

**ALWAYS
FREE**

November 2018



Lighthouse Peddler

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



*It's Time For
Some Spirit!
Gualala Arts'
Festival Of Trees
Arrives
Thanksgiving
Weekend.*

For locals, seasonal visitors, and travelers alike, the holidays help define this time of year. Thanksgiving is the centerpiece of November, obviously the Christmas holidays follow a few weeks later, and we all tend to get caught up in the spirit.

Helping provide some of that holiday feeling is Gualala Arts as they present the 15th annual Festival of Trees. Those of use who live here know it's a lot more than trees, but trees are the centerpiece of the festival Friday and Saturday of Thanksgiving weekend, November 23 and 24. Besides kicking off the Holiday Season on the Mendonoma Coast, admission is free.

The annual tree lighting ceremony with caroling is Friday evening at 5:00pm. Santa Claus will visit both days—Friday, noon, 3:00pm and 5:00pm and Saturday at noon and 3:00pm. Multiple events insure that there will be something for everyone, beginning at 10:00am each day.

Artists and food artisans fill the Arts Center with handcrafted goods, homemade jams, mustards, olive oils, and the like . . . wonderful gift items to choose from just before the holidays!

Children love shopping at the Kid's Depot, open upstairs from . . .

cont'd on page 13

MENDOCINO COAST BOTANICAL GARDENS

*Dazzling Lights * Live Music * Drinks * Sweet Treats*

A stylized white tree graphic with numerous white stars of varying sizes scattered around it, set against a background of colorful bokeh lights in shades of red, orange, and purple.
festival of lights

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Gualala Arts Theater presents
Gualala Improv Group
 A stand-up comedy improv show
 -- Saturday November 10

Given the current political times, humor is something we can all embrace. If you agree, your wish is about to be fulfilled. What's even better is that this comedy comes from a group of locals who have gotten together—under some professional direction—to bring a night of Improv to Gualala Arts. The Gualala Improv Group comes to the Art Center Saturday, November 10 at 7:00pm. Tickets are \$15 in advance, plus \$5 day of event. Adult content appropriate for ages 18 and over.

Improv, if you're not sure, is improvisa-



tional. And that makes it unpredictable. In comedy, that can be a very good thing.

Join Jim Cole and the Gualala Arts Theater Improv Group for a fun evening of impromptu entertainment! They've been collaborating and making each other laugh for the past few months and it's now time to share the fun with you!

Unlike plays where the actors follow a set script, this group takes its inspiration from the audience as to persons, places, things and runs with them — often to wild and crazy places!

Participating actors include: Jon Handel, Ling-Yen Jones, Harm Wilkinson, Don Krieger, Paddy Batchelder, Christina Chapman, Deborah Parsons, Sam Parsons, and Jann Littleton. All are experienced actors but this will be their debut performances for live Improv Comedy! "What could possibly go wrong?!"

Coast Highway Art Collective • Opening Reception November 3
 Artisan Wood Worker Joins Pine Needle Artist At Opening Reception

The Coast Highway Art Collective in Point Arena welcomes artisan wood worker Charles Ross as he joins Carolyn Zeitler, whose pine needle show is being held over from October. An opening reception for the show is on Saturday, November 3, from 5:00pm to 7:00pm at the gallery, located at 284 Main Street, Point Arena. The public is invited to meet the artists and enjoy a glass of wine and small bites.

November is a busy month at the gallery. In addition to Ross and Zeitler's exhibit, the gallery celebrates the annual Mendonoma Coast Mushroom Festival with an array of ceramic mushrooms by artist Gretchen Burton, carved mushrooms by Barry Semegran, and the exquisite realism of Chris Grassano's mushroom-themed paintings. This is also a great opportunity to begin hol-



iday shopping for those special locally made gifts. The gallery offers locally made items in wood, glass, photography, mixed media, painting, jewelry and textiles. Guest artist Peri Ness Defay is offering a wide selection of astral gems and chakra malas, the perfect gift to aid in meditation and healing.

Charles Ross has taught woodworking and worked as a special education specialist since 1963 at locations all over the world, beginning in the Watts area of Los Angeles. An opportunity arose when the International Voluntary Services was looking

for an industrial arts/vocational teacher to work at Trung Ky Thuat Technical School in Vinh Long, South Viet Nam, where Ross spent two years.

He then moved to Portland Oregon where he taught woodworking and construction in an alternative high school. It was there that he started to develop teaching tools—eighteen different woodworking machine operation manuals, several design booklets and a very successful HAPTIC (learn through the sense of touch) program.

Ross says "My wife was accepted by Columbia University in New York for their nurse midwifery program. The teaching tools I developed helped secured me a job with the New Jersey Department of Education. They wanted me to replicate many of the ideas I had for their Job Corps Educational Program. Doing extensive research on how people learned led to a Learning Disability Teacher Consultant Certification."

The couple moved to New Mexico, where Ross taught on the Zuni Indian Reservation, where he learned stone carving, and at a Navajo school. When his wife took a job with The International Refugee Camp at Site II South, Thailand, Ross taught English as a second language at Phanat Nikom refugee camp.

The couple returned to Phoenix, Arizona, where Ross took a woodworking/special education job in a private school for "some very spoiled kids from very wealthy and well-placed families. For some of the students, the choice was this school or jail. It was quite a learning experience for me," says Ross.

Ross retired after this job and began building the couple's home in Irish Beach, which took him eight years to finish. They finally moved in permanently four years ago.

Ross is known for his wooden music stands, which are just a part of the work he has produced. He says he began making the stands when his daughters were in high school and learning to play instruments. He has tweaked the design over the past 35 years until he was satisfied with the final result.

The November exhibit will be on open from November 2 until November 25. Regular gallery hours are Thursday through Sunday from 11:00am to 5:00pm. The gallery is located at 284 Main Street, Point Arena, the little red building with the big yellow sun next door to the Redwood Credit Union.

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

Left: Charles Ross' "Dragon";
 Above: Carolyn Zeitler's "Pine Needle Basket"




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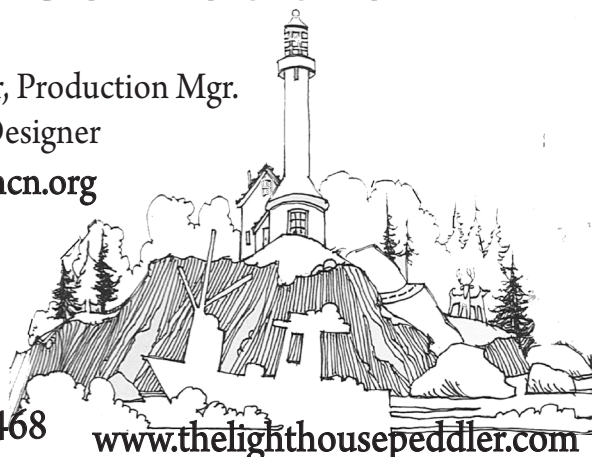
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Full Beaver Moon Night Tour • November 24
Only One Night Tour This Month at Point Arena Lighthouse

The Point Arena Lighthouse will offer one opportunity to climb the Tower at night this month with their Full Beaver Moon Night Tour on Saturday, November 24. Gates will open at 6:30pm and the tour will begin around 7:00pm.

November's full Moon was called the Beaver Moon by both the Algonquin tribes and colonial Americans. The Native Americans used the monthly Moons and nature's signs as a sort of calendar to track the seasons. Why this name? Back then, this was the month to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. The November full Moon was also called the Full Frost Moon by other Native American tribes.

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



"These Night Tours have been extremely popular, selling out well in advance many times in the last several months," says Mark Hancock, Point Arena Lighthouse Executive Director. "We do limit the number of guests to 20 so make your reservations early!" For more information or to make a reservation,

call the Lighthouse at 707-882-2809, ext. 1 at least three days prior to date of the tour.

Come experience a spectacular night time view from atop the Point Arena Lighthouse. Enjoy a panoramic view of the sea and coast from the lantern room at the top of the Tower, and if the weather cooperates it will be illuminated by the full moon! Our docents and guides will help you experience what it was like to be a Lighthouse Keeper and climb the Tower at night. They will guide you on your journey into the past and explain the unique history of this historic landmark, the tallest lighthouse on the West Coast. Champagne, sparkling juice and snacks will be served as part of the tour, and you get to take home an etched Point Arena Lighthouse champagne flute as a souvenir of this unique experience!

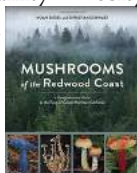
weather cooperates it will be illuminated by the full moon! Our docents and guides will help you experience what it was like to be a Lighthouse Keeper and climb the Tower at night. They will guide you on your journey into the past and explain the unique history of this historic landmark, the tallest lighthouse on the West Coast. Champagne, sparkling juice and snacks will be served as part of the tour, and you get to take home an etched Point Arena Lighthouse champagne flute as a souvenir of this unique experience!

"Mushrooms Of The Redwood Coast" Co-Author Christian Schwarz,
At Coast Community Library • November 18

In celebration of "Mushroom Festival Month" this November, Coast Community Library is hosting an author talk from mushroom expert Christian Schwarz. This event is free and open to the public.

Christian Schwarz is a naturalist interested in the diversity of living organisms in general, but the seemingly endless forms (whether grotesque, bizarre, or sub-

lime) of fungi, in particular, stoke his curiosity. He spends most of his time teaching about natural history, collecting and photographing mushrooms, assembling an exhaustive mycoflora for Santa Cruz County (www.scmcoflora.org), and exploring wilderness around the world. He is particularly interested in the role of citizen scientists in the future of ecological and taxonomic research.



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"The Art of the Ballad"
An Intimate Jazz Performance
with Larry Vuckovich
Gualala Arts • November 3

When a world-class performer comes to town, you consider your plans, or non-plans for that evening. Larry Vuckovich has been here before. But your schedule, or an already sold-out show, or some other obstacle got in your way. If you have not yet made plans for a November 3rd evening (or even if you have) this will be a truly special music event. There is limited seating, Saturday, November 3, 6:30pm, with special intimate seating at Gualala Arts' Elaine Jacob Foyer. Tickets are \$25 advance, \$5 more day of. Advance purchase advised!

Given the anticipated repertoire for the evening—The Art of the Ballad—the music is tailor made for the intimate setting.



According to Vuckovich, "Performing a ballad's lyrical beauty and the deep meaning of a song's melody and lyrics is the most expressive way of playing. It is easier to play fast than slow, because when playing slow the musician is exposed."

Expressing the ballad's deep message is much more difficult than reliance on the technique and mechanics utilized when performing an up-tempo piece.

Ballads are the ultimate test of rapturous musical communication."

The "Art of the Ballad" will feature seasonal tunes such as "Autumn in New York," "Early Autumn," and "Indian Summer," plus gems by revered composers such as Cole Porter, Victor Young, and Duke Ellington. Performing with Vuckovich is multi-reedist Charles McCarthy, and acoustic bassist Doug Miller.

Call Gualala Arts at (707) 884-1138 or go to [Brown Paper Tickets.com](http://BrownPaperTickets.com).

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McKenna Faith Returns
November 10
to Garcia River Casino

If you haven't heard of McKenna Faith, you've not been listening to the radio or catching a country-flavored tour or just not paying attention. She returns to the Garcia River Casino in Point Arena Saturday, November 10. Showtime is 8:30pm.

McKenna Faith is a country music singer/songwriter and recording artist, born and raised in Northern California. A natural in



the saddle and on stage, these days she's been spending most of her time either on tour or in the recording studio. With four albums and a couple of EPs behind her, Faith is clearly a seasoned songwriter and performer with a maturity that belies her young age.

Over the years, she made so many roundtrips to Nashville that she decided to make it a full-time home. Faith continues to tour, often with some of country music's biggest names. She's headlined sold-out concerts at fairs, casinos, and nightclubs across the country; and is a regular on the festival circuits. She joined Frankie Ballard for a run of shows on his recent headlining tour.

November 10 it's your chance to meet her or see her again when she plays the Garcia River Casino in Point Arena. Make plans now to have a fun and entertaining evening right here on the south coast. The Garcia River Casino has food and fun but most importantly on November 10th they'll also have McKenna Faith.

Music happens to be a form that transcends all languages.

Herbie Hancock

**Holiday Shopping
Gualala Arts & Dolphin Gallery
Starting November 17**

Stuck on gift ideas for your favorite friend, relative, business acquaintance, or total stranger? Why not check out Uncle Sus's stocking stuffers. The stuff of dreams will be available at the Dolphin Gallery in Gualala November 17 through December 30.

Just in time for holiday shopping, Dolphin Gallery will be featuring carefully curated works by local artists that are perfect not just for stockings, but also those hard-to-buy-for people like office mates, acquaintances, house sitters, baby sitters and friends who enjoy purchasing thoughtful gifts. Carefully selected items made by local artists will include quilts, place mats, artisan and local foods, jewelry, pottery, artwork and much more. Prepared to be surprised at the options, and know that your gift will be well received.

The Festival of Trees opens at Gualala Arts Center the day after Thanksgiving on November 23, and with it Uncle Sus's Attic! The Attic is a carefully curated collection of art pieces, fine furnishings, small appliances and other lightly loved items that will make great holiday gifts.

Do you have an item to donate? Perhaps a piece of art that you are not displaying or a Herman Miller Eames chair that no longer fits your decor? Or maybe you have a Vita Mixer, Breville juicer, or other like-new small kitchen appliance you never use. If you think you have something that qualifies as "lightly loved" and worth donating call Sus at 707-884-1138 to make arrangements. Please consider only high quality, lightly used items for donation.

Uncle Sus's Stocking Stuffers offer you the chance to purchase artwork and artisan foods from our local artists and crafters, supporting them and the Dolphin Gallery and Gualala. Prices vary per item.



**November Will Be
A Busy Month
at 215 Main in Point Arena**

November will be a busy month at 215 Main in Point Arena. There's music, food, art, poetry, and more.

Art openings this month include Carol Watanabe on November 3 (5:00pm), and Eric Schram on November 30 (5:00pm).

Music features the Luddites on November 1 (8:00pm), Tango on November 2 (7:00pm), Kewala Quintet on the 3rd, (7:00pm), Karaoke on the 9th, Cumbaleros on the 10th (7:00pm), Dust In My Coffee on the 23rd (7:30pm), Pat Simmons on the 24th (7:30pm), and the duo of Thomas An-tonic and Michael Fischer.

On November 4 Franny's Cup & Saucer



will present another Farmhouse Dinner as part of the Feast Mendocino.

And as always there will be Third Thursday Poetry on November 15.

Whether you stop in for an event, or some pub food, a glass of wine or beer,, 215 Main will give you plenty of options.

You'll find some additional information on the Farmhouse Dinner on page 7. In addition, Kewala Quintet includes Chris Doring (above) on guitar, as well as the classic trumpet / tenor front line of Hal Forman and Michael Gold along with bassist Don Watanabe, and Gabe Yañez providing the driving force on drum set.

**Watching Your Diet
During The Holidays!
Watch Your Pet's Diet Too!**

The holiday season is right around the corner. We should be mindful that there is a potential for our furry friends to consume food that may be harmful to their health.

• **Alcoholic beverages:** Like a human, a dog or cat may stagger, lose bladder control or worse. uncontrollably. In high doses, alcohol suppresses the central nervous system and breathing.

• **Avocado:** The toxin Persin is found in the avocado. Birds may become ill or die from tasting the pear-shaped fruit. For dogs and sometimes cats, the seed can be deadly.

• **Chocolate:** Chocolate can be toxic to both dogs and cats. Once eaten they may show some increased activity, vomit, have diarrhea, or even have a seizure.

• **Coffee, Tea, Soda, Energy Drinks:** Keep your after dinner coffees or soft drinks and energy drinks away from the curious pet palates. If your pet begins vomiting, becomes noticeably restless, or seems to have heart palpitations, take note.

• **Macadamia Nuts:** Within hours of eating macadamia nuts, dogs may become ill, weak, or disoriented. Some reports have dogs showing signs of tremors and/or fever, vomit, and become weak and uncoordinated.

• **Yeast dough:** Raw bread dough made with yeast may cause bloating, and metabolic abnormalities and central nervous system depression.

• **Raisins and grapes:** Follow the NEJO (NEE-joe) rule: Not Even Just One. Dogs may develop vomiting and/or diarrhea within 12 hours and ingesting these may lead to kidney failure.

• **Fatty foods:** When dogs discover fatty or greasy snacks, they can inflame the pancreas causing diarrhea, vomiting and stomach pain.

• **Salt and Salty Foods:** Keep your pet away from cooking salt, homemade play dough, rock salt, paint balls, table salt, sea water and other sources.

• **Onions, Garlic:** Large amounts of onion can cause gastrointestinal irritation and may lead to red blood cell damage. Cats are more susceptible, but dogs, particularly Japanese breeds are also at risk. Garlic, too, can lead to stomach upset and red blood cell damage.

• **Products sweetened with xylitol:** These can include chewing gum, candy, breath fresheners, pudding, gelatin and more made with the sugar substitute. In dogs, a quick, concentrated ingestion can cause life-threatening low blood sugar within 15 minutes.

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Sat. 11/3 Larry Vuckovich 6:30 pm
Jazz In The Autumn at Gualala Arts
"The Art of the Ballad"

Sat. 11/10 Improv Night 7 pm
Expect The Unexpected
From Gualala Improv Group

Sun 11/11 Trio Celeste 4 pm
Chamber Music Concert
Tickets \$25, plus \$5 day of

Festival of Trees
Fri. 23 10 am - 5 pm
Sat. 24 10 am - 4 pm
Tree Lighting 11/23 at 5 pm
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Oscar Levant (1906 - 1972)*



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New Moon



November 7

Full Moon



November 23

Harold and Maude, Wings, Mask Come to Arena Theater Three Films Offer Something For Almost Everyone

There are 58 years between the earliest and latest films in this month's list of films. There's an even larger gulf when one considers the three films, their subject matter, and their impact when released.

First up is **Harold and Maude**, director Hal Ashby's cultish-cum-classic film from 1971. It's two principal stars created (perhaps) the largest character age difference — with a romantic undertone—seen in American cinema to that date. Cort was 23, and Gordon was 75 in 1971.

With the idiosyncratic American fable **Harold and Maude**, Ashby fashioned what would become the cult classic of its era. Working from a script by Colin Higgins, Ashby tells the story of the emotional and romantic bond between a death-obsessed young man (Bud Cort) from a wealthy family and a devil-may-care, bohemian octoge-



narian (Ruth Gordon). Equal parts gallows humor and romantic innocence, "Harold and Maude" dissolves the line between darkness and light along with the ones that separate people by class, gender, and age, and it features indelible performances and a remarkable soundtrack by Cat Stevens. Although there are two dozen additional cast members in the credits, Cort and Gordon are the stars of this film. It screens Monday, November 5

at 7:00pm at Arena Theater. It's rated PG and runs 91 minutes.

Second up this month is **Wings**, a 1927 "silent" film, digitally restored in 2012 by Paramount Pictures with original music score and sound effects by Ben Burt.

The first Best Film Oscar went to this aerial World War I adventure about two fledgling aviators itching to take on the Kaiser's aces. Look for a very young Gary Cooper as a veteran flier.

With World War I afoot, David Armstrong (Richard Arlen) and Jack Powell (Charles "Buddy" Rogers) join the military with an eye toward flying American fighter planes. They leave behind Mary Preston (Clara Bow), a local girl who's in love with David but committed to Jack. Dispatched to France as newly minted pilots, the men take to the skies in one of the war's climactic air battles, and as frantic Mary longs for the safe return of both men, one pays the ultimate price for his bravery.

Wings will be screened Monday, November 12 at 7:00pm, and has a running time of 144 minutes. . Monday, November 12, 7:00pm. The film is rated PG-13. William A. Wellman directed.

The club's final offering for November has also garnered some impressive accolades from audiences and critics alike. The short description is simple: **Mask** is the story of

a teenager with a massive facial skull deformity and biker gang mother attempt to live as normal a life as possible under the circumstances. As with many stories, **Mask** is much more than that. Rocky Dennis (Eric Stoltz) is an intelligent, outgoing and humorous teenager who suffers from a facial deformity called "lionitis" and has now outlived his life expectancy. Cher plays Rocky's mother, who with uncompromising love and fierce determina-

tion helps Rocky overcome pain, loneliness and prejudice to emerge as an outstanding young man, an inspiration to his classmates and teachers. This extraordinary film is based on the real-life story of Rocky Dennis.



Mask screens Monday, November 26, 7:00pm. It's directed by Peter Bogdanovich, is rated PG-13, and Runs 127 minutes.

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Feast Mendocino Comes To The South Coast November 2-11

Point Arena Merchants Come Together Offering A Diverse and Delightful Menu of Events

There's a new event in town. And it's a good idea all around Point Arena. Businesses that are part of the PAMA, the Point Arena Merchants Association, will be offering special events in support of Visit Mendocino's Feast Mendocino event. Formerly known as the Mushroom, Wine & Beer Festival, Feast Mendocino will run from November 2 through November 11 with events throughout Mendocino County. And businesses will be ready to welcome everyone to Point Arena.

Lisa's Luscious Kitchen will be participating in Feast Mendocino with a frozen mushroom soup again this year. It will be available to buy in quarts and pints the entire month of November starting on the 1st. This Italian Crimini Mushroom Soup is vegan and gluten-free, and its ingredients include a roasted vegetable broth infused with Marsala and Mediterranean herbs, organic vegetables and lots of sliced Crimini mushrooms.

Join **Oz Farm** for a weekend of fermentation and food preservation. Oz-grown produce will be used as guests explore the art of

making kimchi, sourdough, cider and more. Learn all about hard cider during a tour the heirloom orchard, Oz Farm Cider Mill, and have a cider tasting. Participants will leave with new skills, recipes, and some of their home-made creations. The courses run from Friday thru Sunday, November 2-4. Guest will arrive Friday starting at 4:00pm and the first class will be "All About Sourdough" at 6:00pm followed by a pizza party at 7:00pm.

Breakfast will be at 8:20am on Saturday, followed by a Fermented Vegetables workshop and class on Water Bath Canning. After lunch there will be the Espalier Orchard tour, Cider Mill tour (also available to drop ins for



\$5 per person) where guests will take a stroll through the organic espaliered apple orchards and cider mill. They will explore the 50+ apple varieties that make up Oz Farm's unique farm cider and learn about the pressing and fermentation process. The Hard Cider 101 class is next at 3:30pm. Dinner is at 7:00pm with an evening event afterwards.

Sunday morning begins with yoga at 8

a.m., brunch at 9:30am and wraps up with the Lactose-fermenting Legumes class. Guest will leave at 2 p.m. Participants can choose to stay at Oz Farm for this retreat, or stay elsewhere and come to Oz Farm each day for the classes and tours. Costs participate in the retreat and stay at Oz Farm range from \$300 to \$550 and include all meals, classes and tours. Full retreat only is \$150 (meals included), and single workshops are \$45 per person. For more information to sign up visit ozfarm.com.

B Bryan Preserve's popular "Paint with a Giraffe" is already sold out for the Feast Mendocino session at 1:30pm on Friday, November 2. This unique event happens the first Saturday of every month at 1:30 p.m. so those who missed out can participate in the future. "Take a break from mushroom hunting to get creative and up close with a majestic giraffe," invites Judy Bryan Mello, co-owner of the preserve. "This is a rare opportunity to hold a canvas while our gifted giraffe 'paints' it. Guests will go home with an 8" x 10" masterpiece that may look like a mushroom!" Painting sessions last 45 minutes, are \$50 per guest and are limited to 8 participants. Make reservations at bbryanpreserve.com or by calling (707) 882-2297.

Franny's Farmhouse Dinner at 215 Main is Sunday, November 4 serving every half hour from 5:00pm to 8:00pm. This Feast Mendocino themed dinner will start with a shaved brussels sprouts, arugula and pomegranate salad with buttermilk dressing followed by the main course of balsamic glazed roasted chanterelles and polenta. Dessert will be date and persimmon sticky toffee pudding. Dinner is \$32 per person and reservations are required. Guests must be 21 or over and reservations can be made by calling (707) 882-2500.

Unbeaten Path Tours is offering Unforgettable Guided Walks throughout the entire Feast Mendocino calendar. Explore the beauty of Mendocino County and the world-renowned Point Arena Stornetta Unit of the California Coastal National Monument on a personalized and private nature tour. Learn about coastal ecology, history, geology, oceanography, why microclimates matter, and much more. Call (707) 888-6121 or visit UnbeatenPathTours.com to schedule a private tour. Prices vary depending on the

tour selected.

The **Point Arena Lighthouse & Museum** will offer Museum and Tower Tours during the Feast Mendocino calendar. Catch the start of the annual Gray Whale migration and roam the 23 acres of grounds and bluff trails. Their six vacation cottages make an excellent base for enjoying all of the other Feast Mendocino events and activities, and they are offering a Seasonal Special during Feast Mendocino where guests staying three nights get the third night free. The Lighthouse is open for tours daily from 10:00am to 3:15pm.



Lodging reservations can be made at PointArenaLighthouse.com or by calling (707) 882-2809, ext. 1.

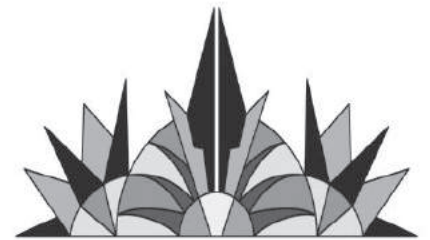
Windy Hollow Farm will present a Farm Foraging & Fermentation Workshop on Sunday, November 4 from 2:00pm to 4:30pm. Spend an afternoon at Windy Hollow Farm foraging for wild foods and herbs, sampling farm fresh fermented treats, and making a sauerkraut



to take home. Start by looking for early mushrooms and medicinal herbs followed by a hands-on demonstration of different methods for making kraut. The day will close with a fermented food tasting including different types of sauerkraut, fermented roots, and wild mushroom sourdough pizzettas baked in the cob oven. Workshop hosted and taught by Jennifer Ketring of Windy Hollow Farm, Gillian Nye of Roots Herbal Apothecary and local forager Jed Ivy. Cost is \$45 per person and pre-registration is required. Register online at WindyHollowFarm.com or by calling (707) 353-0143.

The Pier & Chowder House & Tap Room in Point Arena's historic Arena Cove will have a special mushroom and beer pairing menu available during the festival. If you order any of their Mushroom menu items you will get a 10 oz. beer they have carefully paired with it for just \$1.00. For reservations call (707) 882-3400. They are open Friday through Tuesday 11 a.m. to 8 p.m., closed Wednesday and Thursday.

The full calendar of Feast Mendocino activities, events and special offers can be found at VisitMendocino.com/Feast-Mendocino/.



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November 2018

Fiesta Mexicana

Three Expressions of

Mexican Culture

Saturday Nov. 17 7:30 PM

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Bolshoi Ballet: The Nutcracker

Sunday Dec. 23 2 PM

Met Opera Live in HD

Saturday Nov. 10 9:55 AM

Marnie

Exhibition on Screen

Sunday Nov. 18 1 PM

Degas: Passion for Perfection

Arena Theater Film Club


Mondays 7 PM

Nov. 5 Harold and Maude

Nov. 12 Wings

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Compelling Visuals At Dolphin Gallery and Gualala Arts Two Exhibits Continue Through November 11

The holidays change the usual rhythm of art openings and transitions at some of our usual *art haunts*. When that happens, we have the good fortune of having another chance to take a look at the work of local artists. Of course, given how busy most of us are at this time of year, we may have missed some of the art being shown around town. That's where a little reminder is useful. Both Gualala Arts and the Dolphin Gallery continue to exhibit some terrific local work.

Each year the Gualala Arts Pacific Piecemakers Quilt Guild members are "challenged" to create a quilt that fits certain parameters.

For 2018, the PPQG challenge theme is "Journeys" and although no specific style or size was specified, each quilt was required to include a piece of blue Scrollscape Indigo fabric. Members were challenged to think



about a journey (metaphorically, emotionally, physically, etc.) and to stitch and/or quilt their interpretation in fabric in one, two, or three dimensions.

Quilts that are on display include traditional, modern and art quilts, and quilted clothing,

all created in a variety of styles and techniques that, depending on their designs, can be displayed on a bed, framed, hung, or worn.

The show is not juried nor judged, so it encourages creativity at all levels. "It is always a great thrill to see someone new to quilting/art quilts show their work alongside long-time quilters," says exhibit curator Cheryl Harris.

The members of Pacific Piecemakers Quilt Guild promote quilting locally and all along the Sonoma/Mendocino coast. PPQG offers monthly educational programs, lectures, and workshops for quilters of all skill levels

as well as opportunities for members to give back to their community using those skills.

Monthly meetings feature programs to inspire quilters in all aspects of quilting ranging from traditional to contemporary art quilt techniques and development of textile and wearable art.

Lectures and workshops are presented by world famous quilters as well as local talent. "Comfort quilts" are created by members and distributed to a variety of local assistance organizations and individuals as a means of service back to the community. Each year members create a quilt to be raffled by Gualala Arts Center during Art in the Redwoods. The proceeds provide art related scholarships to local students.

Traveling out of the redwoods to downtown Gualala you'll find the Dolphin Gallery has the work of two artists continuing in November. Continuing on view are artists Eric Wilder and Cliff Glover

Glover uses stoneware and porcelain clays, prefers semi-matt and earth tone glazes, and fires in a gas kiln. For the most part, each piece is individually thrown on a potter's wheel. His pottery is for everyday use — mugs, bowls, teapots, pitchers, etc. — the usual suspects. He also make vessels for the Japanese tea ceremony such as chawans (tea bowls) and mizusashis (water containers).

This small, side pouring teapot was loosely cut with a wire and fired with wood at La Meridiana. Commonly used for one to three people, a "kyusu" is usually emptied completely after each pouring so the tea leaves don't steep too long and become bitter.

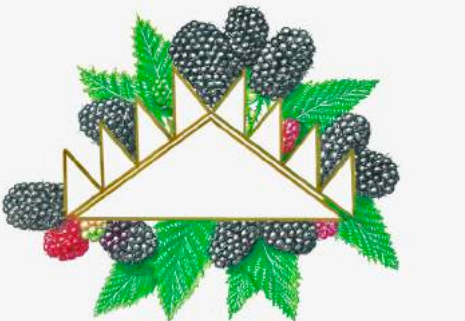
And here's where deliberate practice comes in to play again: Glover's practiced moves are not only deliberate but also efficient, succinct, and precise, aimed at making a living by creating mugs and cups that "feel good," that "fit into your hand," that "are easy to use and comfortable to hold." In this sense, Glover's

art embodies Chicago architect Louis Sullivan's maxim that "form follows function"; thus, each piece Glover makes has its own particular requirements.

Many members of the Mendonoma coastal community will have seen Wilder's work in various galleries, shops and at Art in the Redwoods; others may have joined one of his storytelling sessions at Gualala Arts. With this exhibit,

Wilder will introduce viewers to his most recent works.

A member of the Kashia Band of Pomo Indians, Wilder grew up on the Kashia Reservation, the grandson of Essie Parrish, the last spiritual doctor of the Kashia, from whom he learned traditional teachings as well as songs, dances, and crafts. Though he was interested in art from an early age, he says he "finally got a break" into a professional art career when he entered a comic book store's drawing contest and won. With that impetus, Wilder began creating graphic art for software companies and developing games for Lucas Art and




MTV. His career in gaming drew on his abilities as an animator, character designer, storyboard artist, and concept artist in developing games like Stars Wars Phantom Menace and Celebrity Death Match.

In addition to his work in graphic design, Wilder is a community leader, serving two terms as Tribal Chairman of the Kashia Tribal Council and being involved in supporting the work of the Native Media Resource Center (KGUA), Coastal Seniors, the Redwood Coast Medical Center, and Gualala Arts.

In everything Wilder and these artists do, he says, they "strive to be stewards of the land, to keep native languages alive, and to honor our cultural traditions." In all of Wilder's work, and particularly in his memorable pen and ink drawings, which have won awards at Art in the Redwoods. Readers can see examples of his drawings on a series of greeting cards, and other examples of his work, at <https://www.ericwildergraphics.com>.





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Solution to Sudoku



"Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies."
Groucho Marx

Words on Wellness • Sharing by Karin Uphoff

November marks the celebration of gratitude for the abundance we have, and invites us to deepen our sharing with each other and all beings. The human world is so boisterous that we can accidentally become cloistered in our version of reality, practically forgetting the many other species we live amongst. It's sobering to realize that as our population enlarges and attempts

to meet its many needs, other creatures are lessening at alarming rates. Still, each day we are invited to connect and share our lives, whether with strangers on the street, whales passing

by, or birds returning to winter on our coast. I greet the arrival of sooty fox sparrows like old friends who have been away all summer - how precious our time together.

There are withered buds and dead branches I want to clear, for aesthetics and a profusion of spring bloom. However, by taking time to watch those setting up avian winter camp, I notice song sparrows and chickadees balancing on these branches to nibble off seeds I can't see. Surely, I can wait a month or two to prune. I collect calendula seeds for later planting, but make a point of leaving some to share. Bees still work on a wizened tower of jewels and my forever-green tomatoes seem a welcome novelty for the sibling stellar jays. Each morning I



enjoy sharing fresh apple, cutting the meaty cores it in smaller pieces for golden crown sparrows who eagerly await the treat.

Sharing promotes health by increasing levels of oxytocin the "feel good" hormone that reduces stress levels in the body. Studies show that those who share positive actions and experiences have measurable increases in happiness and life satisfaction.

This happiness factor increases when there's a positive response to sharing by someone actively receiving. Some may fear giving if there is a focus on a perceived loss. But when we give naturally of our time, love, friendship and attention, what we're really doing is expressing more of who we are. Instead of losing something, we are being authentic, which in turn brings us happiness. The more we share, the more we experience gratitude in our lives. By opening up to others, we invite them to open to us and this creates connection and community - a way to become more intimate with the world.

*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*

Mountain Quail. A Born Walker.

I have to admit that I only recently realized that we have another quail in our county. The beautiful Mountain Quail is found

in the dense brush at high elevations along the edges of woodlands, forests, foothills and meadows. It has been called the most handsome quail and the largest at 11.5 inches. It has a long straight head plume instead of the pompadour of the California Quail. Its chestnut throat patch is lined by greenish white. Its chestnut sides have long white lines on them. Its chest is brown and gray and it has a very short tail. Juveniles have shorter head plumes and a white chin.

Mountain Quail live in small groups, or "coveys" of three to twenty. They are very cautious and quickly disappear into the underbrush. Mountain Quail prefer to walk and take to flight only as a last resort. In the



spring they nest from 1,500 to 10,000 feet. In the fall they walk to lower elevations, especially in the Sierra Nevadas. Some are

known to walk 20-40 miles. In the winter they feed on nuts, seeds and berries. In the spring they return to higher elevations and eat leaves, buds and scratch up bulbs and insects. They will also climb trees to glean food.

The Mountain Quail's nest is a well-concealed shallow depression on the ground. It is hidden under grass and shrubs, at the base of a tree or against a log. It is lined with grass, leaves, needles and feathers. Nests are often near paths and roads and usually close to water. She lay nine to ten buff-white eggs and incubates them for two weeks. Young are able to get up and run in soon after hatching and are able fly in two weeks.

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: Barbara Fleming

Animal Care & Welfare • Pain Signs

By Cathy Sue Riehm

The other night, Rex was restless and reluctant to climb up on the couch. The next morning, he was sitting hunched over, tucked under and shaking with his eyes closed.

I'm pretty sure we can all recognize obvious signs of pain in our pets, but what about those not-so-obvious behavior changes that might indicate pain?

In my last article, I talked about knowing your pet's 'normals'- vital signs, behaviors and routines. A cat that suddenly urinates outside the litter box could possibly have a urinary tract infection- thinking 'Ouch- it hurts when I pee in my box, maybe it won't hurt if I pee outside the box....'

A horse that bobs his head and drops food while eating might not be saying 'Ew- I don't like this food', but could be saying 'It hurts when I chew', and your horse needs his teeth floated.

Does your dog suddenly snap at you when you reach to rub behind his ear? Did your cat used to love a good muzzle and chin scratch, but now she won't let you touch her mouth? Does your geriatric horse rock his weight back onto his hind end more and more throughout the day?

Could there be a foreign body deep in your dog's ear? Does your cat need dental attention due to an infected tooth? Could your horse be reluctant to bear a lot of weight on his front end due to a short hoof trim or the navicular bone rotating?

When you notice an abnormal behavior, ask 'Is this an isolated behavior?' (happened only once, maybe twice) or has this behavior

become a regular part of your pet's routine (possibly indicating chronic pain)?

Try to think like your animal and understand what their particular behavior might indicate- is your donkey being 'stubborn' by freezing in his tracks or is he telling you, in the only way a donkey knows how to tell a human, that a particular movement/situation causes him pain?

Recognize the species behavior- a dog in pain might become needy while a cat (like herd animals) will tend to isolate.

Turns out, Rex had a bad case of 'swimmer's tail'— a condition that hunting breeds (including Labs) can get from swimming in cold water— causing cramping, swelling and pain. By telling me, in his Rex way, that he was in pain, I was able to help him.



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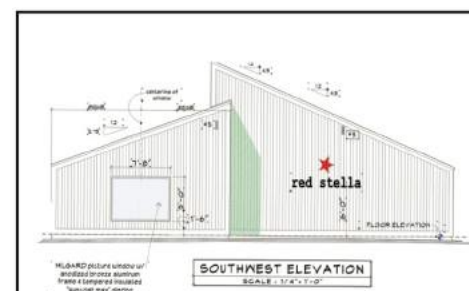
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Gualala Arts Presents Trio Céleste

The Chamber Series Continues November 11

The 2018 Chamber Music Series at Gualala Arts continues with Trio Celeste, Sunday November 11, 4:00pm. Trio Celeste is Iryna Krechkovsky, violin; Ross Gasworth, cello; and Kevin Kwan Loucks, piano. Tickets for the Coleman Hall concert are \$25 in advance, plus \$5 day of. Youth 7-17 free with adult.

Hailed as “a first-class ensemble” (*Orange County Register*), “unfailingly stylish” (*The Strad*), “technically dazzling” (*Long Beach Gazette*), “flawless” (*New York Concert Review*)

and “the epitome of what chamber musicians should be” (*Palm Beach Daily News*), Trio Céleste has firmly established itself as one of the most dynamic chamber music ensembles on the classical music scene today.

The Trio has an impressive list of tour stops this season including recital debuts at the Chicago Cultural Center, Los Angeles County Museum of Art, New York’s Carnegie Hall, Seoul Art Center in South Korea, and the world premiere of Paul Doolley’s Concerto Grosso for Piano Trio and Strings co-commissioned by Trio Céleste and Chamber Music | OC. The ensemble has performed hundreds of recitals worldwide, also appearing in master classes, entrepreneurship seminars, and performance residencies at some of the nation’s top aca-



democratic institutions and centers for arts and culture.

Trio Céleste is currently Ensemble-in-Residence at the Claire Trevor School of the Arts at UC Irvine and Directors of the acclaimed arts organization Chamber Music | OC where they have been featured in collaborations with violist Paul Coletti, Emerson String Quartet violinist Philip Setzer, and principal players of the Orpheus Chamber Orchestra. During the 2015/2016 season, the Trio commissioned new music

from composers Samuel Adler, Mike Block, Christopher Dobrian, Paul Dooley, Eugene Drucker, Peter Erskine, Eric Guinivan, Fred Hersch, Pierre Jalbert, Nicole Mitchell, Jim Scully, and Cristina Spinei, and released their Debut Album on the Navona label which debuted at #5 on iTunes for “Best Seller New Release” and #20 on Amazon’s “Chamber Music Albums”.

The ensemble was inspired to take its name after their very first meeting in New York City, where a rare celestial occurrence – the largest harvest moon in two decades – marked the beginning of their tenure together.

Advance tickets are at BrownPaperTickets.com or in person, at the Gualala Arts Center or Dolphin Gallery in Gualala.

Gualala Salon & Salon des Refusés • November 30

The Annual Art Exhibit and Juried Competition Returns

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

The annual Salon & Salon des Refusés is the largest exhibit at Gualala Arts aside from Art in the Redwoods; it has the largest number of entries of any other open call show and fills both the Burnett Gallery and Elaine Jacob Foyer. The Salon is sponsored by generous donors; not by Gualala Arts or the North Coast Artists’ Guild. Many artists save their best

new art for this exhibit, as the Salon has gained much notoriety as a judged show by well-qualified people in the arts one that provides significant awards.

As per tradition, the judges decide what artwork is accepted into the Salon exhibited in the Burnett Gallery. The art not juried into the Salon by the judges is displayed in the Salon des Refusés (Rejected) located in the Elaine Jacob Foyer. Thus, all artwork submitted into the show will be exhibited at Gualala Arts. Which artists are selected into the Salon is a tightly kept secret until the opening night.

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

years of age is \$100.

The original Salon des Refusés was an art exhibition that took place in Paris in 1863, showing works that had been rejected by the official Paris Salon conservative judges. These judges represented the French Academy and were advocates of traditional, orthodox style of painting and sculpture. In

1863, they rejected almost 3,000 pieces of work which resulted in loud protests by the artists. Emperor Napoleon III, ever sensitive to public opinion, ordered a new exhibition to be organized – dubbed the “Salon des Refusés” – in order for the public to judge the merits of the artwork themselves.

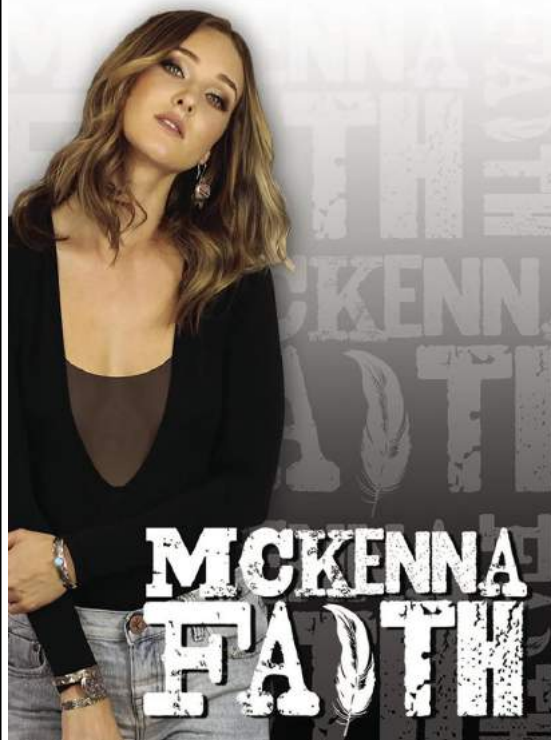
In the spirit of the original Paris Salon des Refusés, all visitors will be able to vote for the “People’s Choice” awards. In fact, many artists prefer to be selected as a “reject” to receive the public’s opinion!

We respect the Gualala Salon judge’s decisions and understand that being selected to exhibit in the Gualala Salon Exhibition is a great honor and privilege, and we also understand that the Burnett Gallery space is limited and a lot of good artwork has to be rejected. We want those works to still be on show throughout Gualala Arts Center as part of the Salon des Refusés. We hope this rather novel approach will appeal to the judge, the artists and to the audience!

(You can learn more about the origins of the Salon at Gualalaarts.org.)



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**Degas: Passion For Perfection
Exhibition On Screen
Arena Theater, November 18**

The highly regarded film series, Exhibition on Screen has brought some of the greatest artist to the screen. This month is no exception. Degas: Passion For Perfection screens on Sunday, November 18 at 1:00pm (doors open at 12:30pm). Tickets are \$15 and available through Arena Theater and at Brown Paper Tickets.

Exhibition On Screen journeys from a superb exhibition at The Fitzwilliam Museum in Cambridge, whose extensive collection of Degas' works is the most representative in Britain, to the streets of Paris. With exclusive access to view rare and diverse works, this film tells the fascinating story of Degas' pursuit for perfection through both experimentation with new techniques and lessons learnt from studying the past masters.

Sometimes frustrated by his own failings, Degas was consumed by obsessive principles and failing eye sight but his determination to capture everyday life was evident in every mark he made. Never fully satisfied, many of Degas' drawings and sculptures were kept in private during his lifetime but, now through close examination, they can be seen as some of the most beautifully de-



tailed and expressive works in the modern era. Using written accounts by friends and commentators, and the narration of letters written by Degas himself, this film reveals a more complex truth behind one of the most influential French artists of the late 19th-century and serves as an exploration of the complex workings of Degas' artistic mind.

Directed by David Bickerstaff. The film has a runtime of 85 minutes.

Image: Degas Study

"Art is not a matter of what you see, but what you make other people see."

- Edgar Degas (1834-1917)

**Fiesta Mexicana: Three expressions of Mexican Culture
A Special One-Night Event • November 17**

There are many wonderful things to be found, explored, and enjoyed when it comes to living in the state of California and Mendocino County in particular. and quite often we "discover" some of that wonder by exploring the state on our own. This month we have an opportunity to spend an evening taking in the richness that's right here in our backyard.

In collaboration with Martin Delgadillo of Wavelength Farm, Arena Theater will present "Fiesta Mexicana: Three Expressions of Mexican Culture", on Saturday, November 17, at 7:30pm (doors will open at 7:00pm.)



Showcasing the diversity of Mexican culture and folk art, dancers and musicians will perform live on stage with Maestro Froylan Gutierrez on classical guitar opening the performance,

followed by Los Angeles based dance ensemble Ballet Coco de Esteban Coronado featuring colorful costumes and folk dances from various Mexican states

Singer-songwriter and event organizer Delgadillo will round out the evening with his original compositions. Residing on the Mendocino Coast since February of this year, Delgadillo was born in Jalisco, Mexico, and lived in Los Angeles for 30 years, where he volunteered with community organizations as a performer and organizer.

Ballet CoCo de Esteban Coronado has for more than four decades performed



and been a part of the diverse and ever growing cultural events within the many communities of Los Angeles and all of Southern California. Coronado has been a professional



instructor for over 35 years, teaching students of all ages in creative dance, ballet technique, and folklorico at Ramona Hall Community Center in Highland Park, the Lincoln Recreation Center, and the Conservatory of Fine Arts at Cal State University Los Angeles. Ballet Coco has participated in the Rose Parade eleven times and is part of many year round cultural events.

This is definitely an all-ages event. Tickets are \$20, \$10 for unaccompanied youth, \$25 for one adult with Childern, and \$30 for two adults with children.

The Arena Theater bar and snack stand will be open

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The Best Holiday Movies Are About Memories.

by David Steffen

I'm still a kid. I love the holidays, and one of the things I enjoy this time of year is reliving Thanksgiving and Christmas memories through films. Turkey dinner was the sit-down altar where we communed together as a family. Film is where we see ourselves again or for the first time. Viewing can be particularly enjoyable when watching the film with friends or family, as we have favorite scenes—some in common and some unique to us. After all, memories are about life, real or imagined or some combination of the two. This month I've decided to offer you my list of ten films that are worth watching every holiday season, from Thanksgiving Day to New Years Day.

#10: *Prancer*: This 1989 film features a midwest farmer/single dad, his 9-year old daughter, and a reindeer named Prancer. It has sentimentality but also a first rate realism and charm. Directed by John Hancock Prancer stars Sam Elliott, Rebecca Harrell, and Cloris Leachman. Roger Ebert wrote "[Jessica is] a 9-year-old who still believes in Santa Claus, and uses logic to defend her position: If there isn't a Santa, then maybe there isn't a God, and if there isn't a God, then there isn't a heaven, and, in that case, where did nine-year old Jessica's mother go when she died?". Heavy stuff or heady stuff? Either way, you can handle it and feel good about this unusually good holiday treat.

#9: *A Christmas Carol*: There have been many film versions adapted from Charles Dickens' story, but this 1951 version is my favorite. It features Alastair Sim as Ebenezer Scrooge, Mervyn Johns as Bob Cratchit, and Michael Hordern as Jacob Marley. The story is timeless and worth watching every Christmas. Whether you become tearful or not, it's a century old story, in a half-century old film, shot in glorious black and white, and it still delivers.

#8: *Home Alone*: Few movie stars have had the ability to be both charming and annoying on screen and in real life, and all before the age of 12. Forget the annoying part. Macaulay Culkin helps drive this 1990 film with sufficient believability as the young child left home by highly distracted parents. Culkin benefits from the direction of Chris Columbus, the writing of John Hughes, and the comedic performances of Joe Pesci and Daniel Stern. It's been a quarter century since the film was made yet the basic premise holds up. If it seems like too much work, watch it for Pesci and Stern. The film wouldn't work without them as the bumbling thieves.

#7: *The Santa Clause*: Tim Allen's turn in this 1994 holiday-flavored feature film was a surprisingly good idea. In short, Santa dies on the job, Tim Allen's character steps in to save the day and discovers that he is

now (and forever?) the new Santa Claus. It's funny with some tugging at the heart. It's the Twinkie of Christmas movies. Enjoy it and don't think about the calories. *The Washington Post* had it right: "The Santa Clause would be another formulaic Christmas special without Tim Allen."

#6: *National Lampoon's Christmas Vacation*: Not all of the films from National Lampoon have been winners but this 1989 spinoff from the original Vacation is a lot of fun. Chevy Chase and Beverly D'Angelo return as the Griswold parents, along with a new Audrey (Juliet Lewis) and a new Rusty (Johnny Galecki). It's also worth watching Julia Louis-Dreyfus and Nicholas Guest as the way-too-hipster next door neighbors "Margo and Todd Chester". We can watch the film and look back on our fond memories or on the horror of sharing Christmas with the entire family. Good fun.

#5: *Planes, Trains, and Automobiles*: No holiday season would be complete without this 1987 film. One of Steve Martin's better outings, and John Candy is as perfect as he can be. The unlikely twosome becomes mutually dependent as they attempt to travel from New York to Chicago by way of Kansas and Missouri in an effort to get home for Thanksgiving. As with most films written and directed by John Hughes, the music is top notch (including Martin's traumatized "you're messin' with the wrong guy".) The film is wonderful and it always reminds me of how much the world misses John Candy.

#4: *Miracle on 34th Street*: On the surface this is a film about a nice old man who calls himself Kris Kringle and claims to be the Santa Claus. Threatened with being declared insane, a young lawyer steps in to defend Kringle, arguing in court that he really is Santa Claus. While Kringle's sanity is the central theme, the real centerpiece of the 1947 film is about a single mom's journey (and ours) to have faith, and to believe in something that may be difficult or impossible to prove. While that sounds like religion, the faith here is far more about life itself. But it works on both levels. The cast is a who's who of post WWII Hollywood faces: Maureen O'Hara, John Payne, Edmund Gwenn, Gene Lockhart, Natalie Wood, Granville Sawyer, William Frawley, Jerome Cowan.

#3: *The Bishop's Wife*: This 1947 film is also about Christmas and faith. But relax, this is not a film that looks or feels anything like a tent-revival. It's an intelligent story based on a visiting angel named Dudley (Cary Grant)

entering the life of protestant minister Henry Brougham (David Niven), who's marriage to wife Julia (Loretta Young) is tested along the way. There are numerous religious moments but the film is anything but preachy. There are lofty (sometimes heavenly) goals, a couple of sermons, a boys choir, some shopping, lunch at a French restaurant named Michel's (of course), a few snobs, and some solid citizens. Sit back and simply let yourself get lost inside this film. Rounding out the cast are Elsa Lanchester, Regis Toomey, James Gleason, and Monty Woolley.

#2: *It's A Wonderful Life*: Frank Capra presents the life and times of George Bailey and Mary Hatch (James Stewart and Donna Reed). In just over two hours, we are treated to their lives and ours. Like the old nursery rhyme, this 1946 film features tinkers, tailors, soldiers, sailors, doctors, a rich man and more. As Bailey's life moves forward, he's forced to reflect on how he's helped change things for the better, and with an angel's help, he sees an alternate version of how his life—or lack thereof—could change everything and everyone. Like other Capra films, this one is rich in characters and character actors, including Lionel Barrymore, Thomas Mitchell, Henry Travers, Beulah Bondi, Frank Faylen, Ward Bond, Gloria Grahame, and H.B. Warner. And for trivia buffs, there is the perfectly-cast voice of Moroni Olsen as Franklin, the never seen senior angel narrating the film.

#1: *A Christmas Story*: This 1983 film narrowly edged out the others for #1 simply because it speaks to me on so many levels. Instead of just seeing the enjoyable chaos surrounding the lives of the Parker family, I can clearly see my own family growing up in Milwaukee; our version was all Wisconsin, not Indiana. Yet like 'old man Parker', my father did swear at the furnace (and other things). I did want a BB gun for Christmas. We lived in our version of that neighborhood, on that street, in that house and we had our own Bumpus family for neighbors. And there was plenty of innocent "drama" surrounding our lives as Christmas approached, but there was also the sense of family and time together. I love this film. Regardless of any memories I might like to forget, my reality is of a time when, as Jean Shepherd tells us, "all was right with the world".

Note: I intended to revisit my favorite holiday movies for this month's column. Then I realized I haven't seen anything—old or new—that would squeeze into my Top-10. So this month's column is as written two years ago. DS





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FESTIVAL OF TREES from cover

. . . 10:00am to 4:00pm both days, where they can choose gifts for their family and friends from lightly loved donated items that fall within a child's budget. Uncle Sus's Attic offers adults the same experience, with a collection of carefully curated artwork, fine furnishings, small appliances and more!

Mrs. Claus Bake Shoppe is filled with home-baked goodies such as candies, pies and cookies made from family recipes, a great addition to the holiday weekend dessert tables when family and friends abound!

The Holiday Clay Studio (downstairs) will be open Friday and Saturday from 11:00am to 3:00pm.

Ornate Christmas trees decorate the Coleman Hall stage and are available for purchase as part of our Silent Auction fundraiser, and Santa and Mrs. Claus will be making a list of children's wants and wishes throughout both days of this old fashioned, Winter Wonderland event! It's cozy, cheerful fun for the family that puts everyone in the holiday mood!

The annual holiday raffle winner will be selected Saturday at 3:30 pm.

Few would disagree that these holidays are about family. Certainly it's for the young, but it's truly multi-generational, Bring all of the family for a unique event on our coast. Information is at www.gualalarts.org and (707) 884-1138.

Global Harmony Presents A Taoist Perspective The Approach of Winter and the Mystery of Regeneration November 7 at Gualala Arts Center

The balance of life is between activity - spending our energy, and regeneration - replenishing our supply of energy (so that we can go on being active). The concept is simple: regenerate your energy supply. The mystery is how to do it.

Karl Danskin will lead the talk titled "The Approach of Winter and the Mystery of Regeneration". It's part of the "Staying Healthy With The Seasons" series - the ancient Taoist Arts perspective on longevity. It's scheduled for Gualala Arts on Wednesday, November 7, from 5:30pm to 6:30pm.

The ancient Chinese approach to regeneration had basic elements: rest, clean air, pure water, energy-rich foods. But beyond these elements there were times of the day and times of the year, which, they thought, presented the optimum conditions for facilitating regeneration.

Within the body there is also the mystery of the bones and the bone marrow, and the mysterious role of the kidneys. All of these were seen as essential to regeneration.

The deep, slow moving energy down inside the bones is a subtle but inexorable source of regeneration. You can use awareness and intention to give that energy full dominion in its natural environment to carry out regeneration of the body.

This will be a practical talk about engag-

ing with the approach of Winter. We will look at the cycle of the whole year, and think about what is most natural to pursue in this period of increasing Yin. The talk will include some simple practices like Bone Shaking, and Bone Breathing.

No previous experience or knowledge is needed. Part of the Global Harmony Arts series at Gualala Arts Center. There is more information on the website:

www.birdsongclinic.com

Karl is currently teaching small classes on the coast in Trail Walking Meditation, Tai Chi style movement, and other Taoist arts. Karl has been a student of classical Chinese health and healing practices since 1981. He learned Taoist meditation and healing practices from Master Mantak Chia, Taoist spiritual philosophy from Sifu Liu Ming, Taoist medicine theory and application from Taoist Jeffrey Yuen, and Tai Chi and Zhan Zhuang practices from Sifu Fong Ha.

Karl formerly taught Chi Kung and meditation at the Shiatsu Institute in San Francisco, the Acupressure Institute in Berkeley, and at the Center For Living in San Francisco, as well as being Director of the International Healing Tao Video Library, and teaching private classes extensively in the Bay Area. He's lived on the Mendocino coast since 2001.



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Brandybuck Studio Bizarre Bazaar A Unique Holiday Shopping Experience December 1 and 2

A few years ago I was introduced to the Brandybuck Studio Bizarre Bazaar. I had a phone conversation, then an email exchange with Bea Acosta and I began to grasp the charm of this annual holiday adventure.

Since that introduction some years ago I make my own annual pilgrimage to the Bizarre Bazaar. Quite honestly, their's nothing exactly like it. Yes you can find wonderful, locally created artisan crafts in many places throughout the county, but, for me, Brandybuck is a bit like Brigadoon.

For anyone not familiar with the story, Brigadoon is a magical place; a mysterious Scottish village that appears for only one day every 100 years. Brandybuck's Bizarre Bazaar arrives a bit more often. In fact, it appears every year in early December.

The Bizarre Bazaar is quite useful when you wish to find a special gift for a special someone. Mark your calendar and come join in the fun and merriment at the 13th

Annual Brandybuck Bizarre Bazaar to be held the weekend of December 1 and 2, from 10:00am. to 4:00pm at Brandybuck Ranch.

For your gift giving pleasure you will find unique, funny, thoughtful, practical and affordable items. This is the perfect opportu-



nity to support your local artisans and discover the perfect gift for that special person. The Grand Raffle, a basket of donated artisan goodies, is always a treasured delight. Enjoy sweet and savory hors d'oeuvres, hot apple cider, music and community!

These days we're all familiar with the

phrase "Go Local, Shop Local, Support Local Artists", and now's your chance.

Participating this year are Potters: Kaye Like, Brenda Phillips, Gretchen Barton, Cindy McPeak, Bea Acosta, and Cindy Donovan; Jewelers: Maria Arana, Debbie Hull, Rebecca Barnes, Linda Dawson; Woodworkers: Bill Ranseen and Charles Ross. Other local vendors include Joel Kies, Lisa Joakimides, Allan and Astrid R-Hogle, Jim Hayes, July 5 Clothing, Amy McFarland with Renegade Botanicals and Carol Williams.

Brandybuck Ranch is located east of Point Arena at Schooner Gulch and Ten Mile Cutoff. Watch for the signs and festive decorations. More information is at (707) 882-2269.

Come early and stay late at the Annual Brandybuck Bizarre Bazaar. And say hello to Sugar while you're there.

PS. While I can't swear to it, the hands in this beautiful photograph just might be Bea's. Compare the photo when you stop in to Brandybuck.

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The Local Top-15 Books
Fall 2018

“What can be better than to get out a book on Saturday afternoon and thrust all mundane considerations away till next week.”
C. S. Lewis. (1898 - 1963).

1. *Less* by Andrew Sean Greer
2. *Fear: Trump In The Whitehouse* by Bob Woodward
3. *Mendonoma Sightings Throughout/Year* by Jeanne Jackson & Craig Tooley
4. *Shaping The Sonoma Coast* by Thomas Cochrane
5. *Killers of the Flower Moon* by David Grann
6. *An Excess Male* by Maggie Shen
7. *Eleanor Oliphant is Completely Fine* by Gale Honeyman
8. *China Rich Girlfriend* by Kevin Kwan
9. *Uncommon Type: Some Stories* by Tom Hanks
10. *Manhattan Beach* by Jennifer Egan
11. *Origin* by Dan Brown
12. *Sapiens: A Brief History of Humankind* by Noah Yuval Harari
13. *Crazy Rich Asians* by Kevin Kwan
14. *Diary of a Bookseller* by Shaun Bythell
15. *Lamb: The Gospel According To Biff* Christopher Moore

Bubbling Just Under the Top-15*

- *. *The Woman Upstairs* by Claire Messaud

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



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Enemy of the People:

Trump's War on the Press, the New McCarthyism, and the Threat to American Democracy

A Book By Marvin Kalb, Reviewed by Jennifer Bort Yacovissi

Recently, I had occasion to use a quote from Washington Post executive Editor Marty Baron: “We’re not at war, we’re at work.” He uttered those words last October while he and Dean Baquet, executive editor of the New York Times, were at the National Press Club filming an edition of “The Kalb Report” with the host, veteran journalist and author Marvin Kalb.

The topic under discussion was freedom of the press, and Baron was responding to the idea that his newspaper is “at war” with the current administration. While Baron, famously unflappable, appeared almost sanguine about the state of U.S. journalism in the face of endless presidential vitriol, his interviewer, Kalb, was not. In fact, he was clearly alarmed.

That sense of alarm comes through palpably and unapologetically in Kalb’s *Enemy of the People: Trump’s War on the Press, the New McCarthyism, and the Threat to American Democracy*. The author makes this clear right up front, answering in the affirmative to his own question, “could I, after all these years, drop my usual dedication to objective journalism and, for probably the first time in my professional life, tell the public what I truly felt about Trump and his approach to the press?”

In fact, he does not confine his opinion to that singular element, as evidenced by such passages as this one: “The partisan split, which had divided American politics for decades, only widened further as Trump and his troops stormed into Washington, taking the nation and the world hostage to his chaotic, authoritarian style of leadership.” When it comes to throwing off journalistic objectivity for the first time in a 60-year career, Kalb has decided to go all in.

Arguably, if any living journalist deserves to do so, it’s Kalb, who interrupted work on his three-part memoir to produce this slender volume. Old enough to have met Nikita Khrushchev in Moscow during the brief post-Stalin “thaw” of 1956, when Kalb was a young translator at the U.S. Embassy, he has witnessed and reported on enough modern history to have earned the opportunity to offer his unvarnished perspective. (Read our review of his first memoir volume here.)

In a stunning bit of timing, Kalb had already decided to offer his opinions on the president and the press in a speech he was to give at the Cosmos Club on February 16, 2017. That was the same day Trump tweeted that the press “is the enemy of the

American People.” For Kalb, those words, “enemy of the people,” favored by dictators throughout world history, served as his red line. He rewrote the opening of his speech, and the battle was joined.

It’s worth noting that Kalb was a target of the last U.S. president who had an especially ugly relationship with the press: Richard Nixon. Nixon had Kalb’s phone wiretapped and his office ransacked, and yet Kalb feels strongly that there is something more dangerous about this administration even than that one.

Another crucial entry in Kalb’s bona fides is his distinction as being the last of the journalists recruited by Edward R. Murrow — “Murrow’s Boys” — to join CBS News. The bulk of this book focuses on the parallels between junior Wisconsin senator Joseph McCarthy and Donald J. Trump, and examines the determined reporting led by Murrow and his team to shine a scalding light on McCarthy’s anti-Communist rampage, which eventually led to the senator’s downfall.

Beyond sharing the no-holds-barred lawyer Roy Cohn, McCarthy and Trump share any number of other unsavory traits and abetting environmental factors, including a legislative branch that has misplaced its spine. Both men use the press to their advantage, lie egregiously, and play to the darkest impulses of their listeners. Both are wildly popular with their followers, seemingly untouchably so.

It’s as though Cohn is describing his later client when he spoke of McCarthy as being “impatient, overly aggressive, overly dramatic. He acted on impulse... He would neglect to do important homework... He was selling the story of America’s peril.”

The parallels are useful, but they only go so far. Murrow had a long-standing relationship of trust with the American people, having brought the Blitz alive for them — almost single-handedly creating on-location radio and later television reporting as he did so — and then giving them on-the-ground reporting during World War II. And he kept his powder dry until he felt his team was fully prepared to make the case against McCarthy and his tactics.

And though McCarthy hitched his fortunes to the hottest topic of the time to ride to prominence, he was in the end a one-trick pony. This allowed Murrow and others the relative luxury of having a single area on which to focus audience attention. In contrast, the current president has journalists playing daily — even hourly — Whack-a-

Mole, where the shifting, unending outrages lead to a sort of numb exhaustion.

It’s been a long time since America has had an Ed Murrow or a Walter Cronkite to speak to the entire nation from a place of trust. If McCarthy’s moment had come in an age of social media and 24-hour cable news playing to splintered, partisan audiences — well, that would be what we have now, the raging demagogue, but this time with no trusted Murrow-like newsman to bring him to heel.

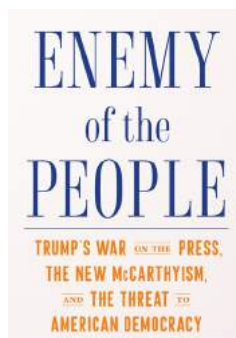
The other unfortunate parallel between McCarthy and Trump is that both are exceedingly good at selling newspapers and driving up TV news ratings. Kalb quotes political reporter Willard Edwards of the Chicago Tribune saying, “McCarthy was a dream story. I wasn’t off page one for four years.”

In Kalb’s discussion with Baron and Baquet, both guests acknowledged their respective papers’ return to solid financial ground after a number of rocky years; neither one addressed the role that Trump’s virtual ownership of the news cycle may have played in the health of the papers’ balance sheets. Could Trump be right that the media needs him as much as he needs them?

Kalb has written this book as something of a journalists’ call to arms, reminding them that determined reporters can and do make a difference in rooting out and spotlighting corruption, and in holding our leaders accountable to the people they represent. On August 15, 300 newspapers nationwide published editorials to push back against this idea that the news media is the enemy of the people, rather than being one of the pillars of democracy.

Which brings me back to why I was using Marty Baron’s quote. It was for a poster I carried at a march, in memory of my oldest friend and long-time newsman, John McNamara, one of the five people killed at the Capital Gazette for the sole reason that he worked for the newspaper. So it’s not a big stretch for me to agree with Kalb’s final sentence: “And, so, with all due respect to the office you hold, Mr. President, the ‘enemy of the people’ is not the press. It is you.”

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



Scuttlebutt

by Mitch McFarland

In November of 2015 Donald Trump and Carly Fiorina were both doing well in the polls while running for the Republican nomination for President. Their campaigns were largely founded on the idea that a business person would be best qualified to run the country. I wrote a column at that time explaining why I thought that was a completely backwards idea. I proposed 5 reasons why I thought so. I think it is a good time to review those claims.

The first is about motivation. Politicians generally have done well in life and are giving back to the community. People who enter business do so to be personally successful and that virtually always includes making money. A democracy is run for the mutual benefit of all. Businesses are run for the benefit of the owners. Can anyone argue that Trump is not trying to enrich himself through his presidency? Can you spell emoluments?

Next is the question of purpose. Business is all about competition. Democracy is about compromise. Trump has trashed multinational agreements in favor of deals where he can compete on a one-to-one basis. His domestic policy approach is to only cater to his base and to paint those who disagree with him as "enemies". Cooperation is not in his playbook.

Also, in business if employees are not performing as the boss wants, they can be fired and who is the king of "you're fired"? Yet how is that working out? He doesn't hire people based on their competence (hello Ben Carson), but on their loyalty. He has repeatedly said in various ways that his ideas are the only ones that matter and his opinion must be shared by those who work for him. That puts quite a load on this lone 'stable genius'. Our system is based on the idea that no one is all-knowing and that a variety of opinion is needed to reach acceptable conclusions. Obviously, there is only one opinion that matters to Trump.

Then there is the idea that the key to success in business is efficiency. However, the goal of government should be fairness and compassion, which may, at times, conflict with being efficient. Receiving public input on a project may not be the most efficient way to expedite development, but the perspective of those impacted by a project should, in fairness, receive some consideration. Objections to any idea of Trump's are considered by him a distraction, not a healthy exercise in democracy.

Compassion is also on the list. Do I even need to mention compassion in a discussion of Trump's mindset? His repeated insults of people, particularly women, show his degree of compassion.

Finally there is the matter of power. In business all original power rests with the owner. Our democracy it is supposed to be just the opposite. Power is supposed to be shared. Trump's use of the phrase "I'm President and you're not" pretty much sums it up. He gets what he wants and to hell with the majority of voters who voted against him.

I didn't bring up my previous article to show how prescient I am. Numerous other commentators have made the same point. I mention it because we now have empirical evidence to show that you cannot run a country, excuse me, a democratic country (Trump has other ideas) like a private business. This doesn't mean that leaders of industry or the military are incapable of running a

government. It is just a different job and a good leader would recognize that. Leadership is the most important quality in a politician, not business experience.

Peter Economy is an author of 75 books on leadership and management. He lists 9 qualities of a good leader. They include decisiveness. Trump seems to change his mind with each new tweet. Look how he handled the Saudi murder issue.

Another quality is accountability. Trump claims the midterms are a referendum on him, unless Republican lose and then it is their fault.

Then there is empathy. Do I even need to discuss this one?

Optimism is also listed as a quality of lead-

ership. According to Trump everything is a mess and falling apart. The idea is to generate anxiety. The only optimistic message has to tell is that he, alone, can bring us out of the horrible situation that we are in.

Peter Economy also mentions focus as an important trait. We are repeatedly told that aides must use only a few minutes to explain things to Trump before he loses interest. Reports cannot be longer than one page or he gets turned off.

The quality most lacking in Trump that Economy proposes is honesty. The thousands of lies that have been documented reveal Trump's complete lack of concern for honesty and truth. In the most telling part of the famous "grab 'em" tape he told Billy Bush that you can tell people anything you want and they will believe it. And 30% of them do. And another 10% don't care.

Finally, there is the quality of inspiration, which motivates everyone to give his or her best all the time. What Trump has given us is a parade of individuals leaving the administration at unprecedented levels. Their only inspiration is to get away from Trump before their reputations are forever tarnished.

And about Carly Fiorina: Michael Useem, professor at Wharton School of Business commented on her firing at Hewlett Packard opining, "Fiorino scored high on leadership style, but she failed to execute strategy". While 30,000 workers were being laid off, HP employees complained of Fiorina's expensive self-promotion and top-down managerial style (sound familiar?) as exemplified

"A democracy is run for the mutual benefit of all. Businesses are run for the benefit of the owners."



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by her purchase of a \$30 million Gulfstream jet for her exclusive use. Nevertheless, the board gave her a golden parachute worth \$21 million. Gotta protect your own.

People ask me around this time of year how I am voting on various issues. I try to stay away from that, but I can't help wondering why anyone would vote for Proposition 6, the repeal of the gas tax. After our 40-state drive around the country 2 years ago, I realized that California has some of the worst roads in the nation. Many articles have backed me up on that one. Republicans put this one the ballot in hopes of increasing turnout among the Howard Jarvis types who generally vote Republican, but only someone who enjoys driving around potholes and wearing out tires prematurely from a misaligned front end would think paying to fix the roads is a bad idea.

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HOW TO SOLVE:
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(Answer appears elsewhere in this issue)

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Mendocino County Poet Jasper Henderson • November 15

Featured At Third Thursday Poetry at 215 Main

by Blake More

On Thursday, November 15, at 7:00pm
The Third Thursday Poetry & Jazz Read-
ing Series at 215 Main in Point Arena will
feature Fort Bragg Jasper Henderson. The
reading will begin with live improv jazz,
followed by an open mic with jazz improv;
the reading will conclude with our featured
poet and more live improv jazz.

Jasper Henderson is a writer of poetry and
fiction based out of the Mendocino Coast.
His short stories have been published in
Joyland, Juked, Permasummer, and Golden
State 2017: The Best New Writing From
California. His poetry has appeared in
the Mendocino
Poets in the
Schools 2017
anthology and
Noyo River Re-
view. Currently
he is working on
a mythic poem
cycle, a series
of short stories
about different
writers, and a
post-apocalyptic novel.

He also teaches creative writing, through
the California Poets in the Schools writer's
residency program. Over the last four years
he has led poetry courses at three different
schools for students at many different levels
of skill. In his work at Dana Gray Element-
ary School in Fort Bragg, Jasper works
alongside Karen Lewis to reach every stu-
dent in the school for a series of workshops.
At the end of the school year, he edits and
publishes an anthology of the best student
poems from that school. At the high school
level, Jasper teaches at Fort Bragg and

Mendocino High Schools. He also helps to
coach poetry slam, the event at which Jas-
per won Best Overall his senior year of high
school.

Jasper has lectured on creative writing
at UCLA and at Wesleyan College, through
its Center for Pedagogical Innovation. Jas-
per also works as a writing tutor through
Signet Education, helping students outline,
draft, and revise their essays and stories into
polished pieces of writing.

Jasper is a degree candidate in the MFA
program in creative writing at Antioch
University Los Angeles, where he holds a



Creative Writing
Fellowship. He
earned a BA in
Slavic Languag-
es and Literature
from Harvard
College in 2012,
receiving de-
partmental hon-
ors for his prize-
winning senior
thesis.

Jasper grew up on the Mendocino Coast,
and he still lives here most of the year. He
enjoys hiking, Kung Fu, playing basketball,
watching baseball, and cooking. His cat
is named Sybil, after the sibilant, favorite
sound of cats across the galaxy.

*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.*

Note: A sample of Jasper Henderson's po-
etry can be found on page 11.

Suicide Risk Adam by Jasper Hendersen

in Eden the vining roses are uncut I'm not talking about Adam's prick
sweet flower though it is to hear Eve tell it
everything is choking everything biology calls this succession this
vine choking tree choking bush choking bloom Adam has his hand
in a honeypot again I'm talking about a beehive
sticky-sweet viscid to his elbow bastard
beeswarm cannot sting God does defense mechanism tomorrow
for now Adam licks gold glue off dirty arm till he gets bored and
some gets stuck in pubes and fig leaf fixes there they're
not permitted sharp objects suicide risk Adam has to bite the stems
to bring Eve bouquet without vase the flowers wilt and wither
the serpent a tired deputy discharges two public nuisancers on
Fillmore and Polk
at 2 AM Tuesday somehow they survive and their great-grandchildren
mutilate each other's genitals and someone invents cloth roses and
everything still chokes everything poets call this creation



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not futile.

That is enlightenment.

That is your meaning in life.

That is your directive.

That is your comfort.

That is the solemnity of duty.

That is inspiration for

compassion.

That is the light of the ultimate."

(from the Sunrise Prayer by Deng Ming Dao)

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In the anti-intellectual climate of today we see that the "dumbing down" of higher education is at once the lapdog of the post-industrial feudalistic hegemony and the running dog of bourgeois complacency, and although this is rather obvious, what is not so apparent, at least on the surface, is that it is also the bugbear of the all but invisible intelligentsia, which has disappeared before everyone's eyes but its own to the point where not only can no one see it, it can scarcely even see itself. The diploma mills compete to turn out, not ranks of scholars or thinkers, but the eager drudges that are the mainstay of bureaucracies everywhere, assuring that society remains unthreatened by new ideas and that the long-legged wolf of consumerism runs unchecked as the lead dog in the worldwide Iditarod of capitalist oppression. Perhaps serious intellectuals should consider adopting The Negro National Anthem* as their own and rally against the intramural complacency that has plagued our universities and colleges for decades. At least the tenured ones need not fear reprisals for insubordination other than the revocation of those human rights that they have already abdicated, consigning intellectuals to the role of invisible strangers, and denying that adherence to outspoken intelligent views was a human right to begin with.

Though it seems ludicrous in retrospect, Maoist rhetoric, while in itself fiercely anti-intellectual and of the basest knee-jerk simplicity, helps apply a grimly humorous perspective to the plight of the world's intellectual community, if, in any real sense, it can be said to still possess one. The two great social philosophies, Laissez-Faire Capitalism and Stalinist-Maoist Communism, have supplanted religion in modern times, and while the conflict raged, served to mitigate each the deleterious effects of the other on the hapless population of the world. During this time intellectual pursuits and scholarship were suppressed to maintain a unified ideological front, equally on both sides, while maintaining the fiction that it was only a temporary measure. Now

that worldwide consumerism is the sole ideology, and The Job has displaced The God as the ideal, there is nothing left to hold back the tide of rootlessness and destruction as it sweeps through traditional cultures and attacks the natural world, all in the name of progress. Thus educational institutions turn out workers rather than thinkers and the goal is a better Job thus more buying power hence more consumerism ad infinitum ad nauseum. Only the mind itself remains unconquered, and by keeping the pursuit of truth at bay with promises of spare parts and money, intellectualism is fast becoming an historical curiosity, for the agenda of oppression can only be opposed by truth, just as darkness can only be conquered by light. We must turn away, like the Garveyites of old, from empty promises, and learn to rely on ourselves alone for the ideas that sustain our mental lives, for race is no longer an issue when our very humanity is at stake.

We, the current generation of potential scholars, must shake off the lethargy that comes with a surfeit of entertainment and create our own intellectual renaissance. It is long overdue, and we can no longer be content with inspiration from past great thinkers like Henry David Thoreau in his Walden wilderness, or Marcus Garvey gleefully exiled to Ghana, or even V. S. Naipaul, returned, at last, to Trinidad. Learning and the pursuit of knowledge is not a football match between the red team and the blue team, but must be recognized as a struggle with the mechanics of metaphysics, lest our own ivy clad towers of refuge, like castles made of sand, crumble into a sea of mediocrity. A new intelligentsia must be cut out of whole cloth, or like Pallas Athena spring full blown from the minds of our generation. We must create for ourselves what no one will create for us.

**We Shall Overcome, Ivanhoe Martin • May 2010
Copyright 2014, Ted Torgersen*

The MET Opera Presents Marnie

On Screen in HD at Arena Theater, November 10

Composer Nico Muhly unveils his second new opera for the Met with this gripping reimagining of Winston Graham's novel, set in the 1950s, about a beautiful, mysterious young woman who assumes multiple identities. Director Michael Mayer and his creative team have devised a fast-moving, cinematic world for this exhilarating story of denial and deceit, which also inspired a film by Alfred Hitchcock. Mezzo-soprano Isabel Leonard sings the enigmatic Marnie, and baritone Christopher Maltman is the man who pursues her—with disastrous results. Robert Spano conducts.



The MET has proven itself to be the premier source of great opera in America, particularly in coming directly into theaters like Area Theater live in HD. Marnie is set for Saturday, November 10, 9:55am. Doors open about 9:30am. Tickets are \$24 general admission, \$22 senior, \$18 student, available online at www.arenatheater.org.



The opera had its world premiere at the English National Opera, London, 2017. A new work commis-

sioned by the Metropolitan Opera, Marnie is a musical-dramatic vision of a troubled character within a flawed society, with both the individual and the social milieu concealing inner turbulence behind sophisticated façades. Based on a 1961 novel by Winston Graham, the libretto unfolds naturalistically, and the music explores the themes set forth in the source material in a direct and often seductively beautiful manner.

Muhly (b. 1981) is one of the most notable composers working today, with a wide-ranging oeuvre encompassing ballet music, orchestral and chamber works, songs, solo piano pieces, film scores, and sacred and secular choral music. In the fall of 2013, his first Met-commissioned opera, *Two Boys*, had its U.S. premiere with the company. The text for Marnie was written by Nicholas Wright (b. 1940), a British dramatist born in South Africa, after the novel Marnie (1961) by prolific English author Winston Graham (1908–2003).

The opera has a runtime of 197 minutes including one intermission.

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Crossword

by Margie E. Burke

ACROSS

- 1 Make an impression?
 5 Diamond Head's home
 9 Dog who played Eddie on "Frasier"
 14 White as a ghost
 15 Privy to
 16 Garment worn by Flo and Alice
 17 Like some tea
 18 Talk like Daffy
 19 Argue against
 20 Wales pooch
 22 Fix, at the vet's
 24 Greet the day
 25 Lady's man
 27 Thirst quencher
 29 ___ Day
 31 Solidly built
 33 Cold War competition
 35 Full of back talk
 39 Written law
 40 Nutrition label unit
 42 Church council
 43 Wearing black, maybe
 44 Trustworthy
 47 Relax, slangily
 48 Kind of wheel
 51 Spreadsheet filler
 53 Orchard fruit
 54 Leaves home?
 56 "Same here!"
 59 Fort Knox bar
 61 Edit menu option
 63 Like Jack Sprat's diet
 64 Do a salon job

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| 39 | | | | | | | | 40 | 41 | | | | | |
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| 59 | | | | 60 | | 61 | | | 62 | | 63 | | | |
| 64 | | | | | | 65 | | | | | 66 | | | |
| 67 | | | | | | 68 | | | | | 69 | | | |

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- 66 Fender flaw
 67 Public figure?
 68 Can't stand
 69 Conclusion starter
- DOWN**
- 1 Kind of proportions
 2 Mexican fare
 3 Religious leader
 4 Beat around the bush
 5 Painter's medium
 6 Spanish cordial
 7 Home for the sick
 8 Post-vacation task
- 10 Game with a character named "Cavity Sam"
 11 Elliptical path
 12 Lush
 13 Stage direction
 21 Unwelcome visitor
 23 Welcome word at a proposal
 26 "___ does it!"
 28 Educated
 29 Physics calculation
 30 Pretentious, perhaps
 32 Cooler contents
 34 Supplies' place
 36 Armed ship of
- 37 Lodgepole, for one
 38 Burglar
 40 Corn holder
 41 New Year's word
 43 Ink cartridge color
 45 Beyond tipsy
 46 Arrival en masse
 48 Nutmeg, e.g.
 49 Mortise's mate
 50 Colonel's insignia
 52 Diacritic mark
 55 Cut and paste
 57 Zingy taste
 58 Not duped by
 60 Take a stab at
 62 Kind of deposit



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Ocean Sunfish—Mola Mola

by Mary Jane Schramm

It was fall of 2014, and the scene was like a 1950s-era sci-fi movie in miniature, set along our coast. Boaters offshore encountered broad expanses of ghostly-white disks of various sizes, floating at the surface. The



spectacle looked like a shipment of mutant Frisbees[®] that had fallen off a freighter. Sadly, beachgoers found many onshore that had died and washed ashore—for these were fish-festooning the surf line, fins missing: likely the result of fishing gear entanglement. No alien invasion, it was a host of ocean sunfish.

This species of fish is known colloquially and scientifically as mola mola, and that autumn they had appeared in unusually high numbers in our coastal waters.

The ocean sunfish has been variously described as a: floating garbage can lid; seagoing flying saucer; or a garden stepping-stone. Examined closely, it resembles an oversized fish head with a small tail; a seeming afterthought. Its body is flattened laterally, giving it a full-moon shape.

When dorsal and ventral fins are both extended, they are nearly circular. It is the heaviest bony fish known to science, with adults weighing 2,200 lbs. on average.

Ocean sunfish are cosmopolitan: found in tropical and temperate waters around the globe. Locally, they seem to like the warm temperatures that the Davidson Current brings to our north-central California waters in the fall, which coincides with peak jellyfish abundance in the Greater Farallones sanctuary. Jellies, especially sea nettles, are their dietary staples. Since jellies offer little nutrition, molas consume them in huge quantities. But they also eat crustaceans, sea stars, sponges, mollusks, squid, algae, plankton, and small fish.

Sunfish have a noticeable presence in north-central California waters: singly, or rafts of them, riding the swell. From their seemingly idle behavior, one would not know they are in fact wave borne wonders. This open-ocean fish can dive to depths of over 2,000 ft. to feed on sponges and corals. To recover from these cold depths, this otherworldly creature basks at the ocean's surface to soak up the sun's rays, and readjusts its internal chemistry to sea level norms. While resting, it may offer a buffet for hun-



gry gulls who have learned to pick parasites from its sandpaper skin. But once it's time to go hunting again, it uses a powerful sculling body motion, its tiny tail functioning as a rudder.

Females can claim the fecundity crown among vertebrates (animals with backbones): sunfish hold the egg-laying record, each capable of laying 300,000,000 eggs at a time.*

Adult sunfish are vulnerable to few natural predators, with the exception of sharks, killer whales, and sea lions. In fact, for some sea lions, it's not just a sunfish – it's a fun-fish. They've been seen grasping small molas and flinging them around, a'la Ultimate Frisbee[®].

Biologists have raised the alarm that pop-



ulations in the western Pacific, and some parts of Europe, are declining. They are not a marketable food fish in U.S. waters, but are considered a delicacy in some parts of Asia. While not fished commercially here, molas nonetheless are the most common victims of bycatch of the drift net fishery, comprising over 25 percent of the California fisheries bycatch. It is the indiscriminating drift gill net that entangles all that comes its way. NOAA Fisheries is currently working with the fishing industry to learn more about their habits, and to help minimize this bycatch, much of which occurs in the swordfish fishery. Drift gill net fishing is illegal in most states, but still legal in California.

The Secret Life Of Salmon A Science & Arts Celebration November 10 in San Francisco

Salmon is "king" among California fish. Explore our "Salmon-scape" in a journey from high mountain streams to the deep blue sea. Enjoy science, crafts and seafood "bites." Mix, mingle, and learn, while taking in stunning night views of the city at the newly renovated Randall Museum. NOAA Fisheries scientists Dr. Sarah Mesnick, Ecologist and Dr. Thomas Williams, Research Biologist will share the latest conservation research.

Enlivening the Q&A will be 25 Lusk's Executive Chef Matthew Dolan, Fisherman Mike Hudson, Artist Ray Troll, and Executive Director of Institute for Fisheries Resources Noah Oppenheim. Book and poster signings by Matthew Dolan, Ray Troll and Squidtoons author Garfield Kwan.

Reception 7-8pm: art, music, printmaking; two complimentary beverages included. Tickets are \$20. Contact: sheintzelman@farallones.org or 415-530-5366. Note: Age minimum 16, space is limited. More information at www.farallones.noaa.gov. "The Secret Life Of Salmon: A Science & Arts Celebration" is Co-sponsored by Greater Farallones National Marine Sanctuary, Randall Museum, and Greater Farallones Association.

Mary Jane Schramm
• NOAA Greater Farallones • Nat'l Marine Sanctuary
Maryjane.schramm@noaa.gov
Photo Credits: Near Left: Left: Brown sea nettle Credit: NOAA-NOS; Far left: Ocean sunfish caught off Channel Islands. Credit: Public Domain (pre-January 1, 1923). Upper Left: TBC

"Either you decide to stay in the shallow end of the pool or you go out in the ocean."
Christopher Reeve (1952-2004)

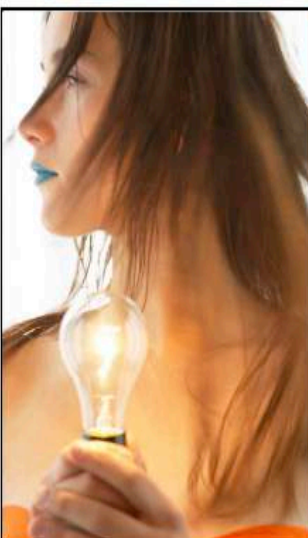
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"Notes strung together
Forming a musical line
Like birds on a wire."
by Sandy Gianniny

Jazz
Haiku
for
November

9th Annual Festival of Lights Opens November 23 Mendocino Coast Botanical Gardens

Glittering Lights ~ Sweet Treats ~ Live Music. Each winter the Mendocino Coast Botanical Gardens transforms into a spectacular show of glittering color. The 9th Annual Festival of Lights will run rain or shine each Friday, Saturday, and Sunday evening from November 23 through December 16. Adult tickets are just \$10 and children 16 and under are free thanks to the funds raised by our spectacular annual benefit, the Festival of Lights Gala. This year's Gala will be held on Saturday, November 17 offering music, drink, and flavorful fare, and a one-of-a-kind preview of the lights. Each Friday, Saturday, and Sunday. Doors open at 5:00pm. Last entry is at 7:00pm; lights out 7:30pm.



The Gardens invites guests to create a holiday tradition and take a stroll along twinkling pathways lined with inventive displays. After dark, the Succulent Garden morphs into a fantastic underwater scene of seaweed and floating jellyfish. A sailing brig that struck nearby reefs back in 1850 is reanimated with dazzling lights amidst the Gardens' nationally recognized Heath and Heather Collection.

Visitors can warm up and wind down in a beautifully decorated tent complete with live music, local craft brews, and some of the best wine Mendocino County has to offer. The Holiday Sweets Café offers hot cocoa, cider, and homemade goodies baked by members of Friends of the Gardens.

Advance tickets are available for purchase now through November 23 (online sales end at 3:00pm on the 23rd). Tickets for Festival of Lights can be used for any day of the event and do not sell out for any date (with

the exception of the Gala preview party on November 17). Avoid the parking lot hustle and bustle. The parking shuttle will be available each night of the Festival of Lights. The shuttle will pick up from the Mendocino Community College parking lot at 1211 Del Mar Drive, Fort Bragg beginning at 4:45pm and take you directly to the Gardens' entrance. The last shuttle pick-up from the College parking lot will be at 6:45pm.

Dress for winter—the event will run rain or shine! Parking is free but limited, please plan to carpool. Electric mobility scooters will be available on a first come, first served basis until 5:30pm (no carts after dark for the safety of the operator and all visitors). Mendocino Coast Botanical Gardens is well-known for its pet-friendly nature, however the Gardens apologizes but no dogs are allowed at the Festival of Lights. No outside food or beverages allowed. No smoking anywhere in the Gardens. No refunds as all proceeds will be donated to our nonprofit botanical gardens. General admission guest passes are not allowed for entry; an Event Ticket must be purchased as this is a fundraiser for the Gardens.

Please note: Festival of Lights is an event where photography, audio, and video recording may occur. By entering the event, you consent to be photographed, filmed and/or otherwise recorded. Your entry constitutes your consent to such photography, filming and/or recording and to any use in promotion of Festival of Lights and the Mendocino Coast Botanical Gardens (MCBG).

Photo by Brendan Mcguigan

"Partners in Protection-California Coastal Trail & Marine Sanctuary" Lighthouse Lecture Series Presents Cea Higgins November 17

On Saturday, November 17 at 4:00pm Cea Higgins will present "Partners in Protection-The California Coastal Trail & Marine Sanctuary" 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.

"As Executive Director of Coastwalk/California Coastal Trail Association I feel I am uniquely qualified to teach the audience about the history, intent, and future of the California Coastal Trail-when completed the trail will run 1,200 unbroken miles from Oregon to Mexico and provide public access to the coastline and a spectacular venue for outdoor recreation & coastal preservation," says Higgins. "Coastwalk has led hikes on the California Coastal Trail for 35 years and works to inspire, educate, and increase the community of coastal advocates for both coastal protection and access.

Hear the stories of the first thru-hike which brought attention to the need to protect the Coast from over-development and resulted in the passage of Proposition 20 and the Coastal Act. Learn about the in-

44 days. Learn why the Trail and Sanctuary provide a 'sandwich' of coastal preservation and how people can best advocate for their preservation."

Higgins serves as the Executive Director of Coastwalk California, the only statewide nonprofit with the mission to promote, preserve, and complete the California Coastal Trail. She is currently working on developing programs to increase opportunities for underserved populations to experience the



Coastal Trail. Higgins is also the Policy and Volunteer Coordinator for Sonoma Coast Surfrider where she has coordinated beach clean-ups & conducted youth and community marine debris education programs for the last 20 years. She also serves on the Greater Farallones National Marine Sanctuary and chaired the Sediment Management Working Group working with governmental agencies and County planning departments to develop climate-smart adaptation policies to more effectively deal with coastal erosion and sea level rise. An avid surfer, hiker, and trained in marine mammal and sea bird rescue, Higgins believes in giving back to the ocean and coast that she is blessed to

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



trepid souls who have walked the trail such as the senior 'Coastwalkers' who have spent 2 decades to complete the journey or the first woman to run the trail solo in under

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

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 - Thursday 01: 8:00pm, The Luddites at 215 Main in Pt. Arena
 - Friday 02: 8:00pm, Tango at 215 Main in Pt. Arena
 - Saturday 03: 5:00pm, Opening at Coast Hwy Art Collective, Pt. Arena
 - Saturday 03: 5:00pm, Carol Watanabe art opening at 215 Main, Pt. Arena
 - Saturday 03: 6:30pm, Larry Vuckovich: Jazz in the Autumn at Gualala Arts.
 - Saturday 03: 7:00pm, Kewala Quintet at 215 Main in Point Arena.
 - Saturday 03: 7:30pm, Mendocino English Country Dance, Caspar Community Center
 - Sunday 04: 5:00pm, Franny's Farmhouse Dinner at 215 Main, Pt. Arena
 - Monday 05: 7:00pm, Arena Theater Film Club, **Harold and Maude**
 - Wednesday 07: 5:30pm, Talk: Ancient Taoist Arts Perspective on Longevity at Gualala Arts
 - Friday 09: 7:00pm, Karaoke Night at 215 Main, Pt. Arena
 - Saturday 10: 9:55am, Marnie, Metropolitan Opera Live at Arena Theater in Pt. Arena
 - Saturday 10: 7:00pm, Improv Comedy at Gualala Arts.
 - Saturday 10: 7:00pm, Cumbaleros at 215 Main in Pt. Arena
 - Saturday 10: 8:30pm, McKenna Faith at Garcia River Casino, Pt. Arena
 - Sunday 11: 4:00pm, Trio Celeste in Chamber Music Concert at Gualala Arts
 - Monday 12: 7:00pm, Arena Theater Film Club, **Wings**
 - Thursday 15: 7:30pm, Third Thursday Poetry with Jasper Henderson at 215 Main, Pt. Arena
 - Saturday 17: 4:00pm, Cea Higgins talks about California Coastal Trail at Pt. Arena Lighthouse
 - Saturday 17: 7:30pm, Fiesta Mexicana at Arena Theater, in Pt. Arena
 - Sunday 18: 1:00pm, Exhibition on Screen. Degas: Passion for Perfection at Arena Theater
 - Sunday 18: 2:00pm, Mushroom talk at Coast Community Library in Pt. Arena.
 - Friday 23: 10:00am, Festival of Trees at Gualala Arts.
 - Friday 23: 5:00pm, Festival of Lights at Botanical Gardens, Ft. Bragg.
 - Friday 23: 7:30pm, Dust in my Coffee, 215 Main in Pt. Arena
 - Saturday 24: 10:00am, Festival of Trees at Gualala Arts.
 - Saturday 24: 5:00pm, Festival of Lights at Botanical Gardens, Ft. Bragg.
 - Saturday 24: 7:00pm, Full Beaver Moon Night Tour at Pt. Arena Lighthouse
 - Saturday 24: 7:30pm, Pat Simmons at 215 Main in Pt. Arena
 - Sunday 25: 5:00pm, Festival of Lights at Botanical Gardens, Ft. Bragg.
 - Monday 26: 7:00pm, Arena Theater Film Club, **Mask**
 - Friday 30: 5:00pm, Opening Reception Gualala Salon and Salon des Refuses at Gualala Arts
 - Friday 30: 5:00pm, Eric Schramm art opening at 215 Main in Pt. Arena
- DEC:
- Saturday 01: 10:00am, Bizarre Bazaar at Brandybuck Studio. (Continues on the 2nd).



The Coast Highway Art Collective
284 Main Street, Point Arena
Thursday - Sunday 11 a.m. to 5 p.m.

Holiday gift shopping for everyone on your list.

🏠 Wood working 🏠 Jewelry

🏠 Paintings 🏠 Mixed Media

🏠 Photography 🏠 Ceramics 🏠 Textiles

🏠 Glass 🏠 Greeting cards 🏠 Basketry