hours last year. And guess what? Amazon rewarded them with fat bonuses. NOT! They got t-shirts saying they were now part of the "Million Unit Club." Whatever the f\*\*k that means. Candice ended up irreparably injuring her back and was ordered by her doctor to stop working. She was offered a workers compensation check that, according to Evans' reporting, is going to run out. Now she is worried she won't be able to find work, may lose her home, and is kindly reminded every day with chronic back pain. Evans discovered that this particular warehouse that Candice worked at, was sited for 422 injuries last year with hers being one of them. Despite these alarming statistics at Amazon's fulfillment center, their spokesperson, as Evan's accounts in his article, wrote in a statement that the "injury rates are high because [Amazon is] aggressive about recording worker injuries and cautious about allowing injured workers to return to work before they're ready." Gosh, I never realized that Squealer could take a form other than a pig, but that is all I could think about while I was reading such blatant propaganda.

Evans found that the injured Amazon employees had a difference of opinion and either felt "cast aside as damaged goods or [were] sent back to jobs that injured them further." Candice is quoted in Evans' article saying, "[A]ll they care about is getting the job done and getting it out fast and not realizing how it's affecting us and our own bodies." The workers are expendable and replaceable after their bodies break. And once again, I saw the truck flash before me with the words, "Alfred Simmonds, Horse Slaughterer and Glue Boiler, Willingdon. Dealer in Hides and Bone-Meal. Kennels Supplied." I can't stop thinking about those gut-wrenching words written on the side of the carriage



Chernobyl: 30 Years Later

gets logged in the system. In order to meet Amazon's quota, Evans quantifies that workers need to scan a new item every 11 seconds.

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taking Boxer away; Boxer was alone, scared, and hopeless.

It's shocking to think that a book written in 1944 would be so relevant to a company's practices in 2019. How did we get here? What's worse? Being treated as a laborer that is one of many and replaceable, or being treated as a laborer that is replaceable in a democratic country working for the richest person in the world.

I'm not writing this to persuade you to boycott Amazon. It won't make any difference anyway since the conglomerate is convenient and everywhere. I guess for me personally, I just wanted to open my own eyes a little wider to what I walk by everyday. Working in the Financial District of San Francisco can be like living in a rose colored bubble of wealth, memes, and self-involved people worried about whether they're gonna make their pilates class in time. But I see so many homeless people who are alone, scared, and hopeless. I find myself reevaluating if the incessant need for instant gratification and the ease in which we throw away things have led us to this point where we can no longer differentiate between discarded brown boxes and discarded humans.

# Scuttlebutt

by Mitch McFarland

Democrats drive me nuts. Even though I am a registered Democrat, I don't feel very comfortable aligning myself with many who also identify as Democrats. I'm not really referring to elected Democrats as much as the out-spoken, self-appointed policy directors among the rank and file who feel that their views on every issue must be accepted by any politician wishing their support. This is how Democrats find themselves in the so-called circular firing squad. Political purity is paramount to these folks. If politicians don't agree with them on every issue, they will find that one issue where they disagree and attack them viciously for not understanding the political mind of the nation. They might be perfectly fine with their favorite athlete getting busted for carrying a gun into a strip club at 1:00 in the morning the night before a game, but don't let a politician disagree with them on how to fix our health care system. That is unpardonable.

Republicans are just the opposite. They don't care about purity. They care about power. That's why it is said that Democrats fall in love and Republicans fall in line. It seems for

some Democrats that if they wouldn't want a politician to marry their sister (or brother), then he/she is not worth their vote. Obviously, character means nothing to Republicans. Just look at who is in the White House. Or the Senate. If Trump was a Democrat (like he used to be) the Democrats themselves might impeach him. Numerous constituencies would insist on it.

Take Pete Buttigieg for example. Here is a deeply thoughtful, compassionate, highly patriotic man who is what I call one of the "good" Christians, yet he is attacked repeatedly by some of the same people who are horrified by the idea of a second Trump term. Buttigieg is "too gay", not "gay enough", "too white" (this from people who consider themselves "color blind"), and a tool of Wall Street.

This is the type of hyperbole that we have come to expect from Trump. Has he so infected our political life that throwing out any wild accusation is suppose to be taken seriously? Are all politics now simply an expression of emotion? Has critical thinking become lost in the selfie age when one's own emotions are the only driving factor in how we view life? It is the collective life of the nation that underpins our democracy, yet it seems to have been replaced by the idea that all that matters is what I think? Apparently many believe that those who disagree with them on any issue do not simply have a different perspective, but are morally incompetent and should be entirely disregarded. Far too many people, Republican and Democrat

alike, spend vastly more time figuring out why they don't like a particular politician, than the more difficult task of trying to figure out who can lead us to a productive way forward that a majority can embrace. Democracy is not designed to always make you happy.

A few months ago I gave my preliminary take on the Democratic field of candidates and now, obviously, I need to reconsider. Back then, as now, I was looking for a ticket that I thought had the

best chance of winning. I suggested Kamala Harris as President and Pete Buttigieg as VP.

I have never been a huge Harris fan, although I think she was an excellent Attorney General. I think she would support most of the issues the way I see them; but more importantly she is a woman (and not Hillary) and a person of color. Women have out-voted men in every election since 1964, so their vote is paramount. Black people and Latinos, to a lesser extent, have to be looking for someone they can feel at least OK about voting for besides Trump. Harris could easily stand toe to toe with Trump on any debate stage, so I thought she would have been a formidable candidate in the general election. In case you haven't heard, she has dropped out.

Mayor Pete is still my guy even though it seems only us old, white, college-educated types agree. I should think that because he is gay that constituency would strongly sup-

port him, but they seem to not be able to find a way forward on this as a group. Or maybe they just don't want to make too big a show of their support for fear of scaring away moderates who might otherwise support him.

Don't ask me to explain why millennials are not flocking to this guy. In fact, do not expect me to explain millennials at all. I guess Pete can't either.

Pete is probably not going to be on the ticket so I have another slate to propose. Top of the ticket is Bernie. I have always been a Bernie supporter, but I thought he was too old. Maybe I'm wrong. Millennials like him and look at all the people in their 70's who are still going strong. Nancy Pelosi is nearing 80, but I wouldn't want to go to battle with her. If Trump is re-elected he will be near 80 when his second term is up and that certainly doesn't bother any Republicans. It doesn't bother me that Bernie might only make one term and even if he drops dead in office, his election would be a major turning point in American politics.

My choice for VP currently is Stacey Abrams. I haven't known much about her, but the fact that a black woman could fall only 55,000 votes short of being elected governor of Georgia (out of over 4 million cast) despite major voter suppression got my attention. I recently listened to a 90 minute interview with her and came away mightily impressed. Not only is she really smart and articulate, she has a great sense of humor. That is something I think is critical in a properly balance personality. If Bernie did become incapacitated during his tenure, wouldn't it be wild to have a black woman as President?

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790 PORT ROAD (The Cove) IN POINT ARENA

**SUDOKU** Edited by Margie E. Burke

Difficulty: Easy

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

(Answer appears elsewhere in this issue)

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## New Club Brings Native American Youth Together from Warren Galletti, Point Arena Schools Superintendent

"In the last 30 years, there have been a few Native American youth groups meeting at Arena Elementary," said the school's Administrative Assistant, Bernadette Maul.

"We've had some, but none as regular and as well organized as Ann's."

Twice a week, a steady group of about seven 4-8th grade AUES students meet voluntarily in Room 17 to participate in Ann Sanchez's Native American Club to drum, sing, play hand games, do home work, and learn about their Native American cultures.

"It's a space to get together, a big space of their own, and a chance to be among other Native American students to do what they want," said Sanchez, the school's Native American Liaison and paraprofessional. "I grew up with these opportunities."

As a Paiute growing up in the town of Alturas, in north eastern California, she had similar opportunities through the American Indian Education Center there, which helped with professional development, counseling, tutorial services, and the study of her culture.

After graduating from high school, Sanchez worked for Alturas' American Indian Education Center as an administrative assistant before moving to Manchester in 2013. Currently, she studies at Sonoma State, and, as a senior, will graduate this May with a BA in Liberal Arts and a minor in Art.

Sanchez's Native American Student



Club begins with a Talking Circle, where students, sitting in a circle, check in with her about their school attendance, grades, homework, and general well being. Sanchez's goal is to "get them where they need to be."

"It's about expectations," she said. Sanchez sets a weekly goal for each student and a reward. In the last few months, she has awarded milkshakes from Pirates Cove Restaurant to: a student who successfully attended school every day for a week; a student who stayed out of the principal's office for a week; and, a student who raised her math grade to an "A."

"Before I started, teachers were asking me, 'Are you sure you want to do this?'" "But the students keep coming back. I'm not sure if it's because it's basketball season, or if I am having an effect on them, but they're making progress!"

### Comments from Native American Student Club members, and thoughts about each from Ann Sanchez:

**Lilly Ramirez:** "I like being here because everybody I know is here!"

**Ann Sanchez:** Lilly's an amazing and talented young woman. She is very artistic, draws and sings as well, and her personality is sweet, sensitive, and intuitive.

**Mateo VanCleave:** "I like it because we talk Native American culture and

religion."

**Ann Sanchez:** Mateo is outgoing, athletic, and, academically in great standing. Mateo is almost always up for a challenge and puts his best foot forward when needed. Without a doubt, this young man will achieve whatever he sets his mind to.

**Cody Chavez:** "It's not boring. We learn more about being a Native American."

**Ann Sanchez:** Cody is a seemingly quiet young man. He has a great sense of humor with an infectious smile. Cody is doing very well academically and in sports. I'm looking forward to seeing Cody on the honor roll again for the second semester.

**Jolie Torres:** "We learn about our culture more, and have fun doing it."

**Ann Sanchez:** Jolie a strong, hardworking young woman.

When she puts her mind to it, she can accomplish anything.

**Carlos Coria:** "I like to be here. We do fun activities."

**Ann Sanchez:** Carlos is a sweet young man. He is doing amazing in his school work. He is one of the quiet ones — very attentive, a hard worker, one who gets everything done.

**Jayden Imperial:** "It's fun!"

**Ann Sanchez:** Jayden is an amazing and respectful young man. Not only a wonderful older sibling, but very intelligent. When he puts his mind and efforts to it, he will be successful at anything. And, he makes me laugh!"

**Salvador Martinez:** "I like being here because I like exploring our culture."

**Ann Sanchez:** Salvador is a young man with a big heart, always thinking of others, and one who works hard academically. (Salvador is Ann's son.)

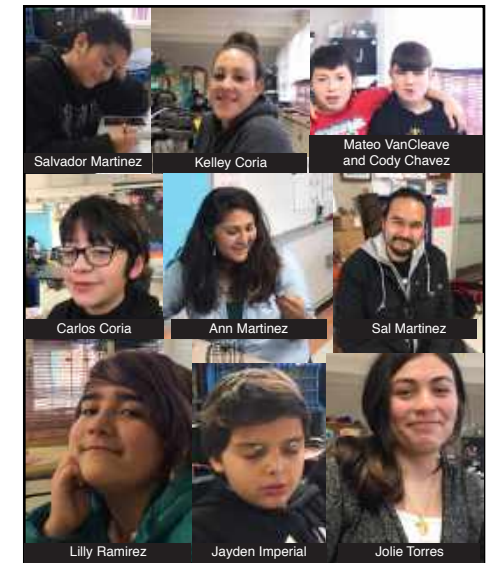
### Participating parents in Ann Sanchez's Native American Club:

**Kelley Coria:** "When I grew up, there wasn't this kind of club. I wish there had been." Kelly is Carlos's mom.

**Sal Martinez:** "Ann's getting there, as the year goes on. She's developing and solidifying courses to benefit our Native youth."

Sal is Ann's husband, Salvador's father, an elected Point Arena School Board Member, and Secretary of the Manchester Band of Pomo Indians of the Manchester Rancheria. He is learning the Pomo language, a

language spoken by Native American communities east of Mount Shasta, Lake Tahoe, and the Yuman peoples along the lower Colorado River.



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by John McCain

"The Book of Gutsy Women"  
by Hillary Rodham Clinton  
and Chelsea Clinton

"The Accidental President: Harry S.  
Truman and the Four Months That  
Changed the World"  
by A. J. Baime

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is still to think for yourself.  
Aloud." – Coco Chanel

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Arena Elementary School's 4th-8th grade Native American Club, pictured, back row (L to R) Gregory Frank, Dauki Bechtol, Elijah Garcia, Derek Billy, Andrew Gonzalez; middle row (L to R) Salvador Martinez, Donoka Carrillo, Cody Chavez, Mateo VanCleave, Carlos Coria, Jayden Imperial; front row (L to R) Jolie Torres, Esther Horn, Ku-baya Castillo, Jayde Swan, Lilly Ramirez; (not pictured) Mikaela Ethelbah, Sierra Harbuck.



TheZenHouse.net



"If his IQ slips any lower, we'll have to water him twice a day".

Molly Ivins

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## BAKU Continued from Cover Story

... the capital of Azerbaijan, which marks the crossroads of Western Asia and Eastern Europe, and to pay homage to the region's diverse and rich cultural and musical influences.

For the band, each and every performance is an opportunity and celebration of discovery as they joyfully and spontaneously take themselves and their audience on an unpredictable and unforgettable musical journey.



It's worth noting that the members of BAKU recorded and released a live set in 2017. Recorded at The Sea Ranch Lodge, the album contains 10 tracks. Come to the concert and bring the music home. More information can be found on the web at HarriosnGoldbergArts.com

## Check Out The 2020 Workshops at Gualala Arts

### Workshops Start As Early as January 9

Looking to improve yourself in 2020? Not certain just how to get started? Here's a quick look at some of the more than 30 workshops being offered at Gualala Arts in 2020. Detailed info is at GualalaArts.org.

**Andrea Allen** returns with her Chinese Brush Painting classes. Learn the ancient art of Chinese Brush Painting, including grinding your own Sumi Ink, loading the Calligraphy Brush & applying the Dynasty-old Brush Strokes to rice paper, creating Bamboo Flowers and more. This class includes Asian symbolism & philosophy, enhancing the serenity that comes from ancient Asian traditions. Six classes, one per week. Courses start in January, March, May and September. \$120 for GA Members & \$135 for Non Members, \$32 Materials Fee to be paid to instructor.

**Jill Nussinow** returns with three one-day classes about eating healthy. All three are different. January 12 is for novices (or almost novices) looking to get into cooking with an instant pot. January 28 is 'beyond the basics' with instant pots. And February 2 is about Fermentation. In each class you'll find a friendly group working in the Gualala Arts Kitchen under Jill's guiding knowledge. I spent many a Saturday morning talking fresh vegetables with Jill at the Farmers Market. She knows. Each class is GA members, \$55; Non-members, \$70, and there's a small materials fee.

Interested in focusing on your brain and not your stomach? Perhaps **Harriet Oden's** dialogue workshop is for you. Her group meets one Friday per month to explore relationship, in the spirit of inquiry, developed by the late physicist-philosopher David Bohm. He proposes an intelligent and compassionate approach to understanding and changing ourselves and changing our society. You'll find it engaging. Come once or come all year. Preferably the latter. The fee is \$50 per month/\$500 for the year.

**Angela Lang** will be offering a number of workshops this year. First up is "Sailor's Hearts". The group will gather and adorn 'sweetheart pin cushions' inspired by hearts created by sailors longing to connect with loved ones. The workshop will be focused on creating (with stitching, beading and notions) a surface design on a pre-sown stuffed heart base that is made of vintage fabric. Participants may bring in significant charms, beads, threads, ribbons, jewelry and other unique pieces to incorporate into their designs. Notions will also be provided. One day, February 2. GA members, \$55; Non-members, \$70, plus a modest materials fee.

**Susan and Neil Silverman** return with a workshop titled "Basic Digital Photog-

rphy. Learn how to "make" a photograph rather than just "Take" a photo. We will cover the technical <focus, exposure, clarity, lighting> as well as the Compositional/Artistic elements. We will also work with organizing your images and tips on post processing. This is a two-day workshop, February 8 and 9. \$185 for GA Members, \$200 for non-members.

**Janet McLeod** is back with a Friday-Sunday workshop titled "Yoga In The Redwoods". Join Janet in a beautiful setting at the Gualala Arts Center for a weekend of Yoga. Janet's gentle precision and more than 30 years of commitment to teaching Iyengar Yoga shine through in her encouraging approach to all poses from basic to even the most challenging poses. The cost for the full weekend is \$170 for GA members. (\$150 if paid in full by March 6.) Non-Members: \$187.

In The Style of Ursula Kern, with instructor **Barbara Dunsmoor** is set for Wednesday and Thursday, March 18 & 19, 2020. The cost is \$30 for GA members, \$40 non-members.

**Sara Post**—whose work will be on display in the Burnett Gallery this month—is offering a workshop in Abstract Painting With Oil and Acrylic Mixed Media. "In this workshop we'll use strong abstract compositions to underscore exploration of ideas related to landscape and architecture as well as other themes based in nature and culture. Students will work on paper for maximum flexibility. Mounting paper on wood cradled board for exhibit will be demonstrated." This is a three-day workshop is March 20-22. \$320 for GA Members, \$350 for non-members plus a materials fee of \$20.

How about Sushi? I was introduced to Sushi and Sashimi on a business trip to Japan in 1987. I've been a fan ever since. **Laura Leigh** will walk and roll you through this one-day class, March 21. Instructions will include how to make rice, how to roll sushi and preparations for plates. The workshop includes an informational hour and then on to the kitchen. \$45 Gualala Arts members, \$55 for non-members.

If you are, at minimum, at the intermediate level of Tai Chi this one-day workshop, March 28, may interest you. In this workshop, intermediate and advanced tai chi students will refine their practice of the Yang style, long form of Tai Chi Chuan, a series of 108 graceful and flowing movements. They will continue to improve balance, energy, strength, flexibility, and alignment. \$120 for whole day, \$60 for half-day. Full day includes lunch. **Justine Rosenthal and Jane Golden** will be your guides.

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# Crossword

by Margie E. Burke

## ACROSS

- 1 Targeted, with "in on"
- 6 Tub toy
- 10 Gold medalist Lipinski
- 14 Immature egg
- 15 Heavy drinker
- 16 Desktop feature
- 17 Merchandise movers
- 19 Reunion attendee
- 20 Mournful
- 21 Actresses Ralston and Rolle
- 23 Guggenheim display
- 24 Not moving
- 25 Like Steve Austin of WCW
- 29 Lookout point
- 33 Sword handle
- 34 Hole-making tool
- 35 Mall attraction
- 36 Well-worn
- 37 Kristen or Patrick
- 39 Something to check
- 40 Loathsome
- 42 Indignation
- 43 Massive
- 44 H.S. students
- 45 Harvard or Columbia, for Obama
- 47 Move like a top
- 49 Cookie container
- 50 Salad ingredient
- 53 Street surface
- 57 Wrapped up
- 58 Emphasize
- 60 Gardener's spring purchase

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63						64					65			

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- 61 Deck feature
- 62 Skin disease
- 63 Aardvark fare
- 64 Spot
- 65 Intense feeling
- 9 This one and this one
- 10 Use a torque wrench
- 11 One to grow on?
- 12 Engine sound
- 13 "No ifs, \_\_\_ ..."
- 18 Tycoons, slangily
- 22 Blue eyes or baldness, e.g.
- 24 Bitter feeling
- 25 Photo session
- 26 Diacritical mark
- 27 Any Platters platter
- 28 "I \_\_\_ you one"
- 30 Contradict
- 31 Likeness
- 32 Raring to go
- 35 Brahma, in Hinduism
- 37 Raw fish dish
- 38 Hand holder?
- 41 Moving ahead
- 43 Trackman's transit
- 45 Combat zones
- 46 Bad atmosphere
- 48 Condition
- 50 Civil Rights figure Parks
- 51 Chef's need
- 52 Get together
- 53 Trust, with "on"
- 54 007
- 55 Hence
- 56 Bucks and does
- 59 Party bowlful

## DOWN

- 1 Firefighting aid
- 2 D.C. office
- 3 Eastwood played one in 2018
- 4 Polished and posh
- 5 Covet
- 6 Coalition
- 7 1956 film, "\_\_\_ Miss Brooks"
- 8 Move up the ladder

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## "Going To Extremes"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary



It was an hour yet before the pale winter sun would rise. The birder – for he was an ardent fan of all the feathered nations - abandoned the seductive warmth of his bed (and its lingering two- and four- legged inhabitants) to climb into thermals, jeans, high boots, warm jacket and hat.

Casting a wistful glance over his shoulder, he stepped into the darkness. Once settled into his heap, he conducted a final backpack inventory: his pocket tide table, binoculars, camera, field guides; water, a muffin and fruit. No time for sandwich-craft; he was



racing the mighty Pacific Ocean to reach the coast in time to experience some of the very lowest and highest tides of the year under a daytime sky.

**SERENDIPITY:** Seldom do short winter days bring both King (extra high) Tides, and tides even lower

than sea level, or “minus tides,” during daylight hours. The birder’s strategy was threefold: first, to explore the area’s remarkable coastal features: rocks, wetlands, beaches, reefs and seacliffs as they became transformed by the sun and moon’s powerful pull on our planet. Second, to see how sea- and shorebirds would react to these phenomena. Third, to produce a sequential “snapshot” montage of the changing sea level effects: both a portrait and a portent of things to come.

**OUTGOING NATURE:** Minus tides reveal vast expanses of submerged reef and seafloor, exposing the features and creatures that live there: crabs, octopuses, worms, fish,



algae, sponges, and myriad other marine life. Flat or convoluted surfaces, rippled and buckled rocks, all crafted and contorted by

geological and meteorological forces into weird and wonderful shapes such as Bowling Ball Beach, famous for its otherworldly spherical concretions, best seen at extreme low water. Explore this dynamic interface where land and sea meet, and other locations; see suggestions by Bay Nature, at <https://baynature.org/article/tidepooling-excursions-and-further-reading/>.

**MOON DANCE:** “King Tides” is a non-scientific term. NOAA states, “Tides are long-period waves that roll around the planet as the ocean is “pulled” back and forth by the gravitational pull of the moon and the sun as these bodies interact with the Earth in their monthly and yearly orbits.” They typically occur during a new or full moon and when the moon is at its perigee, or closest point to the Earth. Then, inrushing sea water inundates coastal drylands, invades creeks and inlets, floods roadways and structures.

**A ROYAL FLUSH:** Our birder watched as raptors such as harriers, hawks and falcons made a banquet of a flooded field: rising



waters flushed out hidden delectables such as mice, voles, lizards and other non-aquatic prey. Ducks, waders and other waterfowl also moved in on these bountiful new wetlands, risking the raptors’ incredible speed and agility. Shorebirds found mud-luscious territory to probe for worms, crustaceans, and insects.

**HIGH-IMPACT:** Although King Tides are transitory, when combined with forces such as storms, their impacts can become formidable. While they have always existed, their intensity and effects have been magnified by rising sea levels and increasingly strong and frequent winter storms. For information relating this phenomenon to climate change, see <https://www.epa.gov/cre/king-tides-and-climate-change>. Greater Farallones National Marine Sanctuary and

the Greater Farallones Association are working to increase our coast’s resiliency to sea level rise impacts: see <https://farallones.noaa.gov/manage/climate/>.



**COMING UP:** King Tides are predicted for January 10 to 12 and February 8 to 9. The California King Tides Project, <https://www.coastal.ca.gov/kingtides/> will sponsor “Getting Wise to Sea Level Rise,”

livestreamed via Facebook Live, Friday, January 10 from 10am to 11am.

**BE COAST-WISE:** Always use caution when visiting our coast. Careful planning includes advance-consulting tide tables ([https://tidesandcurrents.noaa.gov/tide\\_predictions](https://tidesandcurrents.noaa.gov/tide_predictions) - cell coverage may fail at coastal areas), staying aware of times, maintaining keen “peripheral vision” for beach hazards, and anticipating needs should conditions change. Always heed National Weather Service warnings and alerts. Get to know our coastal seabirds at <https://farallones.noaa.gov/eco/seabird/>; and

Mary Jane Schramm  
NOAA Greater Farallones  
National Marine Sanctuary  
Maryjane.schramm@noaa.gov  
Photo Credits: Above: Ft. Point/Golden Gate Bridge, Storm. Credit: GGNRA • Left top: Sea Stars in GFNMS. Credit: Joe Heath • Near Left: Great Blue Heron. Credit: Nat'l Park Service. • Bottom left: Bowling Ball Beach GFNMS, concretions & Reef photo: Matt McIntosh, ONMS-NOAA.



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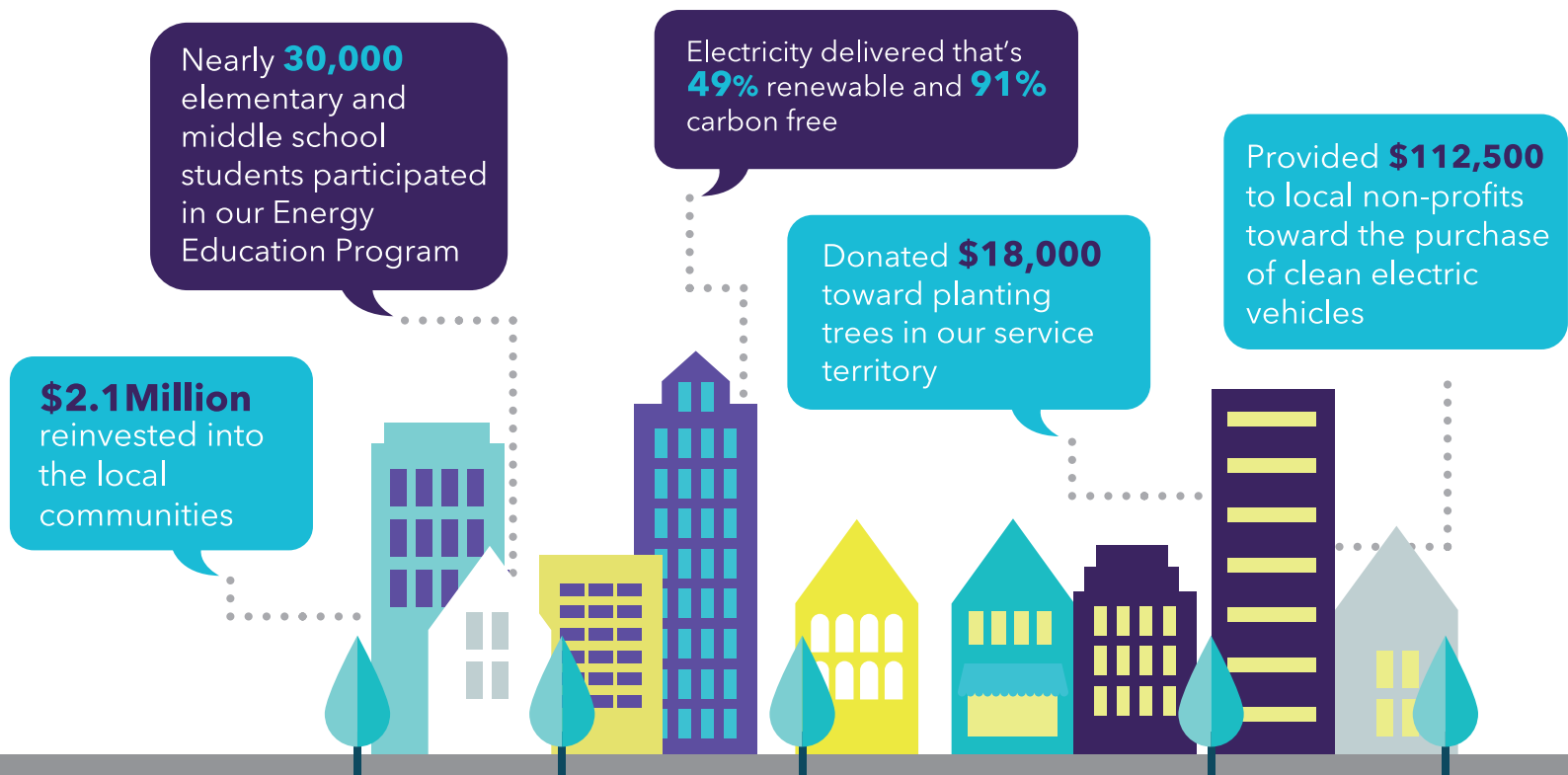
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## Get Out! January's Music, Poetry, Theater, Films, Art and Events

- Wednesday 01: 2:30pm, Fort Ross Guided Tour & Tea (meet at Ft. Ross Visitors Center)
- Thursday 02: 7:00pm, Music & Trivia with The Casuals! at Garcia River Casino.
- Saturday 04: 8:30am, Voter Registration at Pay n Take at Gualala Community Center
- Saturday 04: 5:00pm, Garcia Guild Annul Crab Feed at Manchester Comm. Center
- Saturday 04: 5:00pm, Dolphin Gallery Opening Reception. "Collage & Assemblage"
- Monday 06: 7:00pm, Arena Theater Film Club, "21st Animation Show of Shows"
- Thursday 09: 2:00pm, Chinese Brush Painting Workshop at Gualala Arts
- Friday 10: 1:00pm, Voter Registration at Arena Market & Cafe, Point Arena
- Friday 10: 4:00pm, An Artists' Talk at Gualala Arts with "Where The Journey Takes Us".
- Friday 10: 5:00pm, "Water's Edge". Nicole Martensen opening reception at Gualala Arts
- Friday 10: 5:00pm, "Where The Journey Takes Us". Opening Reception at Gualala Arts.
- Friday 10: 6:30pm, Full Wolf Moon Tour at Pt. Arena Lighthouse.
- Saturday 11: 9:55am, MET Opetra Live "Wozzeck" at Arena Theater
- Saturday 11: 6:30pm, Almost Full Wolf Moon Tour at Pt. Arena Lighthouse.
- Monday 13: 7:00pm, Arena Theater Film Club, "You Can't Take It With You"
- Wednesday 15: Martin Luther King 91st Birthday
- Thursday 16: 5:00pm, Coast Highway Art Collective Opening
- Thursday 16: 7:30pm, Third Thursday Poetry, Arena Market & Cafe, Pt. Arena
- Saturday 18: 1:00pm, London's National Theatre Live "Present Laughter" at Arena Theater
- Saturday 18: 7:00pm, Dance Party/Celebration for M. L. King at Think Visual, Pt. Arena.
- Sunday 19: 4:00pm, Chamber Music with Eric Kritz & Friends at Gualala Arts
- Tuesday 21: 7:00pm, Music on Film, "Linda Ronstadt: Sound of My Voice" at Arena Theater
- Sunday 26: 2:00pm, Bolshoi Ballet in Cinema. "Raymonda" at Arena Theater
- Sunday 26: 4:00pm, BAKU, Global Harmony Concert at Gualala Arts
- Monday 27: 7:00pm, Arena Theater Film Club, "Raise Hell"

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