

**ALWAYS
FREE**

March 2019



Lighthouse Peddler

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



**Shawn Holt
and the Teardrops.
The Blues.
March 9.
Arena Theater!**

One of the more significant bits of pure enthusiasm for the landmark that we know as Arena Theater can be found by looking back on the creation of the Blues On The Coast Series. Since its inception more than a decade ago, the series has brought us legends of the genre, and future legends. This month they've chosen someone who is both: Shawn Holt. Holt has established himself as a blues force to be reckoned with as we'll see when he hits the Arena Theater stage as Shawn Holt and the Teardrops. This opens the 2019 "Blues on the Coast" series at Arena Theater, Saturday, March 9, at 7:30pm. Doors open at 7:00pm.

As the son of legendary Blues Master Magic

Slim (Morris Holt), Shawn Holt has the blues in his genes. He started playing the blues at age 17 when he went on the road with his father and The Teardrops, and he's been watching, learning and playing the blues ever since. Magic Slim passed away in the spring of 2013 but the high energy, hard-driving sound of The Teardrops is still alive and well with Shawn Holt, a chip off the old block, now fronting his dad's band.

Shawn Holt's booming vocals are more than a little reminiscent of his dad's, and his guitar playing while similar to Slim's, exhibits a broader mix of classic and contemporary influences. Holt shows himself . . .

cont'd on page 13

**TOWN HALL MEETING WITH
ASSEMBLYMAN JIM WOOD
SATURDAY MARCH 23
GUALALA ARTS CENTER
2 TO 4 PM**

Join us to learn about legislation,
get help with local issues
or a state agency or regulation,
or just come by to meet Jim.

**ANOTHER EVENT SPONSORED BY
REDWOOD COAST DEMOCRATS**

SERVING THE NORTH COAST FROM TIMBER COVE TO ELK

Ad paid for by Redwood Coast Democrats, FEC ID # C00429464/ FPPC ID # 1290146



Acupuncture and Massage
Chi Kung Classes
Call to schedule an appointment



The Tea Shop

Local Herbal Teas & Essences
See website for product information

707-291-5765

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

**Coast Highway Art Collective • Opening Reception March 1
Celebrating The Diversity of The Collective and its Members' Art**

The Coast Highway Art Collective celebrates its 7th anniversary on Friday, March 1, from 5:00pm to 7:00pm. with a new exhibit, food and drinks. The exhibit will focus on the range and diversity of the collective member's work and a celebration of community involvement, a founding ideal of the group. The members invite the entire Mendocino community to celebrate with them.

Located in a small, historical building built in the early 1900's, the gallery is in the heart of Point Arena. The collective was founded in 2012 by a group of local artists who wanted the help reinvigorate Point Arena, which was undergoing a kind of renewal after years of boom and bust.

The building has a very interesting history. Local book publisher, the late Warren Jones, purchased the building in a state of disrepair, having no idea how to use it other than improving his beloved City of Point Arena. A group of artists suggested an art gallery and he embraced the idea. Volunteers rebuilt

the building and called the gallery CityArt. The interior was completed in 1997, and was active as the creative and vibrant CityArt Gallery for ten years. The gallery closed in 2007 and the building sat empty, waiting patiently for a new life.

Then, in 2012, the idea of the gallery was resurrected and Barbara Fast, a renaissance woman in her own right (former pediatric surgeon, artist and musician) became the founder and first manager of the newly minted Coast Highway Art Collective. The artists who work to make this collective succeed are just as eclectic and quirky as the building they inhabit.

Currently there are 15 artists whose work ranges from oils and watercolors, photogra-

phy, jewelry, textiles, woodworking including birdhouses and ceramics. With so many creative outlooks among this diverse group, one thing all agree on is the importance of the gallery as a place to display and sell their work, and the amazing sense of community and nurturing each member experiences.

Founding member Ling-Yen Jones says "It means bringing together artists, new and old, and creating a place to exhibit and promote the creativity of these local artisans. The gallery is a place to learn and get a feel for what it's like to exhibit and sell work. I enjoy this gallery's idea and feel of community."

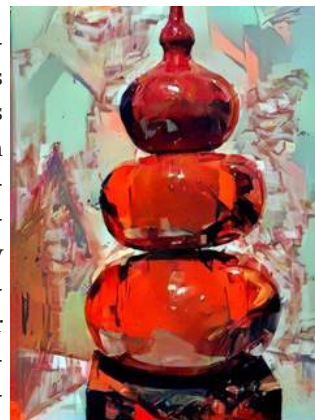
Recent member John Stickney explains it this way "The collective is a place where the pressures are low and the friendliness is high. The CHAC is a place where they can show their art and where you can find interesting art in an engaging environment. Everyone pitches in, so the overhead is low, and the prices are very reasonable."

Original member Bea Acosta says "The gallery has provided me with a venue to show my work and a camaraderie of local artists who support each other." Another original member, Brenda Phillips, noted "I love having the gallery as a place I can show my latest inspirations. For years now, the gallery has been a wonderful showroom for my art.

The gallery often has guest artists in addition to the collective members. Monthly opening receptions for featured artists often include tasty food, drinks and live music in the garden when the weather cooperates.

The gallery participates in American Craft Week and the annual Almost Fringe Festival, a fun event where artists are encouraged to let their imagination run wild and create from the heart, not from the wallet. The gallery opens its doors for the Point Arena's annual Hometown Holidays, a special night when Main Streets fills up with holiday shoppers and revelers. The gallery lights up with a holiday tree decorated with handmade ornaments made by collective members.

The Coast Highway Art Collective is located at 284 Main Street in Point Arena. The winter hours are from 11:00am. to 4:00pm, Thursday, Friday, Saturday and Sunday, or by appointment. Summer hours are typically from 11:00am to 5:00pm.



**Girls Choir of Hamburg
One Performance
Monday, March 4**

Gualala Arts has consistently worked to bring a variety of live performances to Coleman Hall. The first Monday in March is another one of those special events. Gualala Arts and the Global Harmony Series present the Girls Choir of Hamburg, Germany. The concert is set for Monday, March 4, 7:00pm at the Arts Center. Tickets are \$10 advance, plus \$5 on the day of the concert.

Reviews for the choir have been outstanding. They've been described in superlatives for the depth and breadth of their performances, plus their ability to impress



audiences of all ages. "Germany's Hamburg Girls' Choir has enthralled audiences from Switzerland to Swaziland with its nuanced sound and polished performances." A performance by the acclaimed Girls Choir of Hamburg is a not-to-be-missed event.

The aim of the Girls Choir of Hamburg is the professional promotion of the vocal and musical development of children and adolescents as part of a committed and open-minded choir community. From the beginning, the girls develop sensitivity for proper vocal handling, different choral sounds and collaborative music making. An essential part of the choral work are the concert tours featuring the Girls Choir of Hamburg.

This touring choir, which usually includes 50+ members ranging in age from 14 to 22 years, sings mainly a cappella music, using just their voices to create a beautiful evening of music. Their heritage may be German but their repertoire choices are global. Choir conductor Gesa Werhahn stated "We always try to have a varied repertoire. We try to sing secular music and popular music. The girls love to sing these pieces."

International tours are an integral part of the girls' experience as it gives the choir a chance to share their music and have something special to prepare for. They also learn from the people they meet.

One last note. The choir wouldn't be here without the support of all of the generous supporters of the arts who've provided housing for the choir.

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

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

the green ROOM
CannabisMendocino.com

HOURS: MON-THURS 11-6PM • FRI-SUN 11:30-7PM
707-320-1918
CALL FOR DELIVERY • 138 MAIN STREET, POINT ARENA

Jazz Haiku
for March

"laid back saxophone
mellow piano music
coffee aroma."
by Stan Sand

ADVERTISERS INDEX

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

Our thanks to March contributors Janet Chancellor, Warren Galletti, Rozann Grunig, Lorraine Lipani, Mitch McFarland, Blake More, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Kersten Tanner, Karin Uphoff, and Jennifer Bort Yacovissi.

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

FROM THE EDITOR'S DESK

- Shawn Holt and the Teardrops bring the blues (happily) to Arena Theater. (Cover).
- Coast Highway Art Collective Celebrates Art, March 1. (Page 2).
- The 50 girls of the Girls Choir of Hamburg will delight us on March 4. (Page 2).
- "Open Space Preserved". Sara Bogard talks seals, birds, and more. March 16. (Page 4).
- Arena Theater is looking for some board members. Why not you? (Page 4).
- Limber up. The Bolshoi Ballet returns to Arena Theater, March 10. (Page 5).
- Hey, Clouseau. Time to solve the Murder At The Arts Center, March 8 & 9. (Page 5).
- Mendonoma Health Alliance wants you to walk carefully, and more. March 1. (Page 5).
- No surprise, we get a new moon and a full moon and some stages in between. (Page 6).
- Chamber Music returns to Gualala Arts with the Formosa Quartet, March 10. (Page 6).
- Four-Eyed Frog seems to be building a wall of birds. March 3. (Page 6).
- The worm's turned. Pt. Arena Lighthouse has the Worm Moon tour March 20. (Page 7).
- Hunter Green? Just right for a show at the Garcia River Casino, March 9. (Page 7).
- The big screen at Arena Theater has three more films for our Monday nights. (Page 8).
- Karin Uphoff goes wild about fennel in Words on Wellness. (Page 9).
- The Red-Breasted Nuthatch appears courtesy of the Coast Audubon Society. (Page 9).
- Rex returns. Cathy Riehm tells us about Dogs, the beach, and Lepto. (Page 9).
- A poem from contributor Janet Chancellor. It's all about the love. (Page 9).
- Dolphin Gallery will "wow" us: Papers & Brass of the Past. Opens March 2. (Page 10).
- Who doesn't love a picture of the cove? (Page 10).
- Settle in. Two great operas this month at Arena Theater, March 2, 30. (Page 11).
- Art in the Schools returns to Gualala Arts. Opening reception March 7. (Page 11).
- David is thinking about some of New York's finest. (Page 12).
- Third Thursday Poetry features Meg Hamill at Arena Co-op. March 21. (Page 13).
- While we're at it, here's a sample of Meg Hamill's poetry. (Page 13).
- Connie King returns to Four-Eyed Frog March 21. (Page 13).
- The bestselling books are here for you. Go straight to Four-Eyed Frog. (Page 14).
- How Did You Get This Number?. Jennifer Bort Yacovissi has answers. (Page 14).
- Mitch is here with Scuttlebutt. He believes in climate change. So do we. (Page 15).
- National Theatre Live hits the Arena Theater screen March 23. (Page 15).
- The new Sudoku puzzle is here to challenge you. (Page 15).
- Preview the upcoming Whale & Jazz Festival. (Page 16).
- School District Superintendent Warren Galletti returns with Part 2. (Page 16).
- Poet Lorraine Lipani offers a tribute with the passing of poet Mary Oliver. (Page 17).
- Kersten Tanner is thinking about a Pt. Arena in transition. (Page 17).
- This months crossword puzzle is here to further delight you (or not). (Page 18).
- Mary Jane Schramm has a stellar piece about steller sea lions. (Page 19).
- Another art opening, this one a short drive to Elk, March 9. (Page 20).
- Our "Get Out" section has a healthy list of things to do this month. (Back cover).

Issue #209 March 2019

Lighthouse Peddler

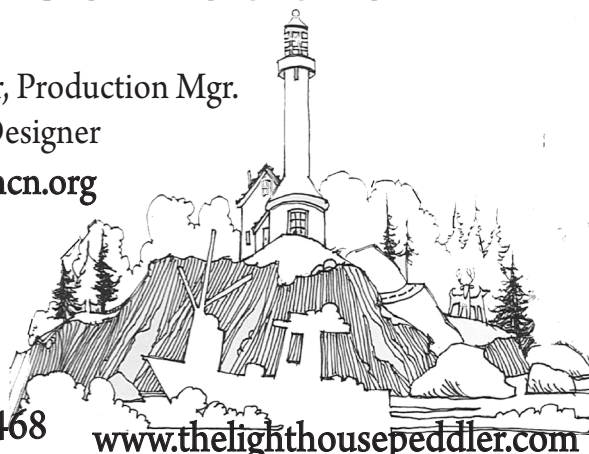
Dolly Steffen: Publisher, Production Mgr.
David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



TheZenHouse.net

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



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

884-3248

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

The Loft

Creativity Soars Upstairs

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

Dream Catcher Interiors

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

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

NEW LOCATION

38870 S. HWY 1, GUALALA, CA 95445
dreamcatcherinteriors@outlook.com
707-884-9655



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



• CSA • Weddings • Retreats •

OZFARM.COM

707.882.3046

info@ozfarm.com



“Open Space Preserved: Harbor Seals and other Inhabitants of the Point Arena Lighthouse and the Point Arena/Stornetta Public Lands” A Lecture With Sara Bogard, Pt. Arena Lighthouse, March 16

On Saturday, March 16 at 4:00pm Sara Bogard will present “Open Space Preserved: Harbor Seals and other Inhabitants of the Point Arena Lighthouse and the Point Arena/Stornetta Public Lands” as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.

This presentation gives a glimpse into the rich diversity of life that can be seen at the Point Arena Lighthouse and adjacent Point Arena/Stornetta Public Lands. The presentation will take a closer look at the animals who reside and migrate through this shore-



line and bluff top habitat. From her weekly surveys and monitoring, she will present data she has gathered on the resident Harbor Seals, birds and other species over the past year. During the course of the year Sara has counted as many as 177 Harbor Seals hauled out during a survey. From this data and information, patterns and cycles of birth, nesting and migration emerge to make these bluff tops a spectacular place to view and connect with the natural world.

Sara conducts weekly ongoing pinniped surveys in the local area. Her goal is to contribute to the preservation and sustained health of ocean habitat for all species. Extending her knowledge and impact, Sara is also a volunteer for several ocean conservation organizations.

Sara is a Beach Watch Volunteer, which is

part of the Greater National Farallones Marine Sanctuary. The Greater National Farallones Sanctuary is a globally significant, extraordinarily diverse, and productive



marine ecosystem that supports abundant wildlife and valuable fisheries, providing breeding ground for at least twenty-five endangered or threatened species. She volunteers for The Marine Mammal Center which advances global ocean conservation through marine mammal rescue and rehabilitation, research and education. She also volunteers for Naked Whale Research which is focused on the survival of Resident Killer Whale Pods that reside and migrate along the coast of Washington and into Oregon and California. Sara recently joined the Volunteer Team for the National Harbor Seal Inventory and Monitoring Program in California.

Data gathered from these organizations will be culminated with the work of many other volunteers to support ocean conservation. Sara feels it is invaluable to share her data and observations with other conservation organizations, the scientific community at large, educational institutions and the general public.

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

Arena Theater Association Seeks Candidates for the Board Contact Arena Theater On Or Before March 22

The Arena Theater Association is seeking candidates for three seats on the board that are up for election in April. Each seat is a three-year term obligation, and the deadline to apply is Friday, March 22.

Anyone interested in becoming a board member for Arena Theater is encouraged to submit a letter of interest briefly describing background and area of interest (e.g. live shows, cinema, special talents such as fundraising, or simply general). Candidates must be a member in good standing; non-members may join prior to the March 22 submission deadline. Candidate statements will appear on the ballot, brevity is encouraged at 50-100 words. Candidate statements can be submitted by email to info@arenatheater.org, by mail to Arena Theater, PO Box 611, Point Arena, CA 95468, or dropped off at the Arena Theater business office.

The Arena Theater Association will hold its annual Membership Meeting on Monday, April 22, at 6 p.m., at the theater. For more information, people can contact the Arena Theater office at (707) 882-3272.

Just In Time.

Workshops for you at Gualala Arts Beginning March 6

Once again Gualala Arts has a slate of workshops available for many interests. To register for any (or all) of these workshops, contact the Gualala Arts office at (707) 884-1138.

On March 6, Jim Cole will lead an acting workshop titled Intro to Improv Comedy. They'll meet Wednesdays in April and May, from 6:00pm to 8:00pm. As Jim says, “Come play with us. We will be doing exercises to get your brain warmed up along with actual scenes you have seen the pros do on TV.”

Chinese Brush Painting with instructor Andrea Allen meets Thursdays starting March 7 (through April 11.) Learn the ancient art of Chinese Brush Painting, including grinding your own Sumi Ink, loading the Calligraphy Brush & applying the Dynasty-old Brush Strokes to rice paper, creating Bamboo Flowers & more. This class includes Asian symbolism & philosophy, enhancing the serenity that comes from ancient Asian traditions.

Instructor Janet MacLeod returns for her 6th year teaching Yoga in the Redwoods, a weekend workshop March 15-17. The classes in this workshop will be taught in the tradition of B. K. S. Iyengar and all levels are welcome. Janet will guide each student to work at her/his own level to explore all areas of the practice of yoga asana: standing poses, forward extensions, backward extensions, inversions and twisting poses.

Instant Pot and Pressure Cooking 101 Redux with instructor Jill Nussinow is a Cooking Workshop set for Saturday, March 30, 2019, 12:00pm to 3:00pm, in the Arts Center Kitchen.

If you haven't heard the Instant Pot, and electric multicooker (pressure cooker, rice cooker, slow cooker, yogurt maker) is one of the best-selling kitchen appliances of all time. If you have one or are thinking about buying one, come to this class to learn how to effectively use the Instant Pot or any other pressure cooker to make easy and tasty meals. This class will be based solely on the good-for-you plant foods such as beans, whole grains, vegetables and fruit. Jill will show you how to use the cooker to make more than one dish at a time, as well as how to easily make basics for dinner or other meals such as Mushroom Risotto (in less than 15 minutes with no stirring), “Refried” Beans, Cornbread, Easy Steamed Vegetables and more.

Contact the Gualala Arts office at 884-1138 for more information or to register.

Bolshoi Ballet in Cinema • La Bayadère
Sunday, March 10, at Arena Theater

Captured live from the Moscow stage, Arena Theater will screen "La Bayadère," a ballet in two acts performed by the world-renowned Bolshoi Ballet, this Sunday,

virtuoso solo for the Bronze Idol, and stunning pas de deux for Solor with both Nikiya and Gamzatti.

An iconic 19th-century Russian ballet,



March 10, at 2:00pm, with doors opening at 1:30pm.

The temple dancer Nikiya and the warrior Solor fall deeply in love, igniting heated passions and murderous intrigues when the Rajah and his daughter Gamzatti discover their forbidden love. Set in India, "La Bayadère" is considered one of the greatest works in classical ballet history. Dazzling sets and costumes, with one of the most iconic scenes in ballet, the "Kingdom of the Shades," illuminate the tragic tale of Nikiya's doomed love for Solor, and their ultimate redemption. The ballet also contains roles of very different styles for two ballerinas in Nikiya and Gamzatti, a spectacular

"La Bayadère" was originally performed at the Bolshoi Theatre in St Petersburg in 1877, and was regularly performed within the former Soviet Union throughout the 20th century. It remained unknown in the West until the Kirov Ballet toured with the Kingdom of the Shades scene in 1961. Natalia Makarova, a Soviet-Russian-born prima ballerina and choreographer, saw "La Bayadère" as a child in Leningrad and created this production in 1980. It was first performed by The Royal Ballet in 1989.

The ballet has a runtime of 170 minutes including two intermissions. Tickets are \$18, and \$5 for youth (18 and under), available online at aretheater.org.

Mendonoma Health Alliance Wants Older Adults To Know . . .
. . . It's A Matter of Balance. Classes Begin In March

Here's something that may get your attention:

- Every 11 seconds, another senior has been treated in the emergency room for a fall-related injury.
- Every year falls have been the primary cause for dispatch of the Coast Life Support District ambulances.
- You must attend the first two classes on March 1 & March 8.

Consistent with their mission to support a variety of programs in the community, the Mendonoma Health Alliance (MHA) is reaching out to anyone, particularly older adults, with worries about balance. Many older adults experience concerns about falling and restrict their activities. "A Matter Of Balance: Managing Concerns About Falls" is an award-winning program designed to manage falls and increase activity levels.

MHA is currently enrolling people in their next schedule of "A Matter of Balance" classes. Each class meets Friday from 2:00pm to 4:00pm, March 1 through April



A MATTER OF BALANCE
 MANAGING CONCERNS ABOUT FALLS

26 (there is no class March 29.) Classes will meet at the CLSD Bill Platt Training Center, 38901 Ocean Drive, Gualala. There is no fee for the classes but donations will be gratefully accepted. Information and sign ups are at (707) 412-3176, x 102.

The program will emphasize practical ideas to manage falls. During these classes on how to [1] **view falls as controllable**, [2] **set goals for increasing activity**, [3] **make changes to reduce fall risks at home**, and [4] **exercise to increase strength and balance**.

If you think you might be a good candidate consider this. MHA suggests that anyone who is already concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, and anyone who has restricted activities because of falling concerns.

Program provided by a local collaboration among Coast Life Support District, Coastal Seniors, Redwood Coast Medical Center, Mendonoma Health Alliance and community strength and balance professionals.

"Murder at the Art Center"
Mystery Dinner Theater
Set for March 8, 9

The subject of murder is a common theme on television and in the movies. It's, happily, not a common theme or occurrence on the coast. The exception, however, is about this time each year we are confronted with murder, but it's of the performance variety, and it takes place at Gualala Arts Center.

This year Gualala Arts presents their fourth mystery on the coast and it couldn't be closer to home. When a body is discovered at the Gualala Arts Center, local resident and amateur detective Steve Oakwood finds himself embroiled in a dangerous game of murder. What's even better is you're invited.

Come participate as the audience competes to discover who the murderer might be! Arts Center Theater Presents Gualala Arts Mystery Dinner Theater, "Murder at the Art Center," a Steven Oakwood Mystery. Two performances: Friday, March 8 at 6:00pm and Saturday, March 9, at 2:00pm at Gualala Arts' Coleman Hall. Tickets for Friday are \$50 (includes dinner); Saturday tickets are \$20 (no dinner,) plus \$5 day of. The Murder Mystery dinners usually sell out early so you're encouraged to get your tickets early. Can Steve identify the real crim-



nal before crucial evidence is destroyed and an innocent person arrested?

This fast-paced production features lost love, amateur radio, the redwood grove at the Gualala Arts Center and all the characters you've come to know over the last four years! In this unique format the audience competes to discover who the murderer might be! Prizes are awarded to the table that comes closest to solving the mystery! Come enjoy a night of entertainment, food and fun!

This popular interactive live theater sees the return of some of our favorite Steven Oakwood characters as well as many new people, says writer and creator, local playwright Dennis Carter, of The Sea Ranch. Sea Ranch thespian Diane Boeke is directing and reprising her role as Angela. Local cast members include Francie Anguin, Katie Atherton, Geoff Beaty, Jan Carter, Christina Chapman, Jon Handel, Donna Yates Johnson, Susan Moreschi, Rich Schimbor, Karen Serraton, "PD" Serraton, David Skibbins, and Sus Susalla. The play happens in four acts.

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

Dolphin Gallery Opening
Sat., 3/02 **Free** **5-7 pm**
Papers and Brass of the Past
 Donnalynn Chase, collage,
 and Mark Chase, sculpture.
Exhibit Continues through March 31

Gualala Arts Opening
Thu., 3/07 **Free** **5-7 pm**
Art In The Schools
 Artwork produced throughout
 the year in local schools.
Exhibit Continues through March 31

Mon., 3/04 **7 pm**
Girls Choir of Hamburg
 (Mädchenchor Hamburg)
50+ Girls in a Special Choral Event
for the whole family
 \$10 advance, Plus \$5 day of Event
 Youth 7 - 17 free with adult

Fri., 3/8, 6 pm • Sat., 3/9, 2 pm
A Murder Mystery Dinner
"Murder At The Arts Center"
 Fri: \$50 advance
 (includes dinner),
 Plus \$10 after Mar 1.
 Sat: \$20 advance

Sun., 3/10 **4 pm**
Formosa Quartet
Chamber Music Concert
 \$25 advance, Plus \$5 day of Event
 Youth 7 - 17 free with adult

March Workshops
3/7-4/11: Chinese Brush Painting
3/15-17: Yoga in the Redwoods
3/30: Instant Pot and Pressure Cooking
 To register for these and other workshops,
 call 707-884-1138

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

*"The secret of life is honesty
 and fair dealing. If you can
 fake that, you've got it made."*
 Groucho Marx (1890-1977)

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

Solution to Crossword:

New Moon



March 6

Full Moon



March 20



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

The Formosa Quartet Performs At Gualala Arts Chamber Concert Set for March 10

This month the Gualala Arts Chamber Music Series brings us another one of those musical events that delights locals and visitors alike. The Formosa Quartet takes the stage on Sunday, March 10 at 4:00pm. Tickets are \$25 in advance, plus \$5 on the day of the concert.

The Formosa Quartet were winners of both the First Prize and Amadeus Prize at the London International String Quartet Competition, and are respected as "one of the very best quartets of their generation" (David Soyer, cellist, Guarneri Quartet). Their performances have been hailed as "spellbinding" and the group has given critically acclaimed performances at the Ravinia Festival, the Caramoor Festival, the Library of Congress, the Da Camera Society of Los Angeles, the Chicago Cultural Center, San Francisco State University, and London's Wigmore Hall, and has released multiple recordings. Formed in 2002 when the four founding members came together for a concert tour of Taiwan, Formosa Quartet is deeply committed to championing Taiwanese music and promoting the arts in the land of its heritage, as well as exploring diverse and adventurous mediums for string quartet.

In 2013 the members of Formosa Quartet founded the annual Formosa Chamber Music Festival (FCMF), where they continue to serve as artist faculty. Based in Hualien, Taiwan, and modeled after American summer festivals such as Marlboro, Ra-



vinia, the Taos School of Music, and Kneisel Hall, FCMF is the result of collective long-held aspirations and years of planning and represents one of the Quartet's primary missions: to bring high-level chamber music training to talented young musicians in Taiwan, while simultaneously offering first-rate music to Taiwanese audiences of all ages.

The program scheduled for March 10 includes the following:

- Joseph Haydn (1732-1809) • String Quartet in E-flat major, Op. 76 No. 6 Allegretto - Allegro Fantasia. Adagio Menuetto. Presto Finale. Allegro spiritoso Wei-Chieh Lin (1982-) • Pasibutbut (2013)*

Intermission

- Dmitri Shostakovich (1906-1975) • String Quartet No. 3 in F major, Op. 73 Allegretto Moderato con moto Allegro non troppo Adagio Moderato

The Formosa Quartet is:

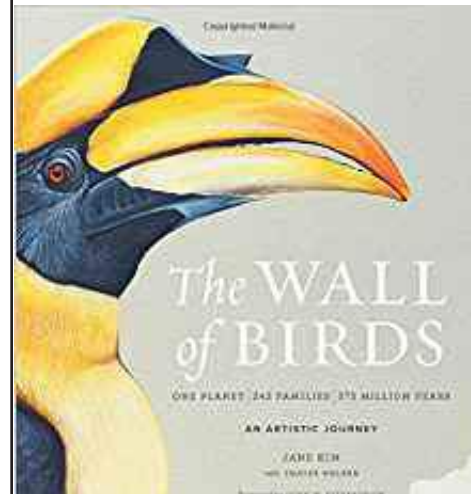
- Jasmine Lin, violin Wayne Lee, violin Che-Yen Chen, viola Deborah Pae, cello

More information is at formosaquartet.com. *commissioned by the Formosa Quartet

The Wall Of Birds A Special Event March 3 At Four-Eyed Frog Books

A celebration of the diversity and evolution of birds, as depicted in the Cornell Lab of Ornithology's magnificent 2,500-square-foot "Wall of Birds" mural by artist Jane Kim is set for Four-Eyed Frog Books on Sunday, March 3, beginning at 4:00pm.

Part homage, part artistic and sociological journey, The Wall of Birds tells the story of birds' remarkable 375-million-year evolution. Full of lush photographs of gorgeous



life-size birds painted in exacting detail, The Wall of Birds lets readers explore these amazing creatures family by family and continent by continent. The Wall of Birds is a visual feast, essential for bird enthusiasts, naturalists, and art lovers alike.

The L.A. Review of Books stated the book "creates its own space and purpose that dazzles with the color and life of its paintings and intrigues with the story it tells."

This event is hosted by Four Eyed Frog Books and will be held in the Action Network conference room (above Physical Gym in Cypress Village).

Through Rain or Shine SENIOR DISCOUNT EVERY MONDAY GUALALA SUPERMARKET Your FULL SERVICE Grocery ...with High Quality WE ACCEPT EBT CARDS SUNDSTROM MALL, GUALALA 884-1205 7AM UNTIL 8PM DAILY

The Full Worm Moon Is Coming • March 20
Point Arena Lighthouse's Popular Full Moon Night Tour

The Point Arena Lighthouse continues its popular Full Moon Night Tours with Full Worm Moon Night Tour on Wednesday, March 20. Gates open 7:00pm, tour starts around 7:30pm. The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a



guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon—if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more. Reservations must be made at least three days in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund. The Lighthouse is located at 45500 Lighthouse Road in Pt. Arena.

According to the Old Farmer's Almanac in Native American and early Colonial times the Full Moon in March was called the Full Worm Moon. The ground begins to soften and earthworm casts reappear, inviting the return of robins. This has also been called the Sap Moon, as it marks the time when maple sap begins to flow and the annual tapping of maple trees begins. In 2019, the full moon of March rises the same day as the vernal equinox—marking the start of Spring. It also brings the final super-

moon of 2019, meaning the moon will be nearly at its closest to Earth for the month of March. It's the year's third (and final) of three straight full supermoons. This means that the moon may appear brighter and bigger than normal, provided the night sky is clear and dark.

Easter Sunday in the Western Christian churches is celebrated on the first Sunday after the full Moon that occurs on or just after the vernal equinox. This determination was established 325 CE at the First Council of Nicaea convened by the Roman Emperor Constantine.

Since the full Moon and the vernal equinox both fall on March 20 this year, one might expect that Easter Sunday would be on the following Sunday, March 24. However, for simplicity's sake, the Church set a fixed date for the equinox, March 21. Therefore, Easter Sunday 2019 falls on April 21. This is not the first time the church's "set" equinox and astronomy's "moving" equinox affected Easter's date; it last happened in 1981 and will happen again in 2038.

"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.

Some Irish Blessings
For Those Who Need Them
And For Those Who
Don't Know They Need Them

"May you always have
walls for the winds,
A roof for the rain,
tea beside the fire,
Laughter to cheer you,
those you love near you,
And all that
your heart might desire."

"May you have warm words on a
cold evening, a full moon on a dark
night and a smooth road all the way
to your door."

May the hinges of our friendship
never grow rusty.

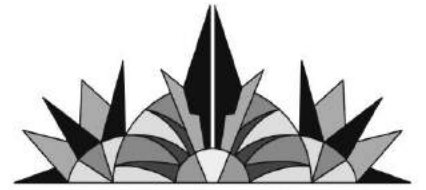
May you enjoy the four greatest
blessings: Honest work to occupy
you; A hearty appetite to sustain
you; A good woman to love you; And
a wink from the God above.

May your pockets be heavy and your
heart be light. May good luck pursue
you each morning and night

For each petal on the shamrock, this
brings a wish your way - good health,
good luck, and happiness, for today
and every day.

May your feet never sweat, your
neighbor give you we're a treat.
When flowers bloom, I hope you'll not
sneeze, and may you always have
someone to squeeze!

May the sound of happy music, And
the lilt of Irish laughter, fill your
heart with gladness, that stays for-
ever after.



ARENA THEATER

arenatheater.org

March 2019

Blues on the Coast

Shawn Holt

& The Teardrops

Saturday March 9 7:30 PM

Coming in April

Arena Theater Association

Annual Membership Meeting

& Board Election

Monday April 22 6 p.m.

Met Opera Live in HD

Saturday March 2 9:55 AM

La Fille du Régiment

Saturday March 30 9 AM

Die Walküre

Bolshoi Ballet in Cinema

Sunday March 10 2 PM

La Bayadère

National Theatre Live
from London

Saturday March 23 1 PM

I'm Not Running

Arena Theater Film Club

Mondays 7 PM

March 4 The Triplets of Belleville

March 11 Double Jeopardy

March 25 I Called Him Morgan

214 Main Street Point Arena



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

Helping you build better.

38501 South Hwy 1
707.884.3518

GualalaBuildingSupply.com

Hunter Green Show Set
March 9 at Garcia River Casino

The Garcia River Casino continues to find and present talent from all over the region, as well as national touring acts. Los Angeles-based Hunter Green is a young band quickly gaining momentum in the Reggae and Rock scenes.

The group began performing in the Fall of 2010. Formed by Dre Gipson (Fishbone/Eek-a-Mouse) with Steven "Tree" Padilla, Jeff Laos, and Marc Rey (Eek-



a-Mouse, Mandrill, Weapon of Choice), this versatile group shares an experience from a rich background of musical diversity while staying true to roots and groove. Hunter Green is an artist's band that maintains it's simplistic appeal.

Hunter Green will take the stage at the Garcia River Casino Saturday, March 9 at 8:30pm. Information at thegarciarivercasino.com.

ANCHOR BAY STORE

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


MON- SAT 8-7
SUNDAY 8-6

884-4245

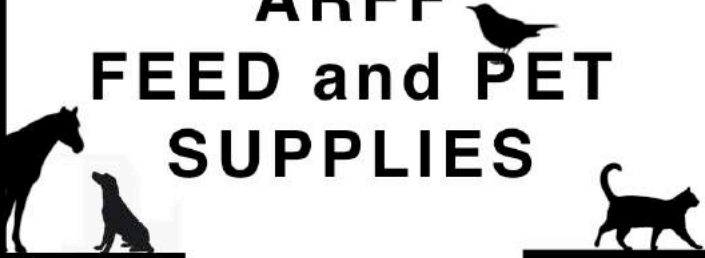


**ARENA
FRAME**
Custom Mats
& Frames
Anna Dobbins,
APFA
882-2159

**FOUR-EYED
Frog
BOOKS**
Gualala
Cypress Village
Open 7 days
707-884-1333
Community
Owned
Bookstore
www.foureyedfrog.com




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



**"The Triplets of Belleville", "Double Jeopardy", "I Called Him Morgan"
Arena Theater Film Club Presents Three Films In March**

We're traveling with the film club this month. From France to America's Pacific Coast and back east to New York City. There's crime in each of these films. Call it an inspired month for those of us who enjoy a change of pace, if only for three Mondays in March.

First up is "The Triplets of Belleville" (2003) on Monday, March 4 at 7:00pm.

Don't confuse this with any film about twins, triplets or quints you've heard of or seen. This is a change of pace. When her grandson is kidnapped during the Tour de France, Madame Souza and her beloved pooch Bruno team up with the Belleville Sisters--an aged song-and-dance team from the days of Fred Astaire--to rescue him.

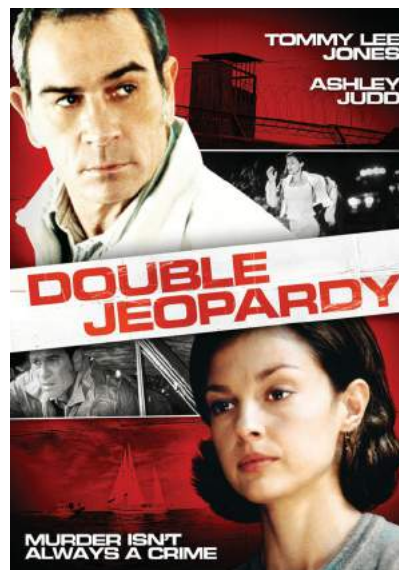


You've never seen anything like "The Triplets of Belleville," a wildly inventive and highly original animated feature crowded with colorful characters and fantastic imagery. Kidnapped by mysterious, square-shouldered henchmen, a Tour de France cyclist named Champion is spirited across the ocean to the teeming metropolis of Belleville. His grandmother and faithful dog follow his trail and are taken in by a trio of eccentric jazz-era divas. The motley sleuths follow the clues to an Underground betting parlor and now the chase is on! Richly imagined, wildly inventive and acclaimed as one of the best films of the year, "Triplets is terrific!" - Richard Corliss, Time Magazine The Triplets of Belleville (France, 2003), directed by Sylvain Chom-

et, is Rated: PG-13 Runtime: 80 minutes. Animated.

On Monday, March 11, Arena Theater's 'crime spree' continues with a 1999 film starring Ashley Judd, Tommy Lee Jones, and Bruce Greenwood. Each one of these fine actors turn in a splendid performance as their respective characters are linked from start to finish. A woman, who has served six years of a prison sentence for killing her husband, sets out to write a different ending to her story.

Framed for the murder of her husband, Libby Parsons (Ashley Judd) survives the long years in prison with two burning desires sustaining her—finding her son and solving the mystery that destroyed her once-happy life. Standing between her and her quest, however, is her parole officer, Travis Lehman (Jones). Libby poses a challenge to the cynical officer, one that forces him to face up to his own failings while pit-



ting him against his superiors and law enforcement colleagues. A solid screenplay,

performances, and excellent cinematography combine to make this an enjoyable evening of film. Directed by Bruce Beresford,



"Double Jeopardy" screens at 7:00pm, is rated "R" and runs 106 minutes.

No matter your feelings about America's original music, this film will provide some powerful imagery, music, and history of the world of New York City Jazz. This documentary will screen on Monday, March 25 at 7:00pm and is presented in conjunction with the annual Sonoma-Mendocino Coast Whale and Jazz Festival.

Decades after serving a prison sentence for killing jazz musician Lee Morgan, his common-law wife, Helen, reflects on their lives and his legacy.

On a snowy night in February 1972, celebrated jazz musician Lee Morgan was shot dead by his wife Helen during a gig at a club in New York City. The murder sent shockwaves through the jazz community, and the memory of the event still haunts those who knew the Morgans. This documentary by Swedish filmmaker Kasper Collin (My Name Is Albert Ayler) is a love letter to two unique personalities and the music that brought them together. A film about love, jazz and America with cinematography by Bradford Young (DOP, Selma). Director: Kasper Collin Rated: NR Runtime: 91 minutes.

"Our wishes are our most reliable mirror, and the black-and-white movies I'm most drawn to are about artists who suffer because art is a noble thing; suffering is such a small price to pay for the imagination.

Hilton Als

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

Solution to Sudoku:

Words on Wellness • Wild Fennel

by Karin Uphoff

Rains bring plenty of greenery that waves to us cheerily along the roadsides. One of these enthusiastic spring things is feathery wild fennel, whose stalks grow quickly to three feet or more. Native to the Mediterranean, fennel has made its home here and has a lovely anise/licorice-like smell. Later in summer, its umbrella-shaped yellow flowerheads are appreciated by hummingbirds, bees and other insects. This flowering stalk is typical of the carrot family and reveals fennel's relation to dill, coriander, and caraway.



Pick a frond to nibble as you walk by it on trails and it will immediately freshen your breath, and strengthen your digestion. Like many wild herbs, fennel leaves contain high amounts of vitamin A and potassium. Vitamin A plays a key role in liver health and potassium is a vital mineral in dilation and contraction of blood vessels.

The strongly flavored, antiseptic oil of fennel is most concentrated in its seeds, which are part of culinary traditions throughout the world. Wild fennel seed can be collected after flowering in late summer and used fresh or dried in a warm oven for storage. Fennel is most famous for its digestive ben-

efits since tea or extracts of leaves or seeds reduce stomach cramping, gas, and bloating. Fennel seed tea is still one of the safest and most effective remedies for baby's colic and combines well with chamomile. The tea also stimulates production of breast milk in mamas with its properties passing through the milk to reduce infant colic.

Fennel seed has anti-nausea properties, useful for stomach flu, food poisoning, digestive infections, and hangovers. My favorite digestive blend is fresh fennel seed and leaves, fresh grated ginger and fresh peppermint leaves muddled together and made as a tea or tinctured for four weeks in apple cider vinegar and honey. This combination also helps any build-up of phlegm in the lungs and intestines. Seeds can be soaked in olive or sunflower oil to create a massage oil that tackles edema and cellulite. A warm compress or eyewash of fennel seed can treat conjunctivitis and eyelid inflammation. A tincture of seeds makes an excellent mouthwash for gum and tooth infections, or chew on the seeds after meals as a preventative. Have some fun with fennel this spring!

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

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

Learn more about Karin at: www.karinuphoff.com

Red-Breasted Nuthatch. "Trunk Diver"

Nuthatches are distinguished by their nasal call and they are the only ones that move down the trunks of the trees instead of up.

Here on the coast, the Pygmy Nuthatch is most common, while inland the White-breasted prevails. The Red-breasted Nuthatch is somewhat irregular in coniferous woods. This 4-inch bird is rusty colored underneath, has a blue-gray back with a black cap, white eyebrow and a black line that runs through the eye. The female looks the same but the cap is more bluish-black.



Nuthatches feed by going head first down trunks of trees and probing under bark with their small slightly upturned beaks. They are adapted to do this with their short legs and long strong toes with claws. They feed on insects and their larva. In winter they are fond of pine and spruce seeds. They will

also visit bird feeders for seeds and suet. If a seed is too large, they will wedge it in the cracks of bark and then break off pieces to eat. They will take seeds from a person's hand and have even taken sunflower seeds from the lips of a friendly birder.

Red-breasted Nuthatches nest in holes in decaying trees, which they usually carve themselves. They will sometimes use an old woodpecker's hole. The cavity is lined with grass and fir. The female lays 4-6 white eggs peppered with reddish-brown. The eggs are incubated for 12 days. Red-breasted Nuthatches have the unique behavior of intricately smearing sap all over the entrance of their nest. David Fix calls it their sticky doormat. It is thought that this inhibits other animals and insects from entering, as the insects could bring parasites and disease to nestlings.

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

Animal Care & Welfare • "Lepto"

By Cathy Sue Riehm

Many of us love to take our dogs to the beach. Rex is happiest swimming after his ball in the water or running after his ball on the sand. Should I be worried that there are always seals and sea lions close by?

Last year, the northern California coast saw another surge of leptospirosis in seals and sea lions. This outbreak is the second largest since starting to track this disease almost fifty years ago.

So what is leptospirosis? Leptospirosis is a bacterial infection. This bacteria, *Leptospira*, can not only be passed from animal to animal, it is zoonotic- which means (my regular readers should know this...) that it can be passed from animals to humans.

How is lepto transmitted? The bacteria is spread by the urine of infected animals, and can live in water or soil for weeks, even months. Through the skin (especially an open wound), the mucous membranes (eyes, nose or mouth) or by ingestion (drinking contaminated water), this bacteria gets into the body and can cause symptoms such as vomiting, diarrhea, muscle aches and abdominal pain, but it's also possible that an animal can be infected, and also be asymptomatic.

One local with firsthand knowledge and experience in this subject is Jennie Henderson. Jennie, and her husband Mike, used

to manage Anchor Bay campground. They were regularly coming across "young and emaciated" stranded seals and sea lions, and then contacting the Marine Mammal Center in Sausalito to drive up here, assess the animal and transport it back to the center for testing. This testing usually resulted in a leptospirosis diagnosis. After over a decade



of this routine, Jennie and Mike made a proposal to the MMC that resulted in a team of volunteers being provided the tools and training to, first, assess a stranded animal- is this a healthy pup whose mother is simply off hunting for food, or is this an animal showing the signs of sickness? The team

was also trained to treat an animal with fluids (or stabilize them), and then transport them down to the Marine Mammal Center for testing and rehabilitation. Jennie says "Lepto is very prevalent in the environment in this area. An infected seal could shed the bacteria by urinating on the beach or in the water, and unprotected dogs are susceptible."

If your dog is a regular at the beach, the yearly vaccine could be a good preventive measure.

If you come across a seal or sea lion stranded on the beach, do not let your dog near it. Call the 24 hour hotline at the Marine Mammal Center: 415-289-SEAL (7325).

The Love you have for me...

Somewhere beyond measure
Is the Love you have for me.
Where longitude and latitude
Yield to infinity.

Expansiveness of Holiness
Anchored in my chest.
I breathe you in
And breathe you out,
And know that I am blessed.

Janet Chancellor

Spirit Veterinary Services

Mobile Veterinary Services for Dogs & Cats

Dr. Jennifer L. Frankot, DVM, MBA

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

Friday: 8:30am - 12:30pm

In-Home Visits, Stewarts Point to Manchester



(707) 840-3410

Gualala, CA 95445

www.spiritveterinaryservices.com

JIN SHIN JYUTSU

Uplift & Harmonize

**Body
Mind
Spirit**

Denise Green, CMT

882-2437

www.wellnessonthecoast.com

Mendocino Coast Coffee Roastery



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

Available In Stores Locally, and online at littlegreenbeanroastery.com

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



39150 Ocean Drive, Suite 2 in Gualala

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

ph 707.884.9640
 fax 707.885.0191
officesourcegualala@gmail.com

BUSINESS HOURS
Monday • Tuesday • Thursday • Friday
10am-5pm
CLOSED Wednesdays & Weekends

If I had to live my life again, I'd make the same mistakes, only sooner.

Tallulah Bankhead (1903 - 1968)

Papers & Brass Of The Past
A New Exhibit At Dolphin Gallery Opening March 2

The Dolphin Gallery will host an opening reception on Saturday, March 2, 5:00pm to 7:00pm and features the work of Donnalynn and Mark Chase. The exhibit "Papers and Brass of the Past—Collage and Artifacts" will be at the Dolphin Gallery through Sunday, March 31. The husband and wife artists share a fascination and respect for obsolete mechanisms and ephemera; specifically scientific instruments and books. For over 20 years, they have channeled their passion for antique objects and collecting into their art making. Donnalynn will be exhibiting a new series of collages made from antique and vintage images on game boards. Mark will be showcasing his finely crafted sculptures made of formed and machined brass and copper often with minerals.

Mark Chase presents what we hope art will do. At the new exhibit Chase's offerings will encourage the childhood wonder still in us to come out, allowing us to be amazed. Shortly after our ability to walk, we've looked up at the sky and wondered. And it's not a uniquely American or Western curiosity. Ancient Chinese, ancient Greeks, the medieval Islamic and European civilizations all created variations on the armillary sphere. With Chase's exhibit we are all allowed to let down our guard, release our curiosity, and explore the world as we know it. Or think we know it.

Mark Chase's collection evolved. Fueled by his curiosity he began creating sculptures of scientific models and instruments when he realized he could not afford authentic antique pieces to grace his

personal collection. An armillary sphere was the first model he built for himself. The term "armillary" is derived from the Greek term "armilla" meaning "bracelets or rings".

The rings represent the movements of known celestial objects in relationship to the central sphere.

Since Mark really enjoyed crafting the armillary sphere, he continued to create more armillaries and other scientific models. Unlike most modern reproductions of armillary spheres which consist of inexpensive wrought iron, Mark makes his armillary rings from either solid brass or cop-

per. In addition, his background in aerospace has greatly influenced his designs, use of materials and craftsmanship. As a self-taught artisan, Mark makes each piece as if it will be in his own collection and to last a lifetime. Each of his creations are one-of-a-kind, no two are alike unless they were commissioned to be so.

Once you see these instruments you realize that art is inherent in the design, practical use and aesthetic appeal. Forget, for the moment, the traditional world globe in libraries, schoolrooms, and offices. Chase's collection will draw us inside, inviting us to explore, and at

the end of the day, we'll appreciate both the science and the art.

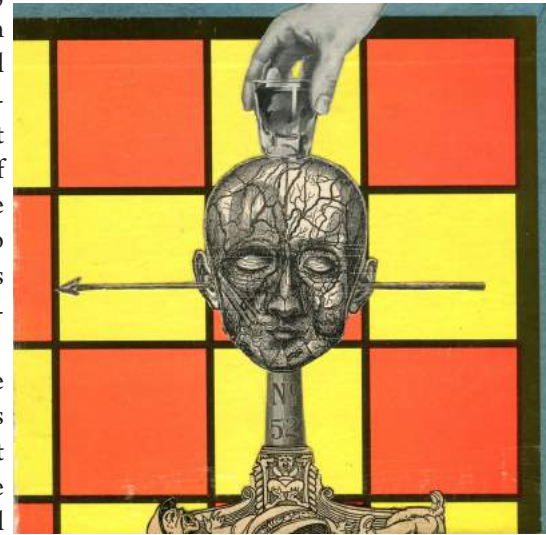
Like Mark, Donnalynn enjoys collecting old things and she works primarily with antique and vintage papers. Over 60 new six inch square collages made on used game boards with antique and vintage images will be shown by Donnalynn. This series, "WTF?", started in January 2018, in response to her need to have more fun. She wanted to make a collage a week to guarantee her "fun" and to have a new body of work for this show. This series reflects Donnalynn's year in quirky vignettes and strange snapshots. For fun, she challenged herself to create images that seemingly do not relate to each other; to create something not known to her. The fantastical juxtapositions are meant to encourage the viewer to look closely and question what they are looking at. Is anything really what it appears?

Collage came naturally to Donnalynn through her obsession with collecting books and all kinds of ephemera. Since having to pack all her collections for the move

to The Sea Ranch, she now focuses on how to incorporate her "stuff" into new projects. Hunting for that perfect old book or antique ephemera is still one of her favorite things to do. A unique quality of Donnalynn's art work is that she very rarely uses photocopies or digital resources as she prefers to use

the original paper materials.

Dolphin Gallery is in downtown Gualala, just off Highway One; open every day except Tuesday, 10:00am to 4:00pm.



Point Arena Cove, 2018.



© 2018 Dolly Steffen

INDIVIDUAL, FAMILY, & SMALL BUSINESS HEALTH INSURANCE PLANS



KEEP CALM
 AND CALL
VANESSA



ignacio health
 insurance services

35512 S. Hwy 1, Anchor Bay

Across the street from the Anchor Bay Store

Vanessa Ignacio
 Agent / Broker

884-4640
 Get Covered, Now!

vanessa@ignaciohealth.com
 OK08156 | OH53499

Met Opera Live In March: Two Performances, March 2 & 30 "La Fille du Régiment" and Die Walküre" • At Arena Theater

Good news from MET Opera and Arena Theater. There will be two opera presentations in March, and both are legendary productions. First up is "La Fille du Régiment" on Saturday, March 2; at the end of the month Wagner's masterpiece, "Die

Walküre" will light up the screen March 30. Tickets for either/both operas are \$24 general admission, \$22 senior, \$18 student, and are available online at www.arenatheater.org.



First up is "La Fille du Régiment". Tenor Javier Camarena and soprano Pretty Yende team up for a feast of bel canto vocal fireworks—including the show-stopping tenor aria "Ah! Mes amis ... Pour mon âme," with its nine high Cs. Maurizio Muraro is the comic Sergeant Sulpice, with mezzo-soprano Stephanie Blythe as the outlandish Marquise of Berkenfield. And in an exciting piece of casting, stage and screen icon Kathleen Turner makes her Met debut in the speaking role of the Duchess of Krakenthorp and Enrique Mazzola conducts.

"La Fille" had its world premiere at the Opéra Comique, Paris, in 1840. Set in the Tyrol, a picturesque mountain landscape, the frothy comedy mixes humor with a rush of buoyant melody and notorious vocal challenges. The story concerns a young orphan girl raised by an army regiment as their mascot and begins at the moment of her first stirrings of love. Complications (and

comedy) ensue when her true identity is discovered. The action is startlingly simple and unencumbered by intricate subplots, allowing the full charm of the characters and their virtuosic music to come across in an uninhibited way. "La Fille du Régiment" has a runtime of 155 minutes including one intermissions.

On March 30 arena Theater presents, in what is expected to be a Wagnerian event for the ages, "Die Walküre", featuring soprano Christine Goerke plays Brünnhilde, Wotan's willful warrior daughter, who loses her immortality in opera's most famous act of filial defiance. Tenor Stuart Skelton and soprano Eva-Maria Westbroek play the incestuous twins Siegmund and Sieglinde. Greer Grimsley sings Wotan. Philippe Jordan conducts.

The opera, the second in Wagner's monumental "Ring" cycle, had its world premiere at the Court Theater, Munich, in 1870 and has long stood on its own as an evening of extraordinarily powerful theater. Part of this appeal lies in its focus on some of the "Ring's" most interesting characters at decisive moments of their lives: Wotan, the leader of the gods; his wife, Fricka; his twin offspring, Siegmund and Sieglinde; and, above all, Wotan's warrior daughter Brünnhilde. These characters and others follow their destinies to some of Wagner's most remarkable music.

The entire first act of "Die Walküre" is one of the theater's most convincing portrayals of the power of love—even if the lovers in question are in fact twin brother and sister. Act III opens with the famous Ride of the Valkyries. In a dramatic masterstroke, Wagner uses the sound of eight powerful female voices, punctuated by shrieking laughter, to depict the terrible thrill of combat. The opera ends with some of the most moving music ever composed, as Wotan intones his farewell to Brünnhilde. The opera has a runtime of 295 minutes including 2 intermissions.



question are in fact twin brother and sister. Act III opens with the famous Ride of the Valkyries. In a dramatic masterstroke, Wagner uses the sound of eight powerful female voices, punctuated by shrieking laughter, to depict the terrible thrill of combat. The opera ends with some of the most moving music ever composed, as Wotan intones his farewell to Brünnhilde. The opera has a runtime of 295 minutes including 2 intermissions.

Art In The Schools Returns to Gualala Arts

Young Artists Have Their Day. Opening Reception March 7

Inspiring students of all ages to express themselves artistically is an important part of growing up. Not every child will become a great artist but all children can find a way to express themselves and Gualala Arts continues to support art in our schools. The 2019 "Art In The Schools" exhibit opens with a reception Thursday, March 7, 5:00pm to 7:00pm. The exhibit continues through Sunday, March 31 in the Burnett Gallery and Elaine Jacob Foyer. The Young Creative Minds art exhibit features artwork produced throughout the year in local schools. This year's coordinator is Sigrid Hillscan, Director of the Pacific Community Charter School.

programs that enrich students with time each week to create art, whether with full-time art programs, volunteer programs, or through



grant funding. Research shows that art and creativity help children succeed in core curriculum subjects. Continuing to have art programs in our local schools is a huge accomplishment especially considering budget cuts to such programming. The community's attendance and support

are appreciated. Young artist showcases are often the best place to procure a masterpiece before the artist finds acclaim and prices skyrocket accordingly!



A remarkable variety of talent and artistic expression will be on display in this pre-school through high school art show. The collection, as always, will be thought provoking, inspirational, and will certainly bring a smile to your face. The Mendocino/Sonoma "Arts in the Schools" exhibit represents over 600 students from Fort Ross, Kashia, Horicon, Arena, Point Arena High School, home study, Pacific Community Charter, and Manchester schools.



Our coastal schools work hard to provide art

a Tavern on main

— IN POINT ARENA —

Coming soon to
150 Main Street.
A New Tavern
Just South of the
Wildflower Motel.
Stay Tuned!

"Diamond In The Rough"

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



Price Reduced:
\$225,000



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

A Rally Sparks a Memory

by David Steffen

I remember the Tuesday morning. As usual, I drove from my home in West Redding, Connecticut, to the Metro-North Commuter train station in Westport. It was my first day of classes as I started grad school at the New School in lower Manhattan. (I transferred to NYU the next semester, but that's not really germane to this column.)

My Tuesday classes began at 11:00am, so my plan was to catch the 8:50 train to Grand Central Station, catch a subway to Union Square, and then walk to the campus. I parked the car at the Westport Station about 10 minutes early, and sat waiting for my train. As I sat in the car I heard a report about a small plane hitting the World Trade Center. It was 8:46am. Bad, obviously. But some of us remember reading about another crash.

On July 28, 1945, a B-25 Mitchell Bomber got lost in the fog over Manhattan and crashed into the Empire State Building between the 78th and 80th floors. Fourteen people died, including 11 in the building and 3 on the plane. Significant damage, as one can imagine, was done to the building but the structural integrity was not compromised and tourists can still ride elevators to the 102nd floor observation deck. Sitting in my car on September 11, 2001, I could convince myself that just like the 1945 crash, the World Trade Center would survive this disaster.

My train came into Westport and the conversation went through the car. The question we heard as the train left Westport was "Did you hear?" or "What do you think?". At the next stop in Norwalk, Connecticut, more Manhattan-bound travelers got on the train, and the conversations continued. Somewhere past Norwalk we got the report that another plane had hit one of the towers. It was 9:03am. At the next stop, Stamford, Connecticut, almost everyone—me included—got off the train, crossed over to the other side to head back on the next train.

When I arrived in Westport I got in my car and headed straight to Waterbury where our daughter Caitie was in school. She was 13 and I decided it would be good for her (and for us) to call it a day. Classes at the university were all canceled for the week.

The following week I, once again, caught the 8:50am train for New York, went to classes, and more or less, resumed some normality. What wasn't normal were the impromptu memorials in Union Square. Almost everywhere in this very public place there were candles and flowers on the ground, flowers and notes stuck between fenceposts; pictures taped to walls, fences, and lampposts. Union Square had become a church and home to hundreds if not thousands of very personal memorials. As I passed through the candles

and alongside the tears the magnitude of the prior-week's horror drove even deeper into all of us.

A couple of months later I ventured to ground zero. By that time a makeshift wooden walkway had been created to enable all of us to quietly walk past and look up into the now empty sky, look down into the hole, or share a glance, touch, hug, smile with the others in the quiet, non-denominational congregation.

Almost 18 years later I was listening to an interview with comedian-turned talk show host-turned-advocate Jon Stewart. I've al-



ways liked Stewart, and view him as a rationale, credible voice. And I still do. He left comedy at home. Here was Stewart adding his potent voice to a rally in New York City. Who can, for a moment, rationalize just why there has not been continuous funding for all of the needs of all of the first responders who walked into hell on Tuesday, September 11, 2001? We've all gone on with our lives, but every year 9/11 is a potent number for many of us but perhaps it's been completely ignored by others.

As reported by many news outlets on February 25, 2019 "More than 17 years after the 9/11 attacks, first responders and their advocates were back at Capitol Hill urging Congress to ensure that a victims' compensation fund does not run out of money." Stop there for a moment. Congress had the energy to write a tax cut into law benefitting mostly the wealthy, but they couldn't find time to secure funding for these "veterans" of that awful day. The website nj.com covered the day, the crisis, and the reality very well. On February 25,

"Members of the New York delegation, joined by first responders, survivors and family members, lamented an announcement by the Justice Department that the September 11th Victim Compensation Fund is running low on money and future payments may be cut by up to 70 percent."

Comedian Jon Stewart, a longtime advocate for 9/11 responders, called the Feb. 15 announcement by the fund's special master "unconscionable" and said Congress has a moral obligation to step in . . . "This is nonsense. This is theater. You know it and I know it,"

Stewart said. "If the American people in their busy lives had any sense that these shenanigans were going on, they would be outraged." He and other speakers urged Congress to act quickly to restore the fund and ensure it has enough money to pay benefits for the next 70 years — or as long as victims need it.

Obviously we have a problem in Washington D.C. Sometimes it seems as if much of "flyover" country in America may be against money for a city like New York. Or maybe it's just that it's 17 years since the attacks.

On a personal level, what I didn't mention earlier is the unique odor that hung over lower Manhattan in the weeks and months after the attacks. I've smelled any number of things during my decade in New York, but that odor, at least for me, was unique. It was memorable in the worst possible way. There were human beings helping on that Tuesday morning 17 years ago, more human beings helping and working to reclaim ground zero for years afterwards. In my opinion, if we can debate the need for a wall on our southern border, we can at least bring a debate about victim and first responder's compensation to the forefront as well. Healthcare in America is a for-profit business. Unfortunately. If we had healthcare for all, perhaps there would be no need for a rally this week. But we did.

At the very least let's take care of these people. Take a moment. Let your representatives in Washington know that it is time to act. Act now. While some of them are still alive.

Alysia Calkins & Dorothy Barrett's

Rollerville Cafe

882-2077

Outdoor Deck

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

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

ENHANCE HEALTH & VITALITY

20+ Healing Practitioners and Teachers at Your Service

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

WellnessOnTheCoast.com

"I know the answer! The answer lies within the heart of all mankind! The answer is twelve? I think I'm in the wrong building."

Charles M. Schulz (1922 - 2000)

GARCIA RIVER CASINO

SATURDAY MARCH 9TH 8:30 PM

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

SHAWN HOLT from cover

... more than capable of leading The Teardrops into a new era. The blues torch has been passed to another generation of the blues. Shawn Holt and The Teardrops, comprised of Holt, guitar/vocals, Jimi "Primetime" Smith, 2nd guitar/vocals, Vernal "Sticks" Taylor, drums, Tyson Bell Harrington, bass along with Danny O'Connor, bass and Allen "The Captain" Kirk, drums are winners for Best New Artist Debut, "Daddy Told Me" by the Blues Foundation (BMA) 2014, and the 2014 Blues Blast Music Award. The formation is currently in the



process of putting together recordings for a LIVE CD.

Tickets are \$20 for each show and \$100 for the series. (Ticket prices may be subject to change.) Series subscribers will receive preferred seating and a T-shirt; contact Tracy DuPont at 882-3400 for series tickets. Tickets are at Four-Eyed Frog Books, Sea Trader, Arena Market, The Pier Chowder House and Tap Room, and Twist (Mendocino.) The Arena Theater Bar and snack stand will be open. Series is underwritten by The Pier Chowder House and Tap Room.

I merely took the energy it takes to pout and wrote some blues.

Duke Ellington (1899 - 1974)

"I Meant To" by Meg Hamill

I dashed across the street to get the old bread from your beard, to look into your eyes and hold your hand, you lying on cardboard flattened bottom covering up the puddle of vomit that was there when I got to you yesterday. You shouting \$##* Jim or \$##* Jews I could not make it out.

I mean I meant to clean your beard. I mean I imagined doing it in my mind. I crawled in beside you and lay there with you for a while. I mean I meant to. I mean I imagined lying on the ground with you. Or at least to offer the my kale and cheese pocket.

But I stepped out instead and up the stairs to where you all sit in front of your computers doing charity work each day looking down on the hollering sleeping people on the street. I love all of you and later the violin people across the hall testing their bows and I love them too.

I want to climb up here into the closet and put old sheets over this head and fall sleep for a while, but the violins and the man hollering Jim \$##* or \$##* Jews I could not make it out - make it difficult to sleep.

I want to bring you, all of you, into the dark room where my children are sleeping. You who are screaming and puking might scare them but it is important to me that you come, so that you can feel your breath in a circle of other breath, in the dark and hold on to another person's hands, even if they are dirty, and sing your songs for us, and if you don't have any songs I will sing mine again, but if you do have a song please let it out, even if it is scratchy with not being sung for awhile - and we will try to not be afraid of you.

Meg Hamill

Sonoma County Poet Meg Hamill Featured At Third Thursday Poetry at Arena Market & Cafe March 21

On Thursday, March 21, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Sonoma County Poet Meg Hamill. 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.

Meg Hamill has published two volumes of poetry - Death Notices, from Factory



School Press and Trillions and Trillions of Heartbeats from Resonant Books. She currently serves as the Executive Director of California Poets in the Schools.

Meg received her BA in Languages and Literature from Bard College and an MFA from Mills College in Oakland. She has spent the last 20 years writing poetry while working for various social justice nonprofits including Teach for America, Save the Bay, Landpaths and California Poets in the Schools. Her poetry is and has always been infused with critical issues of the day, including global warming, oppression and peaceful parenthood.

Meg envisions poetry as a powerful tool for expanding self awareness and human connection amongst all people of all ages. As Director of California Poets in the Schools, she believes deeply that poetry has the inherent potential to change lives for the better.

Meg lives in Santa Rosa with her husband and two children in an old log cabin at the edge of Annadel State Park. She loves to be outside, camping, backpacking and hiking. At 19 she hiked the Appalachian trail from Georgia to Maine. She grew up on a large, back-to-the-land farm in Maine.

Arena Market & Café will offer wine/beer/non-alcoholic beverages, paninis, soups, sandwiches, desserts and snacks for purchase, so come hungry!

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.

Connie King Returns to Four-Eyed Frog Books March 21 Learn About Self-publishing.

Curious about how to turn your manuscript (or the vision of it) into a finished book? Four Eyed Frog Books and graphic designer & marketer, Connie King, have joined together to offer another free publishing consultation and the basics of self-publishing your book. Open to all by reservation, it's at the Frog on Thursday, March 21 from 3:00pm to 5:00pm. Sign up for a consultation to discuss your specific work with Connie, and questions are welcomed!

Writing may be the hard part, but getting published may prove even harder. You have that manuscript in hand (or the vision of it!) ... now what? Meet with Connie King in this conversational talk on The Art of Self-Publishing, and how to

turn those great ideas and literary prose into a finished book. Topics include keys to understanding print-on-demand publishing, file prep



for production, the importance of good editing and design, how to acquire ISBNs/copyrights/LCCNs, choosing a printer, e-books or print, distribution, seller commissions, and marketing — the basic 101 of self-publishing.

Connie King has loved books and art since joining the fans of Pooh Bear, Babar, and Dr. Seuss as a child. Her career began with a children's book publisher and transitioned to graphic design for exhibitions and marketing at the Fine Arts Museums of San Francisco, consulting with other Bay Area museums, and design, writing, and publishing for North Bay businesses and writers. Her book design and publishing services for local authors include Rim of the World by Robert Scarola, Mapping the Sea Ranch by Phil Graf, Wild Solitude by Lorraine Lipani, and The Happy Book by the 2nd and 3rd grade class at Horicon Elementary school. Come to Four-Eyed Frog Books, a Community Owned Bookstore, 39138 Ocean Drive (Cypress Village), PO Box 1122, Gualala, CA 95445. (707) 884-1333, www.foureyedfrog.com.

"You have to know how to accept rejection and reject acceptance."

Ray Bradbury (1920 - 2012)

A gift of words



WILD SOLITUDE
love poems

Book available at
Jalala Arts Press
jalalaarts.com and
Four-Eyed Frog

by local author & artist
Lorraine Lipani

NATIONAL INDIE EXCELLENCE AWARD

Poetry

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

"A room without books is like a body without a soul.

Marcus Tullius Cicero
(106 BC-43 BC)

1. **Tidelog 2019-Northern Calif. Edition**

2. **Mendonoma Sightings**

by Jeanne Jackson & Craig Tooley

3. **Hikers Hip Pocket Guide to Mendo Coast**

by Bob Lorentzen

4. **All That the Rain Promises and More**

by David Arora

5. **Indian Horse**

by Richard Wagamese

6. **Mushrooms of the Redwood Coast**

7. **Tattooist of Auschwitz**

by Christian Schwarz

8. **The Last Ballad**

by Wiley Cash

9. **qh awala.li**

by Annette White-Parks

10. **Sea Ranch: Fifty Years of Architecture, Landscape, Place and Community on the Northern California Coast**

by Donlyn Lyndon

11. **Whales, an illustrated celebration**

by Kelsey Oseid

12. **You Don't Have To Say You Love Me**

by Sherman Alexie

13. **Ottolinghi Simple**

by Yolam Ottolinghi

14. **Devotions**

by Mary Oliver

15. **Sea Ranch Architecture, Environment and Idealism**

by Jennifer Dunlop Fletcher

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

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

Another Book You Might Like*

*. **Upstream by Mary Oliver**

by Mary Oliver

Where Did You Get This Number?: A Pollster's Guide to Making Sense of the World

A Book By Anthony Salvanto, Reviewed by Jennifer Bort Yacovissi

"A timely reminder that saying you're going to vote isn't the same as voting."

Have you ever actually read the entire text and results of a poll? Me, neither, at least not until I got hold of CBS News Director of Elections and Surveys Anthony Salvanto's enlightening book that explains exactly what polls are, how they're constructed and conducted, and what they intend to do.

What's most surprising, given the hash of numbers reported in stark red-and-blue terms practically hourly at this point in the election cycle, is the level of nuance contained in a well-constructed, well-conducted poll. Because a poll doesn't just want to know what we think; it wants to know what we feel, and it wants to know why. A good poll seeks to understand.

Who knew?

Salvanto begins *Where Did You Get This Number?* exactly where many readers do not want to go: November 8-9, 2016. He reconstructs the presidential-election timeline from his perspective, which is as fascinating as it is gut-wrenching.

For example, he describes the Quarantine Room, a secure location — no Internet, no Wi-Fi, no cellphones allowed — where reps from news networks go on Election Day to view early exit polling. Once a rep walks in, she or he is committed to stay there until 5 p.m. They are serious about no leaks.

Sitting at the CBS Decision Desk, which is on-set in the background of the live election-night broadcast, Salvanto made the call for the election of the 45th president of the United States at 2:52 a.m. on November 9, 2016. He and his team had watched enough of a consistently low Democratic voter turnout and the steady wash of red across the map that he didn't need to see any more.

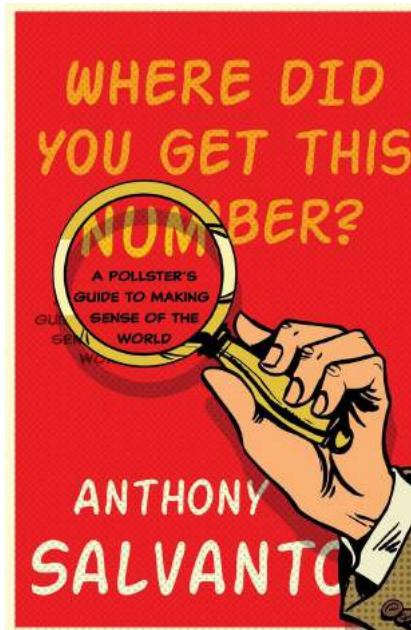
The author lays out a highly readable discussion using real-world examples that illustrate the value of polling, not the least of which is tracking changes in attitudes, beliefs, and feelings over time.

Salvanto cogently explains why 1,000 people really is all that's needed to build a representative sample of the U.S. The short-hand is that no one needs to eat the entire pot of soup — or spaghetti sauce — to know what it tastes like. A small spoonful or two is all it takes.

But just like making good soup or sauce takes time and talent, putting together that sample takes carefully developed algorithms and, these days, significant computational power. It's no accident that Salvanto is a Ph.D., or that he and his peers have

spent years in this business honing their understanding of what works and doesn't work.

He explains the issues with poll aggregations, which lose any connection to the



various underlying methodologies and thereby consolidate unlike things. Salvanto's advice is instead to pick a couple reputable polls, stick with them, and read the full results. He also describes the concept of forecasting, which has been popularized by Nate Silver and his FiveThirtyEight website and is a separate thing altogether.

We learn how poll questions are formed and the nuance of phrasing — for example, avoiding anything that implies what a person should or shouldn't do or think — and that questions typically attempt to figure out what a person believes, how they feel about it, and what they are going to do about it.

The answers to those three questions are gold to a political campaign in figuring out whether their message is getting through, whether it's resonating, and whether ultimately it will cause people to follow through as desired.

But it often takes a lot of questions to really figure out what's going on, and sometimes a campaign poll stops asking when it hears the answer it's looking for. Salvanto uses the example of a large percentage of people agreeing that Hillary Clinton was more qualified than her opponent to be president, even as that never seemed to equate to a larger overall lead — "a classic problem in Marketing 101 of attributes over benefits."

CBS asked an additional question: "Which candidate makes you feel more safe?" And the answer there was far more telling.

So what about that whole disaster surrounding polling versus reality from early November 2016? It turns out the polls weren't really wrong. Beyond the chronic and widespread misreading of poll results, for one thing, polling data was absent from crucial places like Michigan, where Democrats incorrectly thought they had things wrapped up, because attention was focused on the traditional battleground states.

Also, people who told pollsters they hadn't decided yet just a few days before the election broke overwhelmingly for the eventual winner; reluctant Republicans overcame their reluctance.

And, perhaps most crucially, many respondents who said they were definitely voting, and definitely voting for Clinton, did not vote at all. Was it the James Comey effect, or did the outcome simply seem so certain, based on the prevailing poll numbers, that people felt no particular urgency to vote?

As chapter nine's title states, it all comes down to turnout. No one ever got elected because they were ahead in the polls; they got elected because more of their supporters turned out to the polls:

"Think about how much leverage over the world voters have over nonvoters...When Republicans won a House majority in 2014, their candidate totals represented less than one-fifth of potential voters. For the winners, that's a lot of leverage."

A functioning democracy demands an informed and engaged electorate. When people say their vote doesn't count, they are ignoring the increasingly razor-thin margins that decide many races. In January, control of the Virginia House of Delegates was decided by drawing a name from a bowl.

At this writing, early voting in the 2018 midterms is well underway in many states, and the turnout, by all reports, is blasting far beyond previous levels. If it took the outcome of the 2016 election and the ensuing two years of eye-popping consequence to reignite U.S. citizens' commitment to voting, perhaps that will have been worth it.

Phillips Insurance Agency

Auto - Boats - Homeowners - Renters
Business & Commercial - Life Insurance
Annuities & IRA'S

Andrea Phillips

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



884-1740

Redwood Coast
Chamber of Commerce

The Sonoma - Mendocino
Coastal Connection
Visitor Center Hours



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

39150 S. Hwy 1 in the Forte Gualala Bldg.

tel: (800)778-5252 or 884-1080
www.redwoodcoastchamber.com

Scuttlebutt

by Mitch McFarland

The New Green Deal is certainly creating a lot of conversation- and that is exactly what it is intended to do. Even though it is merely a resolution of intent, it has the mainstream establishment freaking out. Such cries as “they’re coming for your car” or “you’re not allowed to own cows anymore” are definitely more ridiculous than, say, we are destroying the life supporting systems that allow us to live on this planet.

Let me say early on that I believe the social goals included in the proposal, while laudable in themselves, should not be included in a plan to retain the earth’s ecosystem. I’m afraid I think it is more important for us to solve the issue of human survival before chasing the illusive human happiness.

Other policy goals complicate the politics and, of course, dramatically increase the cost. Let’s save the planet first so that there will still be humans to become more just and equitable.

The denial of most Americans of the level of danger of climate change reminds me of the analogy of the frog in the warming pot. Or maybe the Emperor’s New Clothes is a better comparison. While it should be perfectly obvious that the earth has been altered by human activity, many people are more concerned about a fake crisis at the border than the real crisis facing humanity. Perhaps, because the problem is so huge and ominous people just can’t face it; but it should be the responsibility of government to encourage us and to show us how to be part of the changes we must make.

What is interesting to me is that those who are predicting catastrophic effects from trying to meet the global warming challenge ignore the consequences of doing nothing. There are plenty of studies telling us how expensive and disruptive non-action would be. While entrenched interests warn of eminent disaster if we try to meet this challenge, what they really mean is, “do we

really have to change our lifestyle to have serious effect?” To some extent, yes, we do, but it doesn’t have to be painful- some of us think of it as interesting. The Reason magazine blog, in their apoplectic fit, claims, “It invokes climate concerns to urge Congress to adopt a sweeping plan to totally remake the American economy.” It is, they decry “A Bizarre Grab-Bag of Terrible Ideas” (their caps).

Let there be no denying the fact that we are going to have to change the way we live on this planet. The old idea of unlimited resources should have been discarded about the time the human population hit one billion, shortly after Thomas Newcomen’s first commercial, continuously operating steam engine.

In 2015 a team of Stanford engineers led by Mark Jacobson actually worked out what it would take to convert to total renewable energy use. It is a big order: half a million wind turbines, tens of thousands of utility scale solar systems, millions of residential systems, and an extensive array of storage facilities. This is where the WWII and moonshot comparisons come in, but this is no moonshot. That mission merely required a focusing of energy and resources. Unlike the moonshot, WWII required the active participation of every American citizen. And some sacrifice.

Funny thing is, I grew up in the fifties and spent the whole decade listening to my parents (and everyone else’s parents) talk about “the war effort”. Though they vividly retold stories about the sacrifices they all had to make, they always seemed really proud of what they had done. They also found that working collectively with their neighbors was a positive experience, both for themselves and the nation as a whole. It was easy to sense their pride in having come together as a nation to face a common threat.

Of course, there was no denying after Pearl

Harbor that a crisis was upon them. No such sense of imminent danger exists for many of us and having the President and a major political party telling the populace that it is a hoax certainly doesn’t help matters.

Todd Stern, Obama’s chief climate envoy, called for some of “that old comic book sensibility of uniting in the face of a common danger threatening the earth. Because that’s what we have here.”

The problem with the WWII comparison is that during that crisis the nation devoted nearly all of its resources to the military. In our effort we must divert money from the military to win this war. Not that the military has no role to play and, in fact, they are leaders in alternative energy research and deployment. Luckily, the Pentagon deals with reality instead of politics. It is just that things like 12 new-class Columbia nuclear submarines with the lifespan cost of \$347 billion will probably have to be let go. You have never even heard of that program have you? General dynamics and the other contractors building those war machines could still get plenty of contracts from the government, but maybe to build wind turbines instead.

Whether we believe it or not, our lives are all going to be affected during this next generation. As the Earth continues to change in ways we have not yet experienced, resource wars, agricultural dislocations, and famines are certain outcomes. How quickly we adapt will determine the extent of pain to be suffered by humanity. Most national governments worldwide are beginning to take serious action. Whether ours does or not will depend on who we decide to put in charge.

"I'm Not Running" National Theatre Live From London, March 23 At Arena Theater

As part of the National Theatre Live series, "I'm Not Running," an explosive new play by David Hare, will screen at Arena Theater on Saturday, March 23, at 1:00pm, with doors opening at 12:30pm.

Sian Brooke plays Pauline Gibson, a doctor and leader of a campaign to save her local hospital, who faces agonizing decisions about her future in politics and a friendship that spans 20 years.

One of the UK's most prolific and critically acclaimed writers, having written extensively for the stage, television and film, Hare was recently described by The Washington Post as "the premiere political dra-



matist writing in English". An examination of private lives versus public personas, "I'm Not Running" follows in his political drama style and is Hare's 17th new play to be presented at the National Theatre. His other work includes "Pravda" and "Skylight," broadcast by National Theatre Live in 2014.

"I'm Not Running" has a runtime of 170 minutes including one intermission and tickets are \$18, \$5 youth (18 and under), available online at www.arenatheater.org. More information at (707) 882-3272.

HEALING ARTS & MASSAGE CENTER

JUDITH FISHER SWEDISH
 JOANN DIXON DEEP TISSUE
 ALISA EDWARDS CRANIOSACRAL
 NITA GREEN HOT STONE

BILL SCHIEVE, L.AC, DC ACUPUNCTURE, CHIROPRACTIC

CYPRESS VILLAGE, GUALALA
(707) 884-4800

PHYSICAL THERAPY

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

MEDICARE • AARP • BLUE SHIELD
 OTHER INSURANCE • PRIVATE PAY

Celebrating 30 Years

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

Copyright 2019 by The Puzzle Syndicate

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

(Answer appears elsewhere in this issue)

Mark Your Calendar
The Sonoma-Mendocino Coast
Whale and Jazz Festival
Is Headed Your Way: March-May, 2019

Presented by Gualala Arts and taking place (in part) during the Smithsonian Institute's Jazz Appreciation Month of April, this highly regarded festival captures inspired, original jazz art work, whale education, jazz films, poetry and jazz, an annual Chowder Challenge and tasting and live



music in atmospheric and beautiful settings, conducive to a special coastal experience. The venues include wineries and restaurants, inns, from Annapolis to Point Arena, a wine bar, the classically restored Arena Theater and the Gualala Arts Center nestled in the coastal redwoods. We know you'll want to start making notes on your calendar, so here's a brief rundown of the festival.

- Arena Theater will screen the film "I Called Him Morgan", Monday, March 25, 7:00pm. A film about love, jazz and America.
- The Susan Sutton Trio will be at St. Orres, Friday, April 5, 6:00pm and 8:00pm seatings.
- The Annual Chowder Challenge is Saturday, April 13, 11:30am at Gualala Arts, and features the return of Barnebey's Hot Four.
- Poet Jahan Khalighi will appear Thursday, April 18, 7:30pm, at Third Thursday Poetry and Jazz in Pt. Arena.
- This year's Main Event at Gualala Arts, Saturday, April 27, 7:00pm, introduces the Global Harmony Jazz Sextet, featuring stellar Bay Area musician/composers Erik Jakobson, trumpet/flugelhorn; Tommy Kesecker, vibes/marimba; Colin Hogan, piano/accordion; Pierre Archain, acoustic bass; Hamir Atwal, percussion, and Israel's Yami Schwartz on guitar, returning this year by popular demand. And there is the 2019 Festival Youth Discovery, 15-year-old violinist, Tessa Schwartz of Berkeley (no relation to Yami).
- Baku performs at Annapolis Winery, Sunday, May 18. Baku features Harrison Goldberg, saxophones and percussion, Chris Doering, 7-string guitar and guitar synthesizer, Tim Mueller, 6-string guitar and guitar synthesizer, David French, upright bass and percussion, and Nancy Feehan, cajon and percussion.

The Whale and Jazz Festival is a painstakingly created event under the direction of music coordinator Fred Adler.

Choosing Where We Want To Go, by Warren Galletti

Editor's Note: This is the second of a five-part series on the Point Arena schools written by District Superintendent Warren Galletti. This column introduces the school district's Strategic Plan, a three-year plan encompassing 2019-2021.

One of my first jobs when I returned to Point Arena as District School Superintendent was to develop a strategic plan to guide our progress in making needed changes at our schools.

Our Strategic Plan is modeled after a plan for "Mendocino Colleges," which I helped develop when I was County Superintendent. We started from scratch because they didn't have a strategic plan. Our Strategic Plan is modeled after theirs because our schools have similar goals and needs.

Goal #1: Implement an educational system that prepares students for success in College and/or Career.

Goal #2: Create a safe, orderly, productive, positive, healthy learning environment that cherishes diversity and collaboration.

Goal #3: Engage our Parents, Guardians and Community in a healthy/collaborative working partnership that supports the growth and success of our students.

Each of the three goals has specific strategies designed to achieve the goal, plus metrics to measure progress. Catherine Chin, our Business Manager, monitors how many dollars we're spending on each metric.

But a strategic plan works only as long as you keep it as a living document and not just as a piece of paper or wall decoration. Let me tell you how our District Strategic Plan was developed and how we're using it to guide our decision-making.

When I arrived last year, we didn't have a workable strategic plan. An attempt had been made three years ago, but it looked more like a narrative than a strategic plan, "Point Arena is located..."

Self review, the crux of any plan, can't happen without having all stake holders involved. Instead, the old plan was written without consulting the stakeholders. It was evident the community, teachers and students were not involved in the process.

The process for developing our current plan was modeled on the process for developing strategic plans for the school districts in the five counties of Region 1 of the California County Superintendents Educational Services Association (CCSESA), which implements the policies of the California Department of Education. [Editor: the other four counties in CCSESA Region 1 are Humboldt, Del Norte, Sonoma, and Lake.]

I participated in the development of those

plans as Mendocino County Superintendent of Schools. We held dozens of community meetings and worked with staff and outside consultants to help develop those strategic plans. I learned a lot from the process.

For one thing, the five counties in Region 1 are alike. They have similar economies and histories, and their populations are similar in demographic terms -- ethnic diversity, income and education levels. Sonoma stood on its own a little more, with more resources.

"The number one cause of losing employees is housing, as it is here in Point Arena."

Lake County had many more issues, including natural disasters, than we have.

But one common thread in all the county strategic plans was staff recruitment and retention. The number one cause of losing employees is housing, as it is here in Point Arena. Other similarities were shortage of special education and mathematics teachers, absenteeism, and transportation. (I will discuss these issues further in a future column.)

The last school district I worked with was Mendocino. We started from scratch because Mendocino didn't have a strategic plan. Basically, we have used the Mendocino Schools model for our strategic plan because the county and Point Arena schools have similar goals and needs.

Our goals, #1 and #3 are similar to Mendocino's.

What sets Point Arena's Strategic Plan apart from Mendocino's, and from the plans of the other five counties in Region 1, is Goal #2. Our Goal #2 reflects a huge amount of community input.

It's the result of a series of community meeting where Lisa Riboli, our School Secretary, took detailed notes. I'd look at these notes over and over again. There were also a lot of individual meetings, formal meetings with the School Board, questionnaires

mailed to local homes, and ICO articles asking for ideas. At times, it felt like I was trying to corral cattle in a windstorm, but I knew there were important ideas there.

One thing really stood out: school climate and culture. Employees wanted to be excited about being at work, and about working together. They wanted to model this idea of positive behavior and have it rub off on the student body. Maybe it could improve attendance, student motivation, and behavior.

I believe this culture piece is huge. It's the foundation of a healthy school district!

As a goal, Goal #2 is unusual. It was a community goal reflecting more community input. It came straight from the community meetings.

I heard over and over again: culture, without positives, is not going to enhance the education of our students because, if staff members don't enjoy working together, students will sense negative vibes, and behavior won't be positive. Seeing negative behavior in adults trickles down into the student body.

Our Wellness Program, which is another part of Goal #2, came out of these community meetings. So did focused plans to deal with alternatives to suspensions such as "restorative practices," which teaches how to improve and repair relationships between people and communities. This is a program I developed and implemented in Ukiah's schools where it helped to resolve and avoid conflicts there.

You can see the change in culture even in small examples. Recently, Willits' Superintendent Mark Westerburg told me this story. He'd attended a tournament here last year, and then again this January 12.

He said something like: "I can't believe the change in student behavior. Last year, I got off the bus at the gym and I heard the F bomb several times. Today, when I got off, I stopped to thank two students for helping me with my athletic equipment, and they said, "you're welcome!"

Family Resource Centers

Action Network

Upcoming Events 2019



Strengthening our commUNITY-one child at a time

Cinco De Mayo— Sunday, May 5th at Bower Park, Noon to 3pm. Bring your families, enjoy authentic mexican food, watch Folkloric Dancers and listen to Mariachi's. Lots of kids games with prizes, jumpy house, and fun for all ages.

15th Annual Gualala River Run - Saturday, Oct 12th. More details to follow

Donate! Action Network relies on the generosity of donors to provide our programs and services to community. Here are some ways to give:

Phone: Donate over the phone with Visa/MasterCard or AMEX by calling 707-884-5413.

Mail: Donation by mail can be written to Action Network and mailed to P O Box 1163 Gualala, CA 95445

PayPal: We are happy to accept your one-time donation via PayPal. Check out our website for the link.

www.actionnetwork.info

For more information call 707-884-5413, visit www.ActionNetwork.info or on FB.

Changing Times In Pt. Arena

by Kersten Tanner

When I first arrived in Point Arena in the bicentennial year of 1976, there was an Air Force base, Loran and Coast Guard stations, thriving logging, fishing, and construction industries. Multiple logging trucks rumbled through town everyday, and a dozen or so commercial fishing vessels moored at Arena Cove. New home construction was booming on the ridge and in The Sea Ranch. Within a few years all the military closed and left, the fishing fleet pared down to three or four commercial vessels, the Coastal Commission slapped tighter restrictions on construction, and the logging industry shrank to a few trucks a week.

In 1976 Main Street hosted two grocery stores, three gas stations, a dress shop, shoe store/repair shop, fabric store, and stationery. There were five restaurants and five bars and a laundromat inside city limits. The opening of Sunstrom Mall in Gualala lured many of those businesses away, and then big box stores further eroded local retail. The business model continued to morph into shopping on the internet. This led to virtually no retail left in town. These days tourists wander aimlessly through town staring wistfully into empty shop fronts.

In the 1970's many local young adults left for opportunities elsewhere, as droves of college educated 'back-to-the-landers' swarmed here with an idealized images of sustainable lifestyles in the country. We filled the available jobs in schools, construction, fishing, and enjoyed the space to garden and/or create artwork. The marijuana industry filled in the employment gaps. It flourished in this county with some large gardens, and many mom and pop operations that seasonally employed friends and neighbors. Whether personally involved or not, no one could ignore the influx of cash into the community. Even the local grocery store sold tools of the trade and displayed them in their window at the seasonally appropriate time.

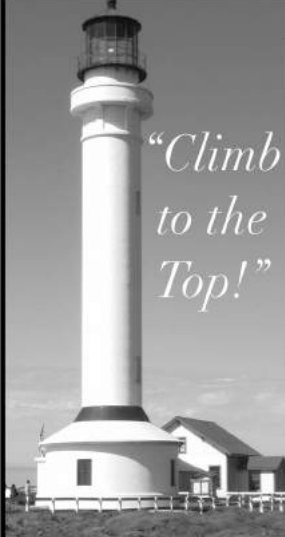
Now with the legalization of marijuana large grows in warehouses are moving the industry to urban areas and this town is at a new threshold of monetary anemia in the local economy. It appears to be time to "re-invent" this town again. The obvious uptick is in tourism and businesses like Franzy's Cup & Saucer, Lisa's Luscious, and The Little Green Bean add to the tourist draw as well as fill local needs and desires. More visitors appear from further afield to enjoy walks on the Stornetta Lands and the beautiful scenery here on the coast. Despite the difficulty in getting here, there is an amaz-

ing assortment of activities for the visitor for such a small town with the pier, lighthouse, theater, exotic animal preserve, casino, live music and the longest stretch (12 miles) of publicly owned and accessible coastline in California. But in bad weather the options for tourists shrink dramatically.

Perhaps we could rectify this situation and open an avenue for the inward flow of money by designating and promoting "Destination Point Arena Weekends" when the timing of events could be coordinated with the theater, library, other nonprofits, music venues, the lighthouse, pop up markets and more. Pop ups could be open on three-day weekends and/or during daytime weekend theater shows. Some markets could have a specific focus like crafts one time, vintage and collectibles, or ocean themed another so the change keeps them fresh and interesting.

Just such an event is happening Saturday April 13th from 11am to 6pm with the Third Annual Almost Fringe Festival sponsored by the Point Arena Merchants Association. This festival is on the same day as the Wind & Whale Celebration with giant kite flying at the lighthouse, and the Blues on the Coast series at the theater. There will be food vendors in the theater parking lot and a pop up market with crafts, foods, vintage clothing and more in a shop front to be announced. This entertaining springtime festival celebrating edgy arts of all sorts is right in step with this wonderfully unique small town with so much to offer, and it invites locals to appear in Festively Fringe Attire – interpret as you may.

To have your name and contact information added to a list of pop up vendors for future events please email Kersten Tanner at ktanner@mcn.org with your specifics including what you would like to sell.



"Climb to the Top!"

Point Arena Lighthouse

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

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

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

PointArenaLighthouse.com

A Tribute to Mary Oliver

by Lorraine Lipani

Mary Oliver is a dear companion of mine. I keep her books all on a shelf of their own, a body of work that never fails to nourish me. She passed away on January 17, 2019, and though I had never met her, I mourned her as a fine poet who had none the less mentored me in my own writings.

Her style is conversational free verse, accessible enough that I feel I am right there walking beside her in the woods. We both pay attention to the natural world, and love it. We are both humbled by the beautiful mystery; a spirituality sensed in the outer world that reflects something of the inner.

Oliver taught poetry for many years at Bennington College in Vermont, was awarded among other honors the Pulitzer Prize and the National Book Award. She lived much of her adult life in Provincetown, MA

with her lover Molly Malone Cook. It was her habit to walk early by the coast or in the wild Province lands, carrying a notebook and pencil to capture words as they came. She stands with the ecstatic poets like Rumi, Whitman and Millay, and with naturalists like Emerson and Muir.

At her passing I was surprised to read that her writings had mixed critical reviews. Her poems celebrate the wildness of life, often ecstatically, yet well aware of the inevitability of death and grief. Her poems originate in deep listening, in heart-speak. They are not convoluted with an acrobatic use of

words that often makes poetry an elite form of literature. They are poems for the people.

Poetry is a broad field historically, well suited to calls for social justice and expressions of anger against oppression, as well as searches for meaning in a chaotic world. But how telling is it that "praise" poems are considered less worthy than "rage" poems in a media culture where good news is considered less marketable than fear?

If you have not experienced her, "Devotions" is the most recently published selection of Oliver's poems and a good place to begin. "New and Selected Poems" Volume I and Volume II are also fine collections. Once you are intrigued, there are many individual books of her poetry and prose to explore, like "Dream Work," "Why I Wake Early," and "Blue Horses."

In addition to her books of poetry and prose, Oliver also produced two guides to poetry writing, "A Poetry Handbook," and "Rules for the Dance." In "A Poetry Handbook" she says at the end, "Poetry is a life-cherishing force. And it requires a vision—a faith, to use an old-fashioned term. Yes, indeed. For poems are not words, after all, but fires for the cold, ropes let down to the lost, something as necessary as bread in the pockets of the hungry. Yes, indeed."

Lorraine Lipani is a local artist, and author of "Wild Solitude: love poems."



South Mendocino Coast Bus Service

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

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



800-696-4MTA



Crossword

by Margie E. Burke

ACROSS

- 1 Ballroom move
- 5 Skirt feature, sometimes
- 9 M, to Einstein
- 13 Study aide
- 15 Garden walkway
- 16 Death notice, briefly
- 17 Addams Family's Fester, e.g.
- 18 Law firm newbie
- 20 Something huge
- 22 Seller of Alaska in 1867
- 23 UPC part
- 24 Foreshadow
- 25 In the direction of
- 28 Big bully
- 29 SNL segments
- 30 Refinery residue
- 31 Scruff of the neck

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

Copyright 2019 by The Puzzle Syndicate

- 35 Biblical boat
- 36 Understanding
- 39 Greyhound, e.g.
- 40 Commuter line
- 42 Right on the map?
- 43 Seize illegally
- 45 Abstract style of the '60s
- 47 In a monotonous way
- 48 Merlot, for one
- 51 "___ here long?"
- 52 Embroidered hole
- 53 Success at the expense of others

- 60 Big cat
- 61 Palindromic term of address
- 62 Xbox enthusiast
- 63 Repair, as clothing
- 64 Nose out
- 65 Tear apart

DOWN

- 1 Concert memento
- 2 It can be hard to carry, for some
- 3 Cut into glass
- 4 Skunk
- 5 Sudden gush

- 9 Wet
- 10 Put down
- 11 Peaceful protest
- 12 Place of another
- 14 Penitent's emotion
- 19 Rudely terse
- 21 Simon's couple
- 24 Chris of "Jurassic World"
- 25 Ivan the Terrible, e.g.
- 26 Creole veggie
- 27 Online prefix with -pedia
- 28 Great time
- 30 Flat replacement
- 32 Go up against

- 38 Christmas crackler
- 41 Area prone to flooding
- 44 Marine hazard
- 46 ___ Piper
- 47 Attorney's charge
- 48 Bailiwick
- 49 Eagle's home (var.)
- 50 Exorcist's target
- 51 Ecological community
- 53 Stars and Stripes, e.g.
- 54 British title
- 55 Word said



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



Natural
Cosmetics
Homeopathic
& Natural
Remedies
Available

MediCal
& Insurance
Cheerfully
Accepted

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

arena technology center

monday thru friday
3:30pm - 7:30pm
(no tech center patrons allowed on school property until 3:30pm)

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

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

707.882.4173
arenatechcenter.org
(a subsidiary of the port arena schools)



100.5 FM

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

"Steller Sea Lions: Magnificence, and a Mystery"

by Mary Jane Schramm

Unfazed by the chaos of the rookery, the female sea lion stretched, her blonde pelt glowing against the dark granite rocks. Her midsection contracted, and she arched back, rolling over on her side. This continued until finally, a small head appeared between her hind flippers, shiny and wet, then the rest of its small body. Alert gulls pounced on the afterbirth that followed,



squawking and squabbling until they settled into their meal. The new mother curled around, sniffed at her newborn and vocalized, a soft, throaty growl. It responded with a lamblike "ba-a-a." Thus began a bonding that will last until her pup grows fat and fully independent.

In the cold North Pacific from Japan



and Russia, along the Aleutian chain fringing the Gulf of Alaska, and down North America's coast to California, the Steller, or Northern sea lion, *Eumetopias jubatus*, embodies nobility, fearsomeness and yet frailty. Named for naturalist Georg Wilhelm Steller who first described them in 1741, these are the world's largest sea lions. Their physique and demeanor demand that species sharing their territory give them a wide berth.

Stellers prefer isolated mainland beaches and inaccessible islands, safe from disturbance. Throughout the region they were extirpated by hunters in the 19th Century. They partially recovered due to the Marine Mammal Pro-

tection Act of 1972 which makes it illegal to hunt, harm or harass them; some populations are further covered by the Endangered Species Act.

But mystery surrounds the sharp decline of their Western Pacific population. Between 1980 and 2000 over 80% of them disappeared from Russian and Alaskan waters. The western population was declared "endangered" in 1997. The Gulf of Alaska population has stabilized, but continues to decline in the western and central Aleutians. Nutritional stress from food scarcity due to natural and human-caused changes in the abundance, quality and distribution of prey; killer whale predation, disease and parasites are suspected. More frequent, intense storms, pollution, and entanglement in marine debris and fishing gear also take a toll.

NATURAL HISTORY: Steller males can reach 11 feet and up to 2,500 pounds. Females grow to nine feet in length, weighing a respectable half-ton.

Their coats are tan to reddish-gold when dry, darker underneath. Short, stiff hairs permit efficient swimming and give protection on sharp rocky haulouts. Adult males develop a thick shaggy mane, which gives them an "Arnold Schwarzenegger"-like build and a formidable bearing.

Steller sea lions have broad leathery flippers, and can "walk" well on land. They have a wide, flat forehead, and males lack the sagittal crests sported by California sea lion bulls. Small

external ears, and long, tactile whiskers (vibrissae) complete the ensemble. Their voices are low, guttural growls or bellowing roars.

BREEDING: Most of the Stellers' breed-



ing rookeries are in the Gulf of Alaska and Aleutian Islands. A bull fiercely defends his harem and territory for up to two months, fasting all the while.

Pups are born in spring and summer, and average around 40 pounds. Maternal investment in her pup is intensive: she will nurse it without feeding herself for up to two weeks, then continue to nurture it as she teaches it to swim and forage for up to three years.

Their diets vary seasonally and by location: mackerel, herring, capelin, flatfish, octopus and squid, rockfish; and walleye pollock, of fish-and-chips fame. Sadly, juvenile Stellers' reliance on this overfished delicacy in the Gulf of Alaska may play an unfortunate role in these young sea lions' decline. Infamously, Stellers prey on endangered Chinook salmon and steelhead, which has significantly hampered these fishes' recovery. This has generated a heated controversy, and scientists, fisheries and the conservation community are engaged in lively discussions about how to resolve the quandary.

Regionally, the Steller sea lion rookeries at the Farallon National Wildlife Refuge in the northern Farallones Archipelago, and at



Ano Nuevo Island within our national marine sanctuaries, designated as critical habitats, are thriving.

Next visit to the coast, search them out: on jagged islets off Pt. Arena, the flat rocks off Fort Ross, near the Point Reyes Lighthouse, and Sea Lion Overlook. Nature cruises to the Farallon Islands often spot them. Admire, and wonder at the complexity of the world in which we and they live.

See more about the salmon/Steller situation at National Geographic Video. And learn more about our sanctuary at <https://farallones.noaa.gov>.

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

Photo: Far left, top: Steller moms use smell and sound to identify pups in crowded rookeries. Credit: Pixabay Images. Far left (center): Transmitter on head tracks sea lion movements. Credit: NOAA; Bottom center: Steller bull and female amid his harem. Credit: Robert J. Wilson/GFA; Near left: When a Steller bull roars, listen up! Credit: US Fish & Wildlife Service; Near left, bottom: Steller rookery; note darker fur of young pups in foreground; Credit: NOAA

B. BRYAN PRESERVE POINT ARENA, CALIFORNIA



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

707-882-2297

www.bbryanpreserve.com

Preserve.
Protect.
Defend.
Wildlife.
Please.

KGUA IS EVERYWHERE



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

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



UNEDA PIZZA
at the Point Arena Cove


790 Port Street, Pt. Arena 95468

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

www.unedaeat.com
707-882-1960

"Every artist dips his brush in his own soul, and paints his own nature into his pictures."
Henry Ward Beecher (1813 - 1887)

My business was a 90-pound weakling until I advertised in the Lighthouse Peddler.



Bulk Up Your Business. Advertise in the Lighthouse Peddler.

Contact us for a quote!
lighthousepeddler@mcn.org
www.thelighthousepeddler.com

Artists' Collective in Elk Features "Leather, Glass, Water" In March

Opening Reception March 9 With Artists Carol Frechette, Cathy Riehm, and Carol Chell

The Artists' Collective in Elk will present the show "Leather, Glass, Water" for the month of March. A reception for the artists is set for Saturday, March 9, 3:00pm to 5:00pm. Elk Gallery is located at 6031 South Highway 1, Elk. The artists are leatherworker and felter Carol Frechette, glass fuser Cathy Riehm, and watercolorist Carol Chell.

Carol Frechette makes hats, bags, purses, and other accessories from leather, cotton and wool. Says Frechette, "I dedicated 20 years to designing, manufacturing, and selling hats all over the globe. I now carefully craft each article in my studio, using a diversity of sustainable and organic fabrics, upcycled and local leathers and hides, and other resources from our North-



ern California Fibershed. It is not unusual for me to meet with local sheep farmers, even to attend and assist with sheep shearings, to purchase some of their wool; or to visit the naturally colored cotton fields in Capay Valley [Yolo County], where I procure beautiful yarn and fabrics that grow in the

field in their natural colors of brown and green. Branches on the forest floor become buttons; sheep wool becomes hats; hides become coveted clutches; scrap leather destined for the landfill are transformed into whimsical pouches."

Cathy Riehm has been fusing glass for over twenty years. She says, "My home is my studio, where I usually have one of my two kilns firing at any given time. I make all of my pieces one at a time—they are patterned, cut, stacked and fired individually. I also make my own molds from fiber paper which allows me to create fused glass in many different shapes."



Riehm added "My pieces for this show are influenced by Navajo rug patterns. The spirit of the patterns and the emotion of the colors are incorporated into my fused glass. I like to create functional and beautiful glass work—platters, plates, soap dishes, clocks, vases and night-lights . . . all to be both utilized and enjoyed visually."



Carol Chell's loose, fluid, slightly abstract landscapes will also be featured in the show. Chell says of her work, "I work quickly be-

ginning with large brushes in order to give the painting strong composition. I try to capture light, carrying the light throughout the painting. It's important to me that the eye move freely within the composition. I often use a bit of mixed media, large crayons and occasionally collage to bring life to the painting. My paintings are not meant to copy the scene but provide a place for the mind to linger and connect with what they see in the painting. An artist requires technical skills, but more important is the ability to translate what they see into a statement of the heart. I work either plein air or from photographs for inspiration. I usually change parts of a photograph composition-



ally. Details have become less important to me over time." She has taken workshops with some of the best watercolor artists in the country including Fred Graff, Dale Laitinen, Judy Greenberg, John Hewitt, Karen Bowers and Patricia Osborne.

The gallery is located in Elk at 6031 South Highway 1, between the post office and Queenie's, in Greater Downtown Elk. Elk Gallery is open daily from 10:00am to 5:00pm. Information is at 877-1128.

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

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

On The Radio
On Line
On Your Phone



88.1 FORT BRAGG | 90.7 PHILO | 91.5 WILLITS & UKIAH

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



THE PIER Chowder House AND TAP ROOM

Open Thursday-Tuesday • 11:00am to 8:00pm
Serving Seafood, Burgers, and More!
In The Bar: Taco Tuesday: 5 pm 'til we run out
Thirsty Thursday—\$2 pints, 6-8pm

Call for Reservations: (707) 882-3400

790 PORT ROAD (The Cove) IN POINT ARENA



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

- Friday 01: 2:00pm, Mendonoma Health Alliance "Matter of Balance" classes.
- Friday 01: 5:00pm, Art Opening at Coast Highway Art Collective" in Pt. Arena.
- Saturday 02: 9:55am, MET Opera Live, "La Fille du Régiment" at Arena Theater
- Saturday 02: 5:00pm, Art Opening, "Papers & Brass" at Dolphin Gallery, Gualala.
- Saturday 02: 7:30pm, Highway 1 Revisited plays the music of Dylan at Gualala Hotel.
- Saturday 02: 7:30pm, Mendocino English Country Dance at Caspar Community Center
- Sunday 03: 8:30am, Garcia Guild Breakfast (w/Franny) at Manchester Community Center.
- Sunday 03: 4:00pm, Wall of Birds. Four-Eyed Frog hosts at Action Network Conf. Room
- Monday 04: 7:00pm, Girls Choir of Hamburg concert at Gualala Arts
- Monday 04: 7:00pm, "The Triplets of Belleville", Arena Theater Film Club
- Thursday 07: 5:00pm, Art In The Schools Exhibit, Opening Reception at Gualala Arts
- Friday 08: 6:00pm, Murder Mystery Dinner at Gualala Arts
- Saturday 09: 2:00pm, Murder Mystery Theater (no dinner) at Gualala Arts
- Saturday 09: 3:00pm, Leather, Glass, Water, Opening Reception at Elk Gallery in Elk
- Saturday 09: 7:30pm, Shawn Holt & the Teardrops, Blues on the Coast at Arena Theater
- Saturday 09: 8:30pm, Hunter Green show at Garcia River Casino
- Saturday 10: 2:00pm, Bolshoi Ballet in Cinema, "La Bayadère" at Arena Theater
- Sunday 10: 4:00pm, Chamber Music Concert with Formosa Quartet at Gualala Arts
- Monday 11: 7:00pm, "Double Jeopardy", Arena Theater Film Club
- Saturday 16: 4:00pm, Sara Bogard talks "open space" at Pt. Arena Lighthouse.
- Wednesday 20: 6:30pm, Full Moon, "Worm Moon" Tour at Pt. Arena Lighthouse.
- Thursday 21: 3:00pm, Connie King returns to Four Eyed Frog to explain self-publishing
- Thursday 21: 7:30pm, Third Thursday Poetry with Meg Hamill at Arena Cafe in Point Arena
- Saturday 23: 1:00pm, National Theater Live, "I'm Not Running" at Arena Theater
- Saturday 23: 2:00pm, Assemblyman Jim Wood Town Hall at Gualala Arts
- Monday 25: 7:00pm, "I Called Him Morgan", Arena Theater Film Club
- Saturday 30: 9:00am, MET Opera Live, "Die Walküre" at Arena Theater

Looking Ahead to April:

- Friday 05: 6:00pm, Susan Sutton Trio at St. Orres
- Saturday 13: 11:30am, Chowder Challenge and Jazz at Gualala Arts
- Thursday 18: 7:30pm, Third Thursday Poetry with Jahan Khalighi at Arena Cafe
- Saturday 27: 7:00pm, Global Harmony Jazz Sextet at Gualala Arts

and May:

- Sunday 18: 1:00pm, BAKU at Annapolis Winery

Gualala Arts Theater Presents "Murder at the Art Center" A Murder Mystery Dinner

A Steven Oakwood Mystery

Written by Dennis Carter, Directed by Diane Beoke

Friday, March 8, 6 PM (dinner)

Saturday Matinee, March 9, 2 PM (no dinner)

Tickets:

Friday, \$50 includes dinner, plus \$10 after March 1

Saturday Matinee, \$20 no dinner, Plus \$5 day of

Advance Tickets Available Online at BrownPaperTickets.Com

or 1.800.838.3006 & in person at Gualala Arts Center

