

**ALWAYS  
FREE**

November 2019



# Lighthouse Peddler

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

## Festival of Trees

**Holiday Trees, Fun,  
Food, Gifts & Music  
At Gualala Arts.  
and Santa Too!**



For locals, seasonal visitors, and travelers alike, the holidays help define this time of year. (Sometimes we even get a little snow to add flavor and color). We all look forward to the holidays. For most, Thanksgiving is the centerpiece with the Christmas holidays following a few weeks later, and we all tend to get caught up in the spirit.

Helping provide some of that holiday feeling for all of us is Gualala Arts as they present the 16th annual Festival of Trees. If you've been to the festival before, you already know that it's a lot more than trees; but trees are the centerpiece on Friday and Saturday of Thanksgiving weekend, November 29 and 30. This kicks off the Holiday

Season on the Mendocino Coast, and (happily) 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!

*cont'd on page 11*

**MENDOCINO COAST BOTANICAL GARDENS**

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## Coast Highway Art Collective presents "Chinese Brush Painting" Andrea Allen • Opening Reception November 2

The November opening reception at the Coast Highway Art Collective in Point Arena will be a one-woman show, featuring the works of local artist, Andrea Allen. Allen, a Chinese Brush artist, has a unique style,



combining the traditions of the Chinese Masters with a subtle, contemporary flair. The opening reception is on Saturday, November 2, from 5:00pm to 7:00pm.

Allen studied with a Chinese Master for six years and has been painting and teaching in this style for over 20 years. She utilizes many ancient Chinese techniques, such as grinding her own Sumi ink, often mixing it with watercolors, loading the calligraphy brush and applying it to handmade rice paper, with a minimal number of strokes to complete each painting. She carefully bal-

ances the unpainted and painted spaces in each composition, creating a tranquil flow throughout each painting.

"Ancient Chinese symbolism and philosophy influence my work," explains Allen "enhancing the feeling of vital energy and serenity. The inherent effect is for the viewer to be effortlessly invited into each painting, to experience a peaceful balance and harmony in a timeless continuum.

The show runs from November 2 through the 30. In addition to Allen's paintings, many of her ceramic pieces are included in the show. The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, located next to the Redwood Coast Credit Union. Regular hours are Thursday through Sunday, 11:00am to 4:00pm. Visit the website at [www.coast-highway-artists.com](http://www.coast-highway-artists.com) for information about the collective's artists, upcoming events and how to join.



## November at Garcia River Casino

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## MET Opera Live in HD Presents Two Operas in November Arena Theater Screens "Madama Butterfly" November 9 "Akhnaten" Set For November 23

Met Opera Live in HD offers two operas in November. The first is "Madama Butterfly" on Saturday, November 9, the second is "Akhnaten" on November 23 (see separate story on page 11).

The 2019-20 Met Opera Live in HD season at Arena Theater will continue with Puccini's classic, "Madama Butterfly," live from the Met on Saturday, November 9, at 9:55am, with doors opening at 9:15am.

Soprano Hui He takes on the heartbreaking title role of the doomed geisha, with

beauty of Puccini's score, especially the music for the thoroughly believable lead role, has made "Butterfly" timeless.

Puccini achieved a new level of sophistication with his use of the orchestra in this score, with subtle colorings and sonorities throughout. But the opera rests squarely on the performer of the title role: On stage for most of the time, Cio-Cio-San is the only character that experiences true (and tragic) development. The singer must convey an astounding array of emotions and characteris-



tenor Andrea Carè as the American naval officer who abandons her. Paulo Szot is Sharpless, alongside Elizabeth DeShong as Suzuki, and Pier Giorgio Morandi is on the podium for Anthony Minghella's sweeping production, a perennial audience favorite.

"Madama Butterfly" saw its world premiere at the Teatro alla Scala, Milan, in 1904 and premiered at the Met in 1907. The title character of Madama Butterfly—a young Japanese geisha who clings to the belief that her arrangement with a visiting American naval officer is a loving and permanent marriage—is one of the defining roles in opera. The story triggers ideas about cultural and sexual imperialism for people far removed from the opera house, and film, Broadway, and popular culture in general have riffed endlessly on it. The lyric

tics, from ethereal to fleshly to intelligent to dreamy-bordering-on-insane, to resigned in the final scene. The opera has a runtime of 232 minutes including two intermissions.

A complete preview of the month's second MET performance—"Akhnaten"—can be found on page 11 of this issue of the Lighthouse Peddler.

Tickets for MET Opera performances are \$24 general, \$22 senior, and \$18 youth (18 and under). Season subscriptions are available through the Arena Theater office at (707) 882-3272 or people can download and print a subscription form at [ArenaTheater.org](http://ArenaTheater.org). Season subscribers, who also become patrons, may reserve their favorite seat for the season by calling the theater's office.

The Arena Theater snack bar will be open.

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# ADVERTISERS INDEX

• Action Network	7	• KZYX	19
• Anchor Bay Store	6	• Little Green Bean	18
• Arena Frame	14	• Loft, The	6
• Arena Pharmacy	4	• Mar Vista	18
• Arena Tech Center	18	• McCann, Peter P.T.	7
• Arena Theater	7	• Mendo. Coast Botanical Gardens	Cover
• Arff Feed and Pet	13	• MTA	17
• B Bryan Preserve	19	• Oceanic Land Office	17
• Banana Belt Properties	9	• Office Source	8
• Bed and Bone	14	• Oz Farm	5
• Coast Highway Art Collective	back cover	• Phillips Insurance	12
• Cove Coffee	18	• Pier Chowder House	3
• Denise Green	2	• Point Arena Light Station	14
• Dream Catcher Interiors	12	• Point Arena Pizza	11
• Four-Eyed Frog Bookstore	17	• Red Stella	11
• Garcia River Casino	2	• Redwood Coast Chamber of Com.	4
• Green Room, The	11	• Redwood Coast Democrats	10
• Gualala Arts	5	• Rollerville Cafe	15
• Gualala Building Supply	13	• Sea Trader, The	15
• Gualala Supermarket	6	• Skunk Train	10
• Healing Arts and Massage	7	• Sonoma Clean Power	20
• Ignacio Health Insurance	8	• Spirit Veterinary Services	2
• Judith Hughes	9	• Village Bootery	8
• KGUA	17	• Wellness On The Coast	18
• KTDE	7	• Zen House Motorcycles	4

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*Cover image courtesy Gualala Arts.*

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# FROM THE EDITOR'S DESK

- The Festival of Trees returns November 29 & 30. Get your reindeer ready. (Cover).
- Chinese Brush Painting is all over Coast Hwy Art Collective in Pt. Arena. (Page 2).
- MET Opera. "Madama Butterfly". The 1st of two operas in November. Nov. 9. (Page 2).
- Borisevich Duo bring Chamber Music to Gualala Arts. November 10. (Page 4).
- Fungi for you. Lecture at Pt. Arena Lighthouse. November 16. (Page 4).
- Jazz In The Autumn has moved to February. Autumn? Mmmm. (Page 4).
- Hot Buttered Rum served up at Arena Theater, November 9. (Page 5).
- Devereaux Baker completes her journey to 3rd Thursday Poetry November 21. (Page 5).
- "Hungry Ghosts". A poem by Devereaux Baker. (Page 5).
- The moon is both new and full in November's phases. (Page 6).
- Improv is set for November 9. (It's almost like they're making it up). (Page 6).
- One Full Moon Tour in November. "Hey Wally. It's the Beaver." November 12. (Page 6).
- "A Brief Word". A very scary month. (And we're not talkin' Halloween.) (Page 7).
- Mendonoma Health wants to 'health you'. Free. Check the schedule. (Page 7).
- Garcia Guild's annual Dia de Los Muertos is November 3. (Page 7).
- Woman in the dunes meet World War I. Who'd a thunk it. November 4, 11. (Page 8).
- Let There Be Light. Festival of Lights in Mendocino. November/December. (Page 8).
- Karin Uphoff talks about an Australian transplant. Really. (Page 9).
- Foxtails. And these foxtails are not necessarily on foxes. Cathy knows. (Page 9).
- Red-Breasted Sapsucker. Guess what? It sucks sap. Honest. (Page 9).
- Mushrooms grow in Elk. And mushroom-themed art does too. (November 9. (Page 9).
- Animals abound at Gualala Arts. "We Are Animals" arrives November 1. (Page 10).
- Endangered species are here for you. Well, paintings of them November 1. (Page 10).
- "Fleabag". No. Not you. National Theatre Live from London. November 16. (Page 11).
- Got Leonardo? Exhibition on Screen does at Arena Theater. November 23. (Page 11).
- MET Opera #2: "Akhnaten" premieres November 23. (Page 11).
- November's bit of Haiku. (Page 11).
- David Steffen spent some time reaching out to Gavin, Ted, Kamala, Mike. (Page 12).
- Jennifer Bort Yacovissi reviews "Enlightenment Now". Let's get some of that. (Page 13).
- We have 17 recommended reads for you. Well, 18. But who's counting. (Page 13).
- Sally Marshall returns with an excerpt from her new book. Raccoons too. (Page 14).
- Oceans and plastic continue to be on Mitch's mind. (Page 15).
- A New Sudoku to drive you crazy (or make you feel powerful). Page 15).
- Mentoring continues to be a topic for Warren Galletti. (Page 16).
- Judith Hughes joins our group of writers. Welcome her. (Page 17).
- Music on Film Nite brings "Amazing Grace". And it is both. (Page 17).
- The crossword is here. Get started. (Page 18).
- Voter Registration is here in November. Get it done. (Page 19).
- Mary Jane Schramm gets really deep for her version of "Dia de Los Muertos". (Page 19).
- Time to Get out? Check out the events on our back page.

Issue #217 November 2019

## Lighthouse Peddler

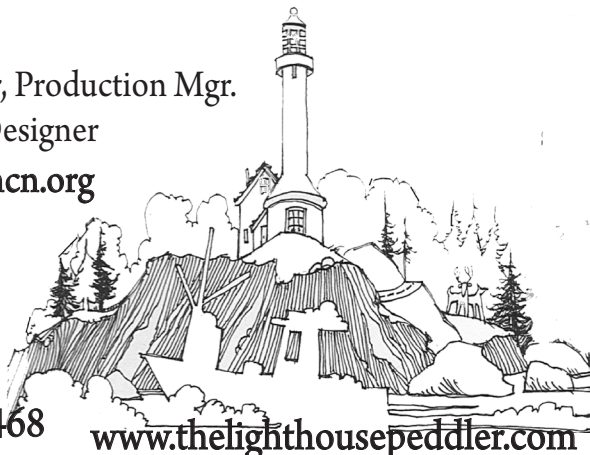
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The Gualala Arts Chamber Series Presents

Nikita Borisevich and Margarita Loukachkina • November 10

The Gualala Arts Chamber Music Series Presents Nikita Borisevich, violin and Margarita Loukachkina, piano. Borisevich and Loukachkina, both award-winning musicians, will bring their significant talents to Coleman Hall Sunday, November 10, at 4:00pm.

Nikita Borisevich was born into a musical family and started playing the violin at the age of five, with his father being his first teacher. He received his Bachelor's and Master's degrees from



the legendary Moscow Conservatory and completed graduate diplomas as well as a second Master of Music Degree at the Peabody Conservatory of Music in Baltimore.

Borisevich is known for the precocious depth and sensitivity in his playing along with his utterly finessed technique. In 2011, he won the Grand Prix in the International Chamber Music Competition (trio division) in St. Petersburg, Russia and made his debut at the Moscow Philharmonic Society. In the 2017-2018 season Borisevich, at the invitation of Grammy Award-winning cellist Zuill Bailey, made his debut as a guest artist for the Sitka Summer Music Festival, the Northwest Bach Festival in Spokane, Washington, and the Alaska Airlines Concert Series in Anchorage.

Margarita Loukachkina's concert style represents the very best traditions of the Russian Piano School—flawless technique, impeccable sense of style and a beautiful tone. She began her studies of piano at age five, and shortly afterwards was accepted at the prestigious Gnesin School of Music in Moscow. She gave her debut at the age of fifteen performing the Rachmaninoff Piano Concerto No.2 with the Altoona Symphony Orchestra.

After claiming first prizes at several competitions in the U.S., Loukachkina performed the Grieg concerto with the Nittany Valley Symphony as well as the Williamsport Symphony Orchestra. She is a major prizewinner of many international competitions such as the Louisiana International Piano Competition and the Rubinstein International Piano Competition in Paris, France. Loukachkina is the Director of Applied Music at the Garrison Forest School in addition to being on piano and theory faculty there, at the Peabody Preparatory and the McDonogh School.

Tickets are \$25 advance, \$5 more day of performance, youth 7-17 free with adult. Tickets are available at BrownPaperTickets.com, at 1-800-838-3006 and at the Gualala Arts Center or Dolphin Gallery in Gualala.

Lecture With Jeanne Jackson, Hal Ferguson and Catherine Miller  
"The Fascinating World of Fungi" • Pt. Arena Lighthouse, November 16

On Saturday, November 16 at 4:00pm Mendonoma Sightings Throughout the Year author Jeanne Jackson, joined by fungi foragers Hal Ferguson and Catherine Miller,



will present "The Fascinating World of Fungi," a slideshow of edible and non-edible mushrooms that grow on the Mendonoma Coast, as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.



This presentation will provide guests with some of the basics of foraging, a fun activity for the entire family, and is a perfect introduction for beginning foragers. Fungus has symbiotic relationships with various trees. You will learn which type of tree you might hope to find a particular type of mushroom, when the first mushrooms appear and what time of the year various edibles appear. If the first edible mushrooms have appeared in time for this presentation a tasting will be provided. Recipes for some of the most common edibles will also be shared.

Jeanne moved to the coast 21 years ago from the San Francisco Bay Area where she grew up. 11 years ago she queried Editor/Publisher of the Independent Coast

Observer, J. Stephen McLaughlin, about writing a column where people share their nature sightings. Jackson's popular column has expanded to be one full page (and sometimes more). To further share the many photos she receives every week, she started a daily Sightings blog from her website [www.mendonomasightings.com](http://www.mendonomasightings.com). Jeanne enjoys hiking with her husband, Richard, and their rescue golden retriever,



Sunny, believing that her connection with nature adds immensely to her life.

"I am so looking forward to Jeanne's presentation," says Mark Hancock, Point Arena Lighthouse Executive Director. "This area is such a treasure trove of wild fungi and to have expert foragers such as Jeanne, Hal and Catherine share their secrets and knowledge will be a special treat for those who attend. Our lectures have been very popular, sometimes being standing room only. Please call ahead to make reservations or get to the Fog Signal Building early on that Saturday!"

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

Photo Credits:

Top: Mush Hedgehog mushroom FEB. by Craig Tooley.

Middle: Boletus edulis DEC by Craig Tooley.

Bottom: Mush Fly Amanita by Craig Tooley.

POSTPONED! Jazz In The Autumn  
New Date: February 22, 2020!

The "Jazz In The Autumn" concert featuring vocalist Jamie Davis, pianist Larry Vuckovich, and bassist Jeff Chambers, has been postponed due to issues with the PG&E power outages. The concert has been rescheduled for Saturday, February 22, 2020. Mark your calendar!

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**Arena Theater Live Presents Hot Buttered Rum with Kate Gaffney  
Bluegrass, Reggae, Folk and Jazz • A Riveting Blend of Americana.**

**Arena Theater • November 9**

Hot Buttered Rum, a 5-piece string band from San Francisco combines bluegrass, reggae, folk and jazz into a riveting blend of Americana. On stage at Arena Theater, Saturday, November 9. Doors open at 7:30pm, Music starts at 8:00pm. Tickets are \$20, at local outlets and online.

At the center of Hot Buttered Rum is the enduring camaraderie of five best friends. The band was conceived on a backpacking trip of high school and college buddies in the High Sierra. What was dreamed up on mountaintops and around campfires has found its way into the hearts, minds, and bodies of thousands. It's a sound that's as tough to describe as it is easy to love.

The Hot Buttered Rum phenomenon has steadily expanded to include a rich tapestry of fans, friends and family reaching from coast to coast. The band is politically and socially active and performs regularly to benefit environmental causes. They are also great outdoors men and conservators of our forest lands, as well as proponents of the slow foods movement. Don't miss Hot Buttered Rum at Arena Theater on their 2019 fall tour! Accolades include the title of The Official Bluegrass Band of the 2014 World Champion San Francisco Giants.

"Stunning instrumental and vocal virtuosity." – Relix Magazine. "It's that working man regimen that ensures their consistency from one offering to another. That's the



kind of quality that makes Hot Buttered Rum always seem to go down so smoothly." – Bluegrass Today

The band often invites friends to perform with them, and singer-songwriter Kate Gaffney will share the stage with them at

Arena Theater. Gaffney honed her skills in her native Philadelphia, jumped from coast to coast and toured everywhere in between. She laid musical roots in Northern California, building a loyal following in Sacramento and within the fertile San Francisco Bay Area music community. Gaffney has performed at High Sierra Music Festival, Hardly Strictly Bluegrass, Hangtown Music Festival & Philadelphia Folk Festival, and has opened for a variety of touring acts including Chris Smither, Richie Havens, and Dead Winter Carpenters. Gaffney has released three albums: Highways, The New Then, The Coachman.

Housing for Hot Buttered Rum is provided by Oz Farm. The Arena Theater bar and snack stand will be open.

**Hungry Ghosts by Devreaux Baker**

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

I press the point on my arm that connects me to grief seals come to mind, beaching themselves along the California coast

stretching out their sleek forms against sand and rock letting go forever of the deep currents that connect them to water

In Chinese medicine it is the season of elemental metal I carry the taste of tin or aluminum rising from my tongue

I press that point on my arm hard wanting to let go of the known world and open to pure essence

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

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

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

**Third Thursday Poetry & Jazz  
Presents Mendocino poet**

**Devreaux Baker • November 21**

On Thursday, November 21, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Mendocino poet Devreaux Baker. The reading will take place at the Arena Market cafe and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Devreaux Baker is a 2011 recipient of the PEN Oakland/Josephine Miles Poetry



Award, a 2012 Hawaii Council on Humanities International Poetry Award and the Women's Global Leadership Poetry Award. She is a 2014 recipient of the Nuclear Age Peace Foundation Poetry Prize, a 2016 Poets in Mexico Award, and a 2017 recipient of the Outermost National Poetry Prize. She has received fellowships to the MacDowell Colony, Hawthornden Castle, and the Helene Wurlitzer Foundation.

Baker has taught poetry in the schools and produced The Voyagers Radio Program of original student writing for public radio. She has led writing workshops in the United States, France and Mexico. Her books of poetry include Light at the Edge, Beyond the Circumstance of Sight, Red Willow People, out of the bones of earth, and the just released, Hungry Ghosts.

*Third Thursday Poetry & Jazz is supported by The Third Thursday Poetry Group, many anonymous donors, and Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.*

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**Susan Routledge,  
Drew Beam, Dan Beam**  
"We Are Animals:  
An Art Experience of Unhinging  
Wisdom & Surprising Beauty"  
**Opening Receptions Friday, 11/1**

**New Dolphin Gallery Exhibit**  
**Paul Brewer: Photography**  
**Opening Reception, 11/23**

**"An Evening of Improv"**  
**Comedy and More**  
Directed by Jim Cole  
**Saturday, November 9, 7 pm**

**Chamber Music Concert**  
**Nikita Borisevich, Violin and  
Margarita Loukachkina, Piano**  
**Sunday, November 10 • 4 pm**

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**Melissa McCann, "Fused Glass"**  
**Andrea Allen,**  
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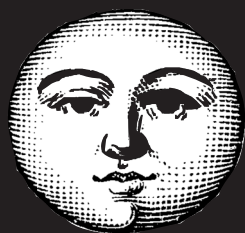
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**Solution to Crossword:**

## Full Moon



November 12

## New Moon



November 26

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### An Evening of Improv Comedy At Gualala Arts • November 9

Jim Cole and the Gualala Arts Theater Improv Group present a fun evening of impromptu entertainment Saturday, November 9, 7:00pm at Gualala Arts. Once again it's a group of creative minds who've been collaborating and making each other laugh for the past few months and it's time to share the fun with you! Tickets are \$15 advance, \$5 more when purchased on the day of performance. Tickets are available at [BrownPaperTickets.com](http://BrownPaperTickets.com), Gualala Arts Center or Dolphin Gallery.

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! Local actors scheduled to perform are Sam Parsons, Deborah Parsons, Jon Handel, Ling Yen Jones, Don Krieger, Jann Littleton, Randy Costa, Thea Offenbahr.



Working under the direction of Jim Cole, the improv performance will bring an evening of fun. Cole, a retired teacher who enjoyed stand-up comedy in San Ramon for three years before moving to the coast, brought this group of local enthusiasts together.

You will enjoy some of your friends and favorite local theater players up there on the stage! Cole added "Did I study acting in high school? College? Nope. But, when I saw my first Improv show in San Ramon, two things impressed me. First of all, just how hilarious it was. And, then, sometimes, I was simply in awe of the mental gymnastics required to come up with that perfect line. Wow! Bravo!"

### The Point Arena Lighthouse Full Moon Night Tour "Beaver Moon" Tour Set For November 12

The Point Arena Lighthouse continues its popular Full Moon Night Tours with a Full Beaver Moon Night Tour on Tuesday, November 12. Gates open 5:00pm, tour starts around 5:30pm. An etched Pt. Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more. The tour is limited to 20 guests, so reservations are recommended in advance of the tour.

The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund. The Lighthouse is located at 45500 Lighthouse Road in Point Arena.

According to the Old Farmer's Almanac full moon names were used by early Colonial Americans who learned the names from the local Native Americans. Indigenous people did not record time by using the months of the Julian or Gregorian calendar.

Many tribes kept track of time by observing the seasons and lunar months, although there was much variability. November's full moon was called the Beaver Moon by both the Algonquin tribes and colonial Americans. 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.

"Our October Full Moon Night Tour sold out well in advance, and guests always marvel at the

moon rising over the hills east of Manchester or Point Arena just as we arrive at the top of the Lighthouse Tower," says Mark Hancock, Point Arena Lighthouse Executive Director. "Don't miss out on this unique coastal experience. Reserve early!"

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

*Moon image by spiriteror from Pixabay*



"The moon puts on an elegant show, different every time in shape, colour and nuance."

Arthur Smith (1954-)

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## A Brief Word....

These past few weeks we've once again been subjected to the whims of mother nature, the fallibility of human beings making poor decisions, and the amazing strength and courage of our first responders.

Along the Mendocino and Sonoma Coasts we've, thus far, been spared the horrific fires facing so many of our neighbors in counties to the east. The enormity of disasters like the Kincadee fire differ only in dimension from smaller fires in Potter Valley or elsewhere. At our press deadline the Kincadee fire has consumed more than 76,000 acres. 282 structures have been destroyed (90,000 structures are still threatened). Fire containment is at 60%. There have been 4 injuries. Almost 6,000 people were evacuated. 5,245 firefighters have been fighting the fire. The firefighting alone has cost (to date) more than \$20 million. Lives are forever changed, scarred.

We're always amazed at the ability of women and men to go to work. Firefighters, medical personnel, police, sheriffs, technicians, first-responders across the board. We marvel, we fear for their lives, we pray for their safety, and we're relieved when the disaster is over.

Each of us knows what the stakes are. For us, it's often fear that the fires will find their way to the coast. Fear that we may know one of the first responders. Fear that we may know one of the victims. This has been another California fire of enormous proportions.

I saw a photo from NASA that shows the fire from space. For a moment the cluster of red dots in Sonoma County looks small. On closer look we realize that this is one huge fire. As containment is completed and the fire is extinguished, the first responders and their support will head home. As you see them heading home tell them how much you appreciate them. They are the line. They are our defense. And we need to remind them how much we care about them.

## Know Your Numbers!

### Free Blood Pressure and Cholesterol Screenings In November

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

- Have your Blood Pressure & Cholesterol checked.
  - Receive free information about how to better manage your health.
  - Haga revisar su presión arterial o colesterol,
  - sin costo y reciba información sobre cómo manejar mejor su salud.
- ¡Conozca sus números!
- Since high blood pressure and high cholesterol have no symptoms and can greatly increase your risk of developing heart disease and stroke, it's important to know your numbers.
  - Dado que la presión alta y el colesterol alto no tienen síntomas, pueden aumentar en gran medida el riesgo de desarrollar enfermedades cardíacas o derrame cerebral. Es importante saber sus números.



Screenings are scheduled in November as follows:

Day/Date	Time	Location
Sunday, November 3	9:00am to 11:00am	Garcia Guild Breakfast, Manchester
Tuesday, November 5	1:00pm to 3:00pm	S&B Market, Manchester
Friday, November 8	11:00am to 12:30pm	Food Bank Baptist Church, Gualala
Wednesday, November 13	11:00am to 1:00pm	Senior Lunch, Point Arena
Tuesday, November 19	11:00am to 1:00pm	Senior Lunch, Gualala

To get more information contact the Mendonoma Health Alliance (707) 412-3176 x 102  
Para más información, por favor llame Mendonoma Health Alliance (707) 412-3176 x106  
[www.mendonomahealth.org](http://www.mendonomahealth.org)

### Garcia Guild Hosts Their Annual "Dia de Los Muertos" Breakfast Food, Fun, Singing, Dancing Sunday, November 3 in Manchester

Sunday, November 3, from 8:30 until 11:00am, the Garcia Guild will host their annual "Dia de Los Muertos" Breakfast in Manchester at 43970 Crispin Road.

The morning breakfast will include a menu of Chilaquiles, Refried beans, Scrambled Eggs, Chorizo, Little Green Bean Coffee and Horchata. Adults are \$10.00, children are \$5.00, and children under 6 by donation.

Entertainment will include Folkloric Dancing at 9:30am, and Naomi Carbajal will sing immediately following the dancers. Face Painting will be offered as well. The morning will also include a 50/50 drawing. The drawing will benefit the Folkloric Dancers. There will also be a tip jar available.



Mendonoma Health Alliance will be there (beginning at 9:00am), for those who wish to check their blood pressure or cholesterol or both. (See separate article above.) The health

screenings are free.



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[arenatheater.org](http://arenatheater.org)  
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 With Kate Gaffney  
**Saturday Nov. 9 8 PM**

Coming:

**42nd Street The Musical**  
**Saturday Dec. 7, 1 PM**

**Exhibition on Screen**  
**Sunday Nov. 3 1 PM**  
**Leonardo: The Works**

**Met Opera Live in HD**  
**Saturday Nov. 9 9:55 AM**  
**Madama Butterfly**  
**Saturday Nov. 23 9:55 AM**  
**Akhmaten**

**National Theatre Live**  
**from London**  
**Saturday Nov. 16 1 PM**  
**Fleabag**

**Music on Film Nite**  
**Tuesday Nov. 19 7 PM**  
**Amazing Grace**

**Arena Theater Film Club**  
**Mondays 7 PM**  
**Nov. 4 The Woman in the Dunes**  
**Nov. 11 They Shall Not Grow Old**  
**214 Main Street Point Arena**

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## "The Woman In The Dunes" and "They Shall Not Grow Old" Two Important Films From ATFC in November

A half-century separates the two films being screened this month by the Arena Theater Film Club. One of them is a great international art-house sensation from the 1960s. The other is a recent look back at the tragedy of World War I. As cultural, historical entertainment, these are two powerful films.

"Woman in the Dunes" was for many the grand unveiling of the surreal, idiosyncratic worldview of Hiroshi Teshigahara. The film screens Monday, November 4 at 7:00pm. This 1964 film was directed by Hiroshi Teshigahara, has a runtime of 147 minutes. The cast includes Eiji Okada, Kyôko Kishida, Hiroko Itô.

Eiji Okada plays an amateur entomologist who has left Tokyo to study an unclassified species of beetle that resides in a remote, vast desert; when he misses his bus back to civilization, he is persuaded to spend the night in the home of a young widow (Kyoko Kishida) who lives in a hut at the bottom of a sand dune. What results is one of cinema's most bristling, unnerving, and palpably erotic battles of the sexes, as well as a nightmarish depiction of everyday Sisyphian struggle, for which Teshigahara received an Academy Award nomination for best director.

The second offering from the Film Club is a documentary from acclaimed director

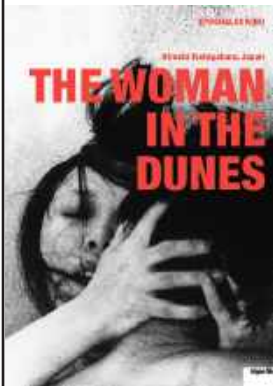
Peter Jackson ("Lord of the Rings"). "They Shall Not Grow Old" screens Monday, November 11 at 7:00pm. The film is rated "R" for disturbing war images, and has a runtime of 99 minutes.



On the centenary of the end of the First World War, Academy Award® winner Peter Jackson ("The Lord of the Rings" trilogy) presents an extraordinary new work showing the Great War as you've never seen it. Using state of the art technology to restore original archival footage that's more than 100 years old, Jackson brings to life the people who can best tell this story: the men who were there. The Guardian offered this:

*Commissioned for the Armistice centenary by IWM and 14-18 NOW in association with the BBC, They Shall Not Grow Old is not a document of the world at war. Rather, it is an arresting snapshot of the lives of British soldiers who went to fight in Europe, many of them having lied about their tender ages to enlist. There are no historians, narrators or political commentators to guide us; the voices we hear are those of veterans, many gathered by the BBC during the making of its 1964 documentary series The Great War.*

Take advantage of the opportunity to experience compelling films in the beautiful space of Arena Theater. The theater is at 214 Main Street (Highway 1) in Point Arena. Information is at [ArenaTheater.org](http://ArenaTheater.org).



## 2019 Festival of Lights Glittering Lights • Sweet Treats • Live Music and More Mendocino Coast Botanical Gardens Fort Bragg • November 29, 30

Each winter the Mendocino Coast Botanical Gardens transforms into a spectacular show of glittering color. The 10th annual Festival of Lights will run rain or shine each



Friday, Saturday, and Sunday evening from November 29 through December 22. Adult tickets are just \$10 and children age 16 and under attend for free thanks to the funds raised by our spectacular annual benefit, the Festival of Lights Gala.

All proceeds from this fundraiser event help to support this community event and the Mendocino Coast Botanical Gardens.

Tickets for Festival of Lights can be used for any day of the event and do not sell out for any date. This year they will have dedicated Will Call entrances at the main entrance and at the south end of the main parking lot.



This way, if you pre-purchase tickets you can get into the Festival of Lights using any entrance!

Live music will be in the air most nights. On Friday, November 29, Aaron Ford (above) will bring pure American, Roots Music to the Gardens. On Saturday, November 30 eclectic/contemporary duo Shuga (right) will perform.

Avoid the parking lot hustle and bustle... The FREE 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 Dr, Fort Bragg, CA 95437 beginning at 4:45 PM and take you directly to the Gardens' entrance. The last shuttle pick-up from the College parking lot will be at 6:45 PM.



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Willie Nelson (1933-)

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1	3	6	2	4	8	7	5
9	7	8	1	7	2	5	4
6	8	2	7	3	4	8	9
1	6	8	3	4	8	9	1
7	3	7	6	5	9	6	2
2	9	4	6	2	9	8	1
6	8	1	2	4	5	9	3
9	7	8	1	7	2	3	6
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## Words on Wellness • "G'Day. It's Eucalyptus"

by Karin Uphoff

As we wait for the blessing of seasonal rains, we welcome the arrival of wintering birds like the golden crown sparrow who traveled from the forests of western Canada and Alaska to hop among our coastal shrubs. Other winter visitors include the ferruginous hawk (largest hawk found in North America with a wingspan of over four-feet), merlin falcons, flocks of varied thrush and seabirds like wimbrels. Large groups of monarch butterflies fly through our state to winter in Mexico but many prefer to overwinter in eucalyptus stands of Southern California.



Cursed by some as an invasive non-native plant, this amazing genus of trees from Australia contains oils that are highly anti-septic and anti-fungal. Eucalyptus require little water or care to thrive and their flowers supply important winter food for bees, butterflies and birds on the west coast. They also serve as a pharmacy for humans in need of respiratory aid. After soaking rains, the leaves and fallen seeds of these trees release their aromatherapy to combat burgeoning mold spores. Pick some leaves now and use in stove-top steams to keep your nasal passages and lungs clear of men-

acing bacteria and mold. Tuck dried leaves and seeds into your sweater drawers and closets to repel moths – or in your shoes overnight to help with odors. Soak crushed fresh cleaned leaves in honey for a month to make a medicine you can add to tea this winter. You can also place some leaves in a pot of water on your wood-burning stove to release its powerful essential oils in a gentle

manor.

California bay laurel (*Umbellularia californica*) is another winter aromatic whose pungent oils combat bacteria, fleas and fungus. Just pick a few leaves to stash in your pantry, your clothes drawers, shoes, flavor in cooking or make a small wreath to hang in a damp corner of your house. Small rodents gather the leaves to put in their homes for the same purpose as they gather the bay nuts that look like mini avocados because indeed they are! Our California bay is the last surviving temperate plant of the avocado family that settled in central and south America. It survived in part because it evolved to produce such protective oils and we are beneficiaries as we walk among their released aromas on a rainy day.

Image by Sandid from Pixabay

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](http://www.karinuphoff.com)

### Artists' Collective in Elk Presents Mushroom-Themed Art Opening Reception November 9

A special showing of mushroom-themed art will be at the Artists' Collective in Elk during November. It will include paintings, drawings, assemblage, photographs, leatherwork, etched glass, greeting cards, a mushroom table, and other media, mushroom teas and Wild Mushroom Cookbook.

The 2nd Saturday Opening Reception is November 9, from 3:00pm to 5:00pm.

The Artists' Collective is located at 6031 South Highway 1, (just north of Queenies) in greater downtown Elk. More information is at (707) 877-1128 and at Artists-Collective.net.

### "Diamond In The Rough"

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



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## Animal Care & Welfare • "Foxytails"

By Cathy Sue Riehm

One sure way to elicit a large groan from a pet-owning local is to say the word 'foxtail'. It's that dry time of year again, and with it comes the threat of foxtails getting into our animals.

The seed head of the foxtail plant is barbed, so once it penetrates it only moves in a forward direction. Foxtails can be swallowed, burrow between toes, tunnel into an ear canal or they can be inhaled up the nose.

Once inside the body, they can continue to travel causing tissue damage, or they can get lodged somewhere, causing an abscess. Early signs of 'foxtail trouble' are dependent upon the site of entry. Limping and licking a paw, eye squinting and sneezing, even labored breathing can all indicate the presence of a foxtail. Caught early, your veterinarian can possibly retrieve a foxtail with sedation and some alligator forceps. Foxtails allowed to migrate further into the body can be serious enough to warrant exploratory surgery. The key is not to wait—the longer you wait to get your pet to a vet-

erinarian, the deeper the foxtail will travel.

Long-time local and owner of Bed & Bone kennel, Rebecca Golly, says to "always check your dog's entire body for foxtails, especially after walking through unknown fields". If you are mowing your lawn or field, "best practice is to rake up cut grasses, which could include oat bristles". Rebecca added, "In the case of foxtails and oat grass, a bit of prevention can save significant pain and suffering for your dog as well as vet bills". Rainie, a local dog groomer at Bed & Bone, says shaving dogs' paws can be a preventive measure. Some people say, before taking your dog for a walk, rubbing Vaseline under and over paws, and between toes can prevent foxtails from penetrating the skin.

Given the prevalence of the foxtail plant in our area, make sure to check your pets on a daily basis, especially after taking your dog for a walk. Kitties rolling in the grass, goats walking through a field or horses grazing in their pasture—any animal is a potential 'foxtail victim'.



Pictured:

(l) Rex among the foxtails. (r) Rex's paw and foxtail.

## Red-Breasted Sapsucker: "Aptly Named!"

Chances are you've seen evidence of this woodpecker even if you haven't seen the bird. Sapsuckers are the ones that drill a series of tiny, square holes on the trunks of trees. They are aptly named, for they return to drink the sap from these wells and to eat insects trapped there. Red-breasted sapsuckers look like someone held them by their feet and tipped their head in crimson paint. Their head, neck and chest are red with a pale yellow belly and black back, speckled with white. They have distinct white wing patches and a white rump and are eight and a half inches high. They are one of the few woodpeckers in which the sexes look alike. Juveniles are brownish.

Their cousin is the Yellow-bellied Sapsucker which lives on the East coast. Like other woodpeckers, Red-breasted Sap-

suckers have two toes in front and two in back. They have stiff tail feathers which prop them against the side of trees. The sapsucker's tongue is relatively short and has fine hairs on the end to collect the sap. Warblers, hummingbirds, and kinglets also feed at their holes.

During springtime courtship, there is much calling and drumming: the sapsuckers rapidly hammer their bills on a resonating tree. The breeding pair drums duets on the selected nesting tree. The nest is a hole usually dug in a live deciduous tree. It can take them two weeks, working together, to excavate the hole. The nest is lined with wood chips and both parents take turns incubating the three to six white eggs for two weeks. Young stay in the nest for a month.

Image by Skagit, OR Audubon

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](http://www.mendocinocoastaudubon.org). Photo credit: Audubon

**"An Art Experience of Unhinging Wisdom & Surprising Beauty"  
"We Are Animals" • Opening Reception at Gualala Arts • November 1**

"We Are Animals" is the title of the new exhibit in the Burnett Gallery at Gualala Arts. The exhibit presents the works of Dan Beam, Drew Beam and Susan Routledge, creators of artwork that engages the senses of sight, sound and touch in unexpected ways. The opening reception is Friday, November 1, 5:00pm to 7:00pm at Gualala Arts Center's Burnett Gallery. The hosts will be including Veggie-centric refreshments at the reception, "in deference to our animals".

The exhibit offers visual images of animals—realistic or imaginatively crafted, and brought to life by the artists in watercolors, oils, acrylics, pencil, ink, charcoal, collage and sculpture. The works will be enhanced by the art of language and song as the Burnett Gallery will come alive with children's and animal voices.

The three artists' intention is to open people to the experience of being animal—creatures big and small, land rambblers and sea swimmers, wind travelers and tree climbers, even those who put on shirts and hats. Through art, stories, poetry, and humor, "We Are Animals" makes a convincing case that we coastal-dwellers belong not only to each other, but to a wide world of interconnected species.

Routledge who now calls California

home, was born in rural Northumberland, England, where she was brought up with a love of country life that is captured in her paintings. Using strong, dynamic colors, Routledge enjoys challenging herself with complex images and a variety of textures.

The emotional attachment of the coast is clearly found in Drew Beam. "It is this awe and gratitude that informs my painting. I am both comforted and enlivened by creating art on the coast." As a San Francisco artist who has been coming up to the Gualala area all of his life, Beam has deep ties to the Mendonoma Coast.

Dan Beam and his wife fell in love with the Gualala area in the early 80s, and now live on the Coast just north of Gualala. The awakening sounds of barking sea lions and cawing seagulls on the islands in front of their home have become a call to participate in the continuing dance of animal life in this rare and wonderful world of beauty. It is here that Dan Beam's art most comes alive. His artistic expression is about igniting the felt experience of inquiry-to-imagination.

The exhibit continues through Friday, November 22, 2019. More information can be found at [GualalaArts.org](http://GualalaArts.org).



**"Witness: Portraits of Endangered Species"  
Paintings by Stephanie Endsley • Opening Reception November 1**

The passion of the artist is never so apparent as when they move beyond the paints and the canvas and deeply understand the subject matter in an extremely personal way. That is what visitors will find in the Elaine Jacob Foyer at Gualala Arts in November as the



walls feature the new exhibit "Witness: Portraits of Endangered Species"; the works of Stephanie Endsley. An opening reception is set for Friday, November 1, from 5:00pm to 7:00pm.

Upon entering the gallery it is clear that the animals in Stephanie Endsley's paintings hold us spellbound by their shapes, colors and suggestion of movement, much as these animals did when they were first introduced to many of us in a zoo as children. In real life these animals hold us spellbound by their sheer sizes, shapes, colors and movements. "These animals and their kingdoms extend the experience of intrinsic beauty, mystery and adventure to each of us while at the same time their continued existence now balances on the knife's edge. And yet, we can change this. We can save them."

Endsley's portraits are the result of thousands of hours spent in the presence of her chosen subjects in order to gain an intimate understanding of each, much like a portrait painter of humans. Her painting process is fueled by memories of every interaction she has had with the animals, capturing and revealing precious moments and she hopes viewers will share her experience and stop and connect with each portrait, each beautiful animal. Her depiction of these wondrous creatures exude mystery and adven-

ture transporting the viewer's imagination to another realm, while reminding us that these animals are on the brink of disappearing from the Earth as their continued existence balances on a knife's edge.

Having had the good fortune to meet with conservation advocate Jane Goodall, Endsley was deeply moved and reconfirmed her commitment to follow her heart through her art. Interactions with other wildlife conservation leaders and a trip to Africa gave her hope as well as an understanding that there is a lot of work to be done to save the Earth's animals.

Through her portraits Endsley asks "When did these animals – from zebras to giraffes to lions and tigers – become endangered, and why has the world allowed it to



happen?" Endsley created this show to remind us of our connection to the animals who live in and share our planet. "See me, I am worth saving," her portraits seem to say.

Stephanie Endsley lives in the remote Cazadero hills of Northern California. Born in Atlanta, she grew up in Chicago, attended the School of the Art Institute of Chicago and later received her BFA from Minneapolis College of Art and Design.

The exhibit continues through Friday, November 22, 2019.

*Top: "Looking Back"  
Bottom: "Brother with Cubs"*

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National Theatre  
Live from London  
"Fleabag" • November 16

Arena Theater brings a new production from London's National Theatre Live. "Fleabag" screens Saturday, November 16 at 1:00pm. Doors open at 12:30pm. Tickets: are \$18, \$5 youth (18 and under), online at [www.arenatheater.org](http://www.arenatheater.org). Run Time is 70 minutes with no intermission

Playing to sold-out audiences in New York and London, don't miss your chance to see this 'legitimately hilarious show' (New Yorker), broadcast live to Arena Theater.

Written and performed by Phoebe Waller-Bridge (Fleabag, Killing Eve) and directed by Vicky Jones, "Fleabag" is a rip-roaring look at some sort of woman living her sort of life including characters that did not make it into the TV show!

Fleabag may seem oversexed, emotionally unfiltered and self-obsessed, but that's just the tip of the iceberg. With family and



friendships under strain and a guinea pig café struggling to keep afloat, Fleabag suddenly finds herself with nothing to lose.

"Fleabag" won four Emmys during the 2019 Primetime Emmy Awards Ceremony, including Outstanding Comedy, Outstanding Lead Actress in a Comedy Series – Phoebe Waller-Bridge, Outstanding Writing for a Comedy Series – Phoebe Waller-Bridge, Outstanding Directing for a Comedy Series The TV show, "Fleabag," was adapted from Waller-Bridge's 2013 Edinburgh Festival Fringe one-woman play of the same name which won the Fringe First Award.

"Leonardo: The Works"  
At Arena Theater November 3

The groundbreaking series "Exhibition on Screen" returns for another season providing a front row seat for the world's greatest art.

The 2019-20 season at Arena Theater will include the following documentaries: "Leonardo: The Works (November 3), "Easter in



Art" (April 5), "Lucian Freud: A Self Portrait" (May 3), and "Frida Kahlo" (July 12). All films will screen on Sundays at 1:00pm. The Exhibition on Screen series is underwritten by

North Coast Artists Guild.

"Leonardo: The Works", screens on Sunday, November 3, at 1:00pm, with doors opening at 12:30pm, and is part of a global celebration marking the 500th anniversary of the artist's death. Featured films have showcased the genius of Leonardo but none have ever examined in such detail the most crucial element of all: his art. Tickets are \$15 at the door or online at [ArenaTheater.org](http://ArenaTheater.org).

Leonardo's peerless paintings will be at the core of the film, captured in high-definition as never seen in cinemas—until now. The film presents every single painting attributed to Leonardo, offering unparalleled access for the first time, with commentary by the world's leading experts. Amidst this collection of masterpieces, cinema-goers will marvel at The Last Supper, Lady with an Ermine, Ginevra de' Benci, Madonna Litta, Virgin of the Rocks and, of course, "The Mona Lisa.

"Leonardo: The Works" also looks afresh at Leonardo's life through the prism of his art, threading biography and artistic output together with the assistance of the world's foremost curators, critics and historians.

MET Opera Live At Arena Theater  
"Akhnaten"— Met Premiere! November 23

MET Opera Live brings the Met Premier of "Akhnaten" to Arena Theater on Saturday, November 23. The performance begins at 9:55am, doors open at 9:15am. Tickets are \$24 general, \$22 senior, and \$18 youth (18 and under). The popular season subscriptions are also available (see season-ticket information below).

Phelim McDermott, whose productions include the hugely successful "Satyagraha" by Philip Glass, returns to the Met with a new staging of Glass's "Akhnaten", conducted by Karen Kamensek in her Met debut.

Anthony Roth Costanzo sings the title role of the Egyptian pharaoh who attempted to inspire his people to adopt a new religion, abandoning the worship of the old gods for that of a single deity. In her Met debut, J'Nai Bridges sings the role of Nefertiti, Akhnaten's bride, and Dísella



Lárusdóttir is Queen Tye, the pharaoh's mother.

One of the staging's distinctive visual features is provided by the Gandini Juggling Company, whose movements are perfectly choreographed with the orchestral score. This production of Akhnaten was originally created by LA Opera, Improbable, and English National Opera, where it premiered, winning the 2017 Olivier Award for Best New Opera Production. The opera has a runtime of 221 minutes with two intermissions.

Season subscriptions are available through the Arena Theater office at (707) 882-3272 or people can download and print a subscription form at [ArenaTheater.org](http://ArenaTheater.org). Season subscribers, who also become patrons may reserve their favorite seat for the season by calling the office.

The Arena Theater snack bar will be open.

"FESTIVAL OF TREES"

cont'd from cover.

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

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 3:30pm.

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.gualalalarts.org](http://www.gualalalarts.org) and (707) 884-1138.



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## Gavin and me (and Mike, Ted, Dianne, Jim, Tom, Jared and Kamala)

by David Steffen

I should have known that this was not going to be a good week. By Friday (25th) PG&E's rumored power shutdown was quite likely.

Having traveled to some 30 countries in 30 years, I've learned a few things. Blackouts are the norm in many countries. Water can be sketchy (never put ice in your drink and if you order a Coke or a beer, have the bottle opened at your table.) It's always a good idea to ask what you're eating. Actually, ask before the first bite. It may be delicious but it is still nice to know.

Familiar food in some of those 30 countries was often different. French fries with mayo in the UK? Not for me. Some street vendors in Denmark and Norway offered hot dogs made with horse meat. Sorry. I can't even think about taking a bite without getting emotional about Trigger. Butter in Germany? Eat it until your arteries close. Grilled crocodile in Kenya? Tried it. It didn't kill me and, I assume, it may have helped save an idiot tourist or two from getting eaten while standing near the Mara River. Mao Tai in central China? Now there's a drink that will get your attention. CBS's Dan Rather called it "liquid razor blades."

Because of (or in spite of) the journey, once we Americans return home and get in our own beds, it's perfectly normal to say "Ahhhhhh. I'm home". That doesn't mean you wouldn't enjoy living another life in another country. But my personal adventures are offered here to give you enough background to understand that I'm not just some whiny ass who can't handle mayo on fries.

The power went out Saturday evening. On Sunday morning—day 2 of our PG&E adventure (I was not yet calling it a crisis)—I went to our local Gualala Supermarket and learned a couple of things. Their staff was at work, helping people find what they needed and, wait for it, projecting a positive image and smiles. That's not unusual for Gualala Super, but in the crisis created by PG&E, (and with the store operating on generator

power only) the staff was like a glimmer of sunshine inside an otherwise crappy situation. I bought about 6 pounds of ice, some batteries, a few candles and some M&Ms. Yes. I needed those too. We managed to survive the day knowing we were more than half way through. We thought.

Monday morning the two of us shared our one functioning car. I stopped at my office and found, not surprisingly, that the building was closed with signs that said "No Power." Since it was still dark (6:45am) and the gas gauge was now south of half a tank, I drove Dolly to work in Point Arena and headed for Highway One. Nothing was open at 7:30am, including the local Pt. Arena gas station. As I got to Anchor Bay I looked over at the Anchor Bay Store and saw the sign: "Closed. No Power".

I came down the hill into beautiful downtown Gualala and it became apparent that virtually nothing was open. The '76 station apparently had a backup generator as there were 6-7 cars gassing up, so I got in line. The wait was about 5 minutes, I pulled up to a pump and bought almost 9 gallons. Hallelujah. An hour or so later I drove past and saw the good people from the '76 station helping direct the now long lines (15 cars and trucks from the north, 7 or 8 from the south). They reassured everyone in line that they would all get some gas. These were our local friends, business people displaying a welcoming attitude, controlling a difficult situation, and keeping everybody calm until it was their turn to gas up. With a full tank I was able to drive to the S&B Store in Manchester (about 20 miles away) suspecting they had ice. They did and our refrigerator was good for another day or two.

Tuesday I managed to get down the hill and stop in at ARFF. Jane, the owner, was helping customers get dog food, cat food, bird seed. You get the idea. She handled this in, perhaps, the only way she knows how to do business: with her friendly nature, a good attitude and keeping the store open with a borrowed generator. (She also offered customers a chance to put a little

charge in their cellphones while they were there.) So I stuck around, took advantage of her offer and got some juice. But I also noticed that the customers were feeling the physical and mental aches and stress of Day 3 of PG&E's mess. The customers I saw at ARFF were a cross section of coastal residents and travelers. Two people were looking for ice as both supermarkets were sold out. I suggested they call the S&B store. Voila. S&B still had ice and the two travelers were on their way. But there was something else in the air.

Almost every conversation touched on the weight of this mess. How did we get here? We began to talk about those people without enough gas to get ice, or in need of medicine. Or, how about this. If you're on a well, you get your water (usually) with the help of an electric pump. No electricity? No water. And for some that also meant no working toilets. So people were attempting to get water from wherever they could but, no surprise, water was coming into short supply. Forced-air furnaces up here run on propane. It didn't matter. Even a propane furnace needs electricity to function. Space heaters didn't work. Try being elderly and living in a 30 or 40 degree house or apartment. Those conversations at ARFF were what pushed me over the edge. With my cell phone charged at Jane's I went home and began calling our politicians.

I called Governor Gavin Newsom. One of Gavin's assistant's listened for 6 minutes as I explained about the crisis. She listened attentively, asked some good questions and assured me that the governor would be made aware. I called Supervisor Ted Williams. He wasn't in so I left a 2 minute voicemail about this disaster. I called Sheriff Tom Allman. His office was closed for the day. The recorded voice said "if this was an emergency I should dial 911." I think this is an emergency but since my personal life wasn't under immediate threat I demurred. I left him a 30-second message. I called the sheriff substation in Point Arena. That phone just rang and rang and rang. I called the Office of Emergency Services in Ukiah. Nobody there either.

I called State Senator Mike McGuire's office. Here's something scary. A human being answered the phone and was more than willing to hear me out. I told her of my concerns about the situation, of elderly without medicine or heat, of gas lines, businesses losing thousands of dollars due to closure, spoiled inventory or both. I also told her that with the exception of our local radio station, KGUA (who did a splendid job—I heard Peggy and Susan slept at the station) for other media it was like we didn't exist.

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The aide at Mike McGuire's office assured me she'd get me some information. Maybe that 7 minutes was well spent. I connected with someone from Jim Wood's office who, once again, was a good listener. I called Jared Huffman's Washington D.C. office. Left a message. No returned call. Called his Fort Bragg office. Same. I called Dianne Feinstein's D.C. office. I was told that the Senator cares deeply about the situation. The aide refused to give me his name. Office policy. It was a useless call. I called her San Francisco office. Same. Useless, although they gave me another number to call. That call went straight to voicemail, and I was immediately informed that "voicemail was full. Goodbye." I called Kamala Harris' offices and was informed she was away campaigning. Beyond that they wished me well.

I called Sheriff Tom again Wednesday morning and I was asked if I had been to the shelter. Asking "what shelter", she gave me the address: 1717 N. State Street, Ukiah. I found myself explaining to her that I was calling from Gualala and it would take me 2 hours to get there. I received a call from Senator McGuire's office telling me they expected power to be restored at 8:00am. Actually, it came on about 12:30pm. Close enough and it was good to know that some people in our political world cared. But on the south coast, I already knew we cared.

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## "Enlightenment Now" • A Book By Steven Pinker

Reviewed by Jennifer Bort Yacovissi

Steven Pinker wants us to stop being so pessimistic.

While it's true that we are besieged every day by voices trumpeting the many ways things are bad and getting worse, Pinker makes a compelling case for why we need to adopt a more constructive outlook.

First, to believe that things are worse than ever is objectively wrong; second, by over-focusing on the negative, we waste energy that should be invested in solving fixable problems; third, in buying into the downward-spiral narrative, we reinforce it.

Case in point: the election of a president whose toxic brand of populism harks back to a golden age that never was. This book serves to disabuse us of mistaken nostalgia and point us all in a forward-looking direction.

Pinker is a cognitive psychologist, linguist, Harvard professor, and the author of a host of books on language, culture, and humanity. He brings us Enlightenment Now as a follow-up to his controversial 2012 book, *The Better Angels of Our Nature: Why Violence Has Declined*.

In that work, Pinker argues that human life held little value throughout the ages, and that the dramatic deepening in our understanding of human dignity can be traced back to the Enlightenment.

The author discovered the extent to which people refuse to believe the "good news," no matter how tall the pile of objective evidence (oh, the quirky charms of human nature). Enlightenment Now takes another run at the argument and is organized into three sections: "Enlightenment," "Progress," and "Reason, Science, and Humanism."

"Progress" consumes the lion's share of the book, with chapters devoted to topics such as health, inequality, the environment, peace, terrorism, democracy, quality of life, and existential threats.

Each chapter is an enthralling read on its own. Throughout, Pinker presents quantifiable specifics — with tables and graphs — to underpin his arguments on the substantive, measurable, global progress we've made in all these areas, many of which presented

problems once thought to be intractable.

In the chapter on health, for instance, Pinker lists the estimated number of lives cumulatively saved by the discovery of blood types (1 billion); the chlorination of water (177 million); and the successful campaign to eradicate smallpox (131 million).

Pinker quotes Richard Carter to remind us of 1955, when Jonas Salk's polio vaccine was declared safe: "People observed moments of silence, rang bells, honked horns, blew factory whistles, fired salutes..."

Our success in making infant and childhood death a rarity in the U.S. has led us to a place where people who've never experienced the horror of an epidemic dismiss the value of immunization and, in fact, make vaccines the villain.

It's this general lack of perspective — we didn't live through it; therefore, we can't know how bad it was — that Pinker attempts to remedy. He's fighting against the concept that, to be taken seriously, both people and institutions (like the news media) must focus on all that's wrong. To highlight the many ways that things continue to improve is to be dismissed as a Pollyanna.

Pinker acknowledges there are true existential threats to our wellbeing: Climate change tops the list. The crisis seems to defy solution because of its enormity and complexity, coupled with the ticking clock of a fast-approaching tipping point.

It's a huge problem, yes, but a solvable one, according to the author, if we agree to bring our collective ingenuity to bear. That willingness may have slipped forever out of reach, though, when climate change became a partisan issue.

For those who imagine Pinker as a liberal elitist, some of his positions may seem

surprising. He is a fan of intensive industrial agriculture, arguing that density is far more productive and less wasteful of land and resources than small, organic farms. In the climate-and-energy debate, he is a proponent of nuclear power and of fracking.

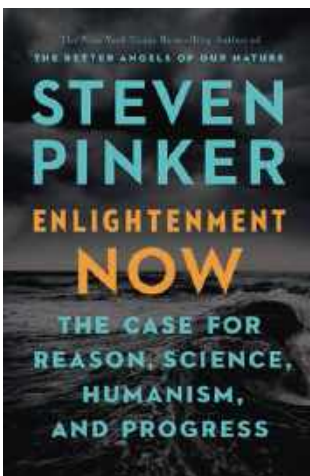
He holds in contempt "the environmentalist groups, with what the ecology writer Stewart Brand has called 'their customary indifference to starvation,'" who cause significant harm, primarily to developing countries, with their vilification of genetically modified foods. Humans have been developing GMOs (both accidentally and on purpose) for thousands of years.

Yet when discussing existential threats, the author reaches a bit, and his willingness to let technology solve our problems tends to skip past the Law of Unintended Consequences. Personally, I don't need to be convinced of the improbability of an apocalyptic robot war, but I'm interested to hear Pinker's thoughts on the more pedestrian threat of technology companies' increasing control over information flow, which continues to ratchet up even as we experience the damage it causes.

Enlightenment Now might generally be preaching to the converted, but its thought-provoking and wide-ranging analysis of the state of Enlightenment-era ideas and values might spur some of the converted to greater engagement in problem-solving.

I can't help feeling, however, that Pinker continues to be flummoxed that his rational arguments don't carry the day, ignoring or discounting the streak of irrationality embedded in human nature. He seems non-plussed, for example, that even the most coldly rational people have trouble dismissing the existence of a higher power.

It's not surprising. No matter that humanity and its attendant self-awareness is the random and improbable outcome of a long evolutionary trail, or that each of us is simply one of 108 billion creatures to be born human to date. Each of us still harbors that innate longing to know it is we who are special.



## Holiday Reads

### Gift Someone or Gift Yourself

"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten."

— Neil Gaiman (1960-)

- **A Tale for the Time Being** by Ruth Ozeki
- **All the Light We Cannot See** by Anthony Doerr
- **Everything I Don't Remember** by Jonas Hassen Khemiri
- **Skyfaring: A Journey with a Pilot** by Mark Vanhoenacker
- **Jimmy Bluefeather** by Kim Heacox
- **Where Wizards Stay Up Late** by Katie Hafner
- **Leaving Orbit: Notes from the Last Days of American Spaceflight** by Margaret Lazarus Dean
- **This Changes Everything: Capitalism vs. the Climate** by Naomi Klein
- **Wangari's Trees of Peace** by Jeanette Winter
- **Writing My Wrongs: Life, Death and Redemption in an American Prison** by Shaka Senghor
- **The Singing Neanderthals: The Origins of Music, Language, Mind and Body** by Steven Mithen
- **The Glass Castle: A Memoir** by Jeanette Walls
- **The Beginning of Infinity** by David Deutsch
- **Barbarian Days: A Surfing Life** by William Finnegan
- **The Art of Asking** by Amanda Palmer
- **The Essential Rumi** by Jalal al-Din Rumi, translation by Coleman Barks
- **Trashed** by Derf Backderf



Another Book You Might Like\*


\* **Enlightenment Now**

A Book by Steven Pinker

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## "Selfies, Designer Coffee & Robots" From a collection of stories entitled "Are You Still Hip?"

By: Sally Marshall

It appears the selfie craze has reached new heights. I'm now seeing this behavior more frequently and I can't help wondering how strange it may look to someone from a third-world country who has just arrived on our soil, tired and poor, and desperate for work or a safe haven.

I was visiting my niece in San Francisco this spring, and we did some sight-seeing around this incredible city. We toured China Town (a must) and then walked over to the Golden Gate Bridge. While approaching the bridge, I noticed a man holding a long stick with an object on the end of it. At first I thought it was some type of surveying device or a recording device for bird calls. I asked my niece what he was doing, and she said he was taking a "selfie", and was trying to get more of the background in his picture. So, he was holding up this really long stick with his smartphone attached to the end of it and taking a "selfie-on-a-stick". I resisted the urge to offer to take his picture as I was in unfamiliar territory (i.e.: a rural Midwesterner in upscale San Francisco) so, I stifled myself and just left him to his own solutions while quietly pondering how the advancement of technology has changed the behavior of people in this brave new world.

It is possible this behavior may arouse the curiosity of certain creatures in the animal kingdom, such as the raccoon, for example. Let's imagine a family enjoying a picnic at one of our beautiful State parks. After a pleasurable feast, the remnants of lunch are covered and left on the picnic table, and the family retreats to the lake for a swim. The hot dogs, noodle salad, watermelon and cute little cupcakes are now invitingly vulnerable, as well as a smartphone someone has left next to all these delights. This is discovered by a raccoon who has been enticed over to the table by all the wonderful smells. With everyone safely away at the lake, the raccoon helps himself to noodle salad and cupcakes, and then looks down at the smartphone lying innocently next to the watermelon. He knows what this is for; he's seen people put this little box up to their face and press a button – they get a picture of themselves. The raccoon puts his cupcake down and aims the little box in front of his face. After a couple of false starts, he gets the hang of it and manages to get off a number of shots before he hears the family returning from the lake.

The next day, the lady who owns the smartphone gets ready to text the photos of their family picnic to relatives, but all she sees are pictures of a raccoon: holding up a cupcake; spitting watermelon seeds; smiling with noodle salad on his face; and several

out of focus or with his nose prominently in front of the camera.

Let's move on to the subject of "designer coffee". The sophistication of coffee became evident in the 1950's beatnik era, where coffee houses were a popular gathering place for the bohemian culture of writers, artists, musicians and other intellectuals. They



could be seen wearing berets and black turtle-neck sweaters, playing bongo drums or listening to jazz while debating philosophy and politics and drinking

expressos strong enough to raise the hairs on the back of the neck. Then came the hippie era, which quickly followed in the 1960's, birthing the "new age of enlightenment" and active protest movements. The coffee houses were again a popular gathering place for groups of hippies, where poetry readings and live folk music accompanied the impassioned discourses on the current state of our country.

The hippies wore their hair long, their clothing ragged and preferred to drink their espresso black. Today we have "cyber-cafes" where people spend hours discussing the important philosophical and political concerns of our brave new world; the only difference being the absence of the sound of voices in lively interaction, as the communication is now shared using laptops and smartphones. The coffee houses have also adapted to accommodate this new population of stylish patrons and serve coffees that reflect our changing tastes. These inordinately fancy concoctions of lattes and espressos make it evident we have entered the age of upscale coffee houses and "designer coffee".

It appears we have also entered the age of robots. I've been reading more news items lately about robots replacing people in jobs that are either boringly repetitive or require only minimum skills. Unfortunately, this eliminates jobs for those people who are desperate to find work (remember the tired and poor?). Of course, that isn't going to stop the advancement of society into the robot age - bravely marching into the future. OK, let's consider the possible ramifications of this new technology.

I read a news item recently about a hotel in Japan that fired all its robots. How do you fire a robot? It appears the robots were disobeying orders and doing odd things like leaving the building (take this job and shove it?), and annoying the guests. There should be some caution about certain jobs that may not be suitable for robots, such as a security guard. This is a job which requires critical thinking skills and some discretion when assessing a situation, and I wonder if robots can be adequately programmed to do this (?).

Let us create a scenario for an example - on location in a typical Midwestern city. We have a middle-aged couple who are on their second honeymoon in an attempt to rekindle a bit of romance in their lives, and have chosen a particular hotel which happens to have robot security guards.

The couple check into their room, a bit nervous about the robot who is handling their luggage. After a lovely dinner in the hotel restaurant, and feeling amorous and giddy from a bit too much wine, they retire to their room in eager anticipation of a romantic encounter (of the middle-aged kind). She coyly retreats to the bathroom to get ready, while he undresses in front of the mirror, noticing the large belly that has developed from too many good meals, and how white and spindly his legs look, and wonders if he can still pull this off (sure).

All his misgivings dissolve when his wife appears before him wearing an alluring smile and a pink, fluffy negligee – XX-large size. He gazes at his amazingly pink, generously-endowed goddess and they both fall onto the bed with a thud, followed by sounds that are reminiscent of a building creaking and groaning in a hurricane. These sounds attract the attention of the security robot who has been assigned to their floor on surveillance duty. In the meantime, the romantic couple is approaching a critical moment, and the wife, like Brunilda in Wagner's opera Die Valkyrie, lets out a musically impressive yowl of approval, alarming the security robot into action.

The robot bursts into the room, the wife screams, further alarming the programmed responses of the robot, and it grabs the husband with its claw-like "arms" and carries him, kicking and screaming, out of the room, down the hall and onto the elevator; depositing him in the lobby - the lobby where ten Japanese businessmen are checking in. The sight of a naked, overweight man with white, spindly legs trying to crawl under a display table triggers the "picture taking" response in the ten Japanese visitors and they quickly aim their cameras and smartphones directly

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where the action is, thereby capturing the scene for all of the developed world to enjoy.

So, ignoring the possible consequences of our technological zeal, the brave new world sallies forth unafraid into the future, where people will continue to be programmed; continue to send selfies to one another; slowly forget what real coffee tastes like; and compete with robots for jobs, housing, a space at the gym, and whatever else robots will require for their comfort and happiness.

# Scuttlebutt

by Mitch McFarland

There are a number of things that stand in the way of solving our numerous environmental problems, not the least of which I believe is our inability to comprehend the enormity of the problems. As humans we are so very proud of our brain power. For millennia our opposing thumbs and mental capacity to organize in very large groups has allowed us, for better and worse, to overcome all obstacles on our way to dominating the planet. Currently, however, I think we have reached the point where numbers fail to provide us with any real understanding.

Say, for example, that I mention that we have added over a trillion tons of CO2 to the atmosphere since 1800. We are currently adding about 40 billion tons per year. Wow, that's a lot, you might say, but you can't really take it any further than that. The numbers are beyond our scale to comprehend.

Follow this: if you were to lay a million pennies end to end they would reach from the south entrance to Point Arena to north Gualala. If you laid a billion pennies end to end they would reach from Point Arena to somewhere near the southwest corner of Australia. If you laid a trillion pennies end to end they would reach to the moon and back 25 TIMES! That sounds amazing, but it doesn't really mean much because we can't even comprehend how far away the moon is at 238,000 miles. What would it mean if I told you that that trillion pennies would reach a fifth of the way to Mercury? That wouldn't mean anything because we have no means to comprehend how far away Mercury is.

Yet we throw around numbers like billion and trillion like they made sense to us and we can make decisions based on our understanding. If I tell you, as some have suggested, that we need to plant a trillion trees to curb global warming, you might say, well, let's get started. Of course that means that every man, woman and infant in the world needs to plant about 250 trees each. How about if I mention that the new F-35 fighter jets will cost over the course of their service 1.1 trillion dollars, you might shrug and say, boy that sounds like a lot. It is. It is over \$3000 per man, woman and child in America.

How can environmentalists or economists ever hope to stir the public into real action toward solving our problems with the environment or economy when the public cannot really grasp the size of our challenges.

If I mention that Donald Trump has added \$4.78 trillion dollars to our national debt (after ridiculously promising to eliminate it entirely), all we can say is, well, every President has added to the national debt. Our under-

standing of those numbers pale compared to our national desire to keep all of the government programs that that debt provides.

Meanwhile... here are some more big numbers for you to think about. Let's go with plastics since that is the big topic these days (and should be). The American Chemistry

**"It is estimated that over 8 million metric tons of plastic waste enter the oceans, killing more than 1 million marine animals each year."**

Council has spent an estimated \$200 billion on more than 300 petrochemical expansion projects in America since 2010. thus, the worldwide production of 350 million tons of new plastic produced each year will grow by 40% in the next decade while the U.S. recycles only 9.1% of its plastic according to the EPA. The much more aggressive European Union still only recycles about 30%.

What are governments doing to reverse this trend? Well, Pennsylvania is giving Shell a \$1.65 billion tax break to build a plant to produce 1.6 million tons of virgin polyethylene. A Shell official told a industry conference that without this fiscal package, the company may not have gone ahead with this project. Maybe Pennsylvania should be giving that kind of subsidy to collection, sorting, and reprocessing facilities for recycling.

Nevertheless, while I have diminishing hope for the future of our planet, there are lots of people trying to make a difference and they should be lauded. One such example is a California-based company called Ocean's United. They have designed a 300-foot catamaran that can skim 50 tons per day of plastic waste from the ocean.

That sounds fine, but what do you do with it then? Glad you asked. Using a technol-


ogy called Hybrid Hydrothermal Liquefaction, they are able to turn the waste into 285 barrels of high-quality, ultra-low sulfur eco-diesel. All forms of plastic can be processed.

Though the company is the brainchild of two Americans, Keith Flitner and Michel Berthiaume, the initial \$40 million for the project came as a grant from the United Kingdom. Once under operation, the vessel will be transferred to U.S. registration. Their first efforts will be processing waste from the Great Pacific Garbage Patch. Mr. Berthiaume states, "The design of the iCat-90 Skimmer allows for complete flexibility to not only collect and process plastic waste at sea, but it also makes it possible to recycle the vast amounts of waste being collected on island nations and other remote ocean locations," The Oceans United fleet will grow to five ships in the water by 2024 to directly clean up the waste plastic accumulating across all the world's oceans, islands and coastlines.

Modeling the organization's technology, Oceans United has also developed a land-based solution for recycling plastic waste found on islands nations and other upstream inland locations to mitigate plastic waste, which ultimately ends up in our oceans.

It is estimated that over 8 million metric tons of plastic waste enter the oceans, killing more than 1 million marine animals each year. That means that there needs to be 438 of these vessels continuously operating just to keep up with the new material.

You American taxpayers are about to build a \$1.3 billion aircraft carrier, but Oceans United is about \$5 million short of their needs to get this vessels working. Sad.



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**SUDOKU** Edited by Margie E. Burke

Difficulty: Easy

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	6							8
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	1				8			

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

(Answer appears elsewhere in this issue)

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## Community Mentors Pitch In

from Warren Galletti, Point Arena Schools Superintendent

Imagine you're a high school student with a full class load. Your school gives you 70 minutes, every afternoon except Wednesday, to explore a topic you're interested in. What would you choose?

That's the opportunity provided by PAHS's project-based learning plan — the core of the NTN model. All 124 PAHS students have chosen a project to work on.

For the first time, students can say, "This is what I chose to learn!"

By December 20, at the end of the semester, the first phase of their projects will be complete. All students will have written a multi-page, project description, and all will have given a presentation about their projects to peers and teachers. Principal Marty Wilkes is reserving auditorium time now. Come watch!

When school started last August, few students had a clear idea of what they wanted to explore. Many students couldn't narrow down their dreams into manageable steps. Many, still, struggle with the process of how to create something from scratch.

In fact, we're still hearing a lot of whining. Choosing what you want to learn, and then figuring out how to go about it, isn't easy!

Some students have hit roadblocks. They've dreamed too big. Their ideas are so big they have to pare them down. It's trial and error, learning from mistakes and then continuing.

A few freshmen, for example, joined together with the idea of turning the PAHS football field into a combined gopher-free, soccer/football field. They couldn't find a mentor; so, instead, they decided to learn to write grants to pay for soccer equipment!

This column focuses a few of the 20-plus community mentors and 14 PAHS teachers who are working with students, some one-on-one and some with groups, each sharing expertise and helping to answer many of the questions our students ask.



**Senior, Ashlynn Okubu,  
Community mentor, Jacqueline Strock**

**Project:** Research herbal preparations  
**Mentor:** Jacqueline Strock is co-owner of Roots Herbal Apothecary in Point Arena. With 25-years of experience working with

people and plants, she is teaching Ashlynn how to make her own herbal teas, tinctures, extracts, and salves, along with helping her research pathways to become an Ayurvedic doctor.

**Next step:** Make Fire Cider and herbal honey.



**PAHS Senior Leif Rasmusen  
(inset: Community mentor Jake Stillman)**

**Student:** Senior, Leif Rasmusen  
**Project:** Record a complete music album with limited resources

**Mentor:** Jake Stillman is the owner operator of Stillman Sound and Wilson Street Records in Petaluma. He is an audio engineer specializing in music production, recording and mastering.

**Next step:** Find second-hand microphones.



**Freshmen, Erick Torres, Cesar Coria  
Inset: John Miller**

**Students:** Erick Torres, Cesar Coria  
**Project:** Develop a map of Point Arena using the Minecraft.edu computer program

**Mentor:** John Miller, creator of the educational version of Mindcraft, is a middle school teacher in King City, California. He's also the co-author of the Unofficial Minecraft Lab for Kids and contributing author of Minecraft in the Classroom by Peachpit Press. He works with Erick and Cesar through email, answering their questions.

**Next Step:** Build more streets.



**Photo: Freshmen Addy Sanders, Jaimie Santilla, Community mentor, Mark Stillman, Freshmen, Natalie Bolanos, Gabby Zamorra.**

**Project:** Rebuild a garden table and research annual flowers

**Mentor:** Mark Stillman, a land developer who has been part of the community for almost 40 years, is teaching these students the use of electric power tools and how to finish and preserve wood.

**Next step:** Build a planter box to stand outside PAHS's Room 8, the agriculture classroom.



**Senior, Frank Terlouw, Community mentor, Bill Stokem, Senior, James Ritchie  
(not shown: Senior Shawn VanCleave)**

**Project:** Design and build a go-cart from salvaged parts

**Mentor:** Bill Stokem, retired metalworker, PAHS Maintenance Manager, and current Bass player for AMPAGE, is teaching his student group how to draw to scale, fabricate metal parts, and weld.

**Next Step:** Fabrication of a new motor mount, based on James' design. The team will use machine tools, including a drill press, to make the motor mount flexible enough to adjust for motor tension. Also, they need a donated seat because, without the seat, they can't determine which frame members are needed.



**Photo: Freshmen Jesus Lara, Alex Ramirez, PAHS teacher, Thomas Cee**

**Project:** Learn to play the guitar

**Mentor:** Thomas Cee is PAHS' Integrated Stem teacher. He has taught guitar for 20 years, including two years at Arroya Grande High School in Arroya, California and two years at Gonzales High School in Gonzalez, California. He's teaching the basics to Jesus and Alex, including the G, C and D chords so they can play La Bamba, a Mexican folk song from Veracruz and one of rock and roll's best-known songs.

**Next Steps:** Both students need to find picks.

If you have an extra pick, please email Thomas at [tcee@pauhs.org](mailto:tcee@pauhs.org). For another project, Thomas could use a chessboard and pieces.

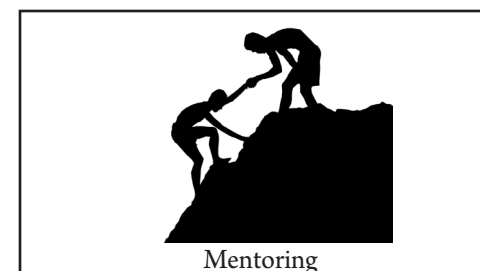


**Photo: Senior, Taylor Wood, Community mentor, Warren Galletti**

**Project:** Strength and conditioning

**Mentor:** Warren Galletti's BA degree is in physical education. He has coached basketball and taught strength and conditioning for 22 years. He works weekly with Taylor to increase muscle mass and improve cardiovascular functions, along with heart and pulse rates.

**Next Step:** Help Taylor improve her volleyball spiking skills!



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## Late Summer By Judith Hughes

Seasonal changes affect us in deep ways, beyond weather. Elemental forces that create climate also exist, to a degree, internally. Exploring seasonal dynamics from a Chinese medical perspective can offer guidance for improved health and happiness.

Five distinct energetic qualities, named symbolically, interact in various ways and are observed in the progression of the seasons. Metal (autumn) finds Water (winter) which nourishes Wood (spring) that feeds Fire (summer) which supports Earth (late summer) which becomes Metal.

Late summer holds four places on the seasonal wheel, though it is especially noticeable between summer and autumn, hence the misnomer. It occurs briefly between seasons, during the latter weeks of February, May, August and November.

Earth phase offers a moment in the midst of change to ground and center; to integrate past and prepare for future. Gathering in the harvest, digestion, assimilation, nurturance and support exemplify Earth qualities. Stomach, spleen and pancreas are of Earth. Central to health and emotional wellbeing, Earth is hearth and home.

Digestion, in its broadest sense, includes the way in which we assimilate information and life experience as well as food and water. Trust and openness indicate harmonious Earth, reflected in family and social relationships. Mental clarity and intelligence

rely on Earth. Overthinking, including studying, taxes Earth. Worry and insecurity, especially with poor digestion or sweet tooth, signal that Earth needs support.

Cultivate Earth energy by taking time to digest and integrate the day. Just for a few moments, focus internally (can place hands on middle) with the intention of allowing assimilation. Nurture yourself however feels right: Massage, qi gong, bubble bath, your choice. Take as good care of yourself as you do others. Give the mind a rest and trust your gut.

If you don't keep regular mealtimes, now is a good time to begin. Regularity fosters security. Be kind to your stomach! Let mealtimes be calm and peaceful. Eat easily digested foods that are not too greasy, spicy or sweet. Consider eating more yellow and orange vegetables. Avoid raw and cold, especially ice. Incidentally, in ancient times, various sugars were rare and used medicinally to resuscitate collapse and tonify digestion. Daily sugar consumption is not medicinal. When Earth energy is balanced we hunger for healthy foods; when out of balance we crave other.

Support your Earth energy and it will support you. Consolidated Earth provides wherewithal and stability, essential for all aspects of physical, mental and emotional health.

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P.S. It's warmer on the ridge.

## Music on Film Nite at Arena Theater

"Amazing Grace" • November 19

Arena Theater's film series Music on Film Nite will screen Sydney Pollack's "Amazing Grace," on Tuesday, November 19, at 7:00pm. The film documents the live recording of Aretha Franklin's album with the same title in Los Angeles in January 1972.

When Franklin was planning her album, Warner Brothers agreed to film the session. Recorded live at Rev James Cleveland's church in Watts, Los Angeles, California, in front of a lively audience and congregation, "Amazing Grace" would become the highest selling album of Franklin's career and the most popular Gospel album of all time. However, the film was never released publicly. Pollack was a feature-film director. When recording, sound is usually post-synched on the back-lot. After the remarkable two days of recording, the editors threw up their hands. There were no clappers, no marks to guide the sound into synch with the picture. Pollack hired lip readers and specialist editors but received no luck.

The film languished for almost 40 years before former Atlantic staff producer Alan Elliott and Pollack approached Warner Brothers about using new digital technology to match sound to picture and make a film out of the raw footage. Forty-seven years later, this film is a testimony to the greatness of Franklin and a time machine



window into a moment in American musical and social history.

Music on Film Nite screenings will continue with "Monterey Pop," on December 17. The series screens a diverse collection of music documentaries from rock and blues to jazz, punk, hip-hop and more on the third Tuesday of each month. Tickets are \$10 at the door or online at [www.arenatheater.org](http://www.arenatheater.org).

# Crossword

by Margie E. Burke

## ACROSS

- 1 Tapering hairstyles  
 6 Donations for the poor  
 10 Track assignment  
 14 Bungling  
 15 Cut the crop  
 16 One more time  
 17 Heart chambers  
 18 Reid of "American Pie"  
 19 "\_\_\_ la France!"  
 20 Antique photo  
 22 Scam artist  
 24 Icy coating  
 25 Eavesdroppers, say  
 26 In \_\_\_\_\_ (not present)  
 30 Moral misstep  
 31 Tuckered out  
 32 Sun. sermonizer  
 33 Minor quake  
 37 Polish off  
 38 Bitty bouquet  
 40 She played Jan on a 60's sitcom  
 41 Bone-boring tool  
 43 Decompose  
 44 Film spool  
 45 Classifieds  
 46 Deodorant or shampoo, e.g.  
 48 Three-dimensional  
 52 "General Hospital", e.g.  
 53 Flat grassland  
 54 Hemmed-in territory  
 58 Folk stories  
 59 Church center  
 61 Ready for a nap

1	2	3	4	5		6	7	8	9		10	11	12	13
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58						59		60			61			
62						63					64			
65						66					67			

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- 62 Shakespeare, the Bard of \_\_\_  
 63 Math course, briefly  
 64 Cake topping  
 65 Canvas cover  
 66 Pantyhose flaw  
 67 Golf attendant
- DOWN**
- 1 Italy-based car company  
 2 "Nay" sayer  
 3 "Jurassic Park" actress  
 4 "The Terrible" for Ivan, e.g.  
 5 Decide not to quit  
 6 Vital vessels
- 7 Grazing spot  
 8 Alligator's haunt  
 9 Skylab was the first U.S. one  
 10 Penny played her on TV  
 11 Japanese cartoons  
 12 Now or \_\_\_\_\_  
 13 Decorative pitchers  
 21 St. Jude and St. Joseph, et. al.  
 23 Like Sasquatch  
 26 Assist, in a way  
 27 Kodiak, for one  
 28 Fill to excess  
 29 Turn away  
 34 Place for a hurdle
- 35 \_\_\_\_\_ the edge  
 36 Count (on)  
 38 Lowest point  
 39 Zero on the scoreboard  
 42 Role for a "Grey's Anatomy" extra  
 44 Model plane, e.g.  
 47 Milk-related  
 48 Comic strip sound  
 49 Put to the test  
 50 Hank of baseball  
 51 Find out  
 55 Dry-as-dust  
 56 Peddle  
 57 Nervously irritable  
 60 By way of



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## Voter Registration Continues November 2 and 16

Voter registration is available this month at the Voter Registration table on the following dates:

**Saturday, November 2** at Pay n Take at Gualala Community Center. Registration from 8:30am to 11:30am.

**Saturday, November 16** at Pay n Take at Gualala Community Center. Registration from 8:30am to 11:30am.

You may register to vote if you are a U.S. Citizen, a California Resident, and will turn 18 years old by the California Presidential Primary Election on March 3, 2020. You may also pre-register if you are at least 16 years old; your registration will become active once you become 18.

Please bring your California Driver License, or your California ID card, and have the last four digits of your Social Security number. Voter Registration forms are in English and in Spanish. You must re-register if you have changed your address, changed your name, or wish to change your political party affiliation.

Elections are a critical element of our democracy. Your vote helps elect presidents, our representatives in Congress, our state legislature, city council members, judges, and many others whose decisions have a direct impact on our daily lives.

The California Secretary of State's website—[www.sos.ca.gov](http://www.sos.ca.gov)—can help you register to vote, check your registration status, or pre-register to vote.

To check your voter registration status, visit [voterstatus.sos.ca.gov](http://voterstatus.sos.ca.gov) or call your county elections office: Mendocino County: 707-234-6819. Sonoma County: 707-565-6800. Or contact DJ Sister Yasmin at 707-884-4703.

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## "Dia De Los Muertos In The Ocean Depths"

by Mary Jane Schramm, Greater Farallones National Marine Sanctuary



The near-impenetrable dark was relieved only when several eerily-lit ocean creatures drifted through artificial beams piercing the water. The scientists in the control van—a topside unit on the research ship equipped for viewing real-time images in the ocean—were chatting via live-streamed video to a world audience, and among themselves, as they described the myriad life forms that swam, wriggled or floated by. These scientists' window on this underwater world was a Remotely Operated Vehicle, an ROV, connected to its "mother ship" – the E/V Nautilus, built for ocean exploration and education by Ocean Exploration Trust. As the unit descended, they described many of the same creatures they'd encountered



the week before, in Greater Farallones and Cordell Bank national marine sanctuaries. Now, in the Monterey Bay submarine canyon, the robo-dives were longer, deeper, somehow more mysterious.

As the ROV approached the seafloor, the team erupted into yelps of surprise and exultation. A giant creature of the deep had loomed into view, swarmed by a host of other creatures, some ripping at it, some perched atop it, others clustered around it. But the leviathan showed no response to these assaults, didn't budge. It was, in fact, a whale fall – the body of a whale that had long since died and sunk to the ocean floor—the abyss.

**A CELEBRATION OF DEATH:** Western cultures honor the dead in November with All Soul's Day, Dia de los Muertos—the day of the dead, in recognition that life is only part of the cycle of existence. Death makes way for new life; such is the case with whales, too.

**BONANZA!** The whale, its species indeterminable, was a bonanza: to the marine life around it, it was a festive table laden with delectables, a submarine smorgasbord. A massive whale carcass, suddenly appearing from nowhere, is an oasis of life in the inhospitable depths of the sea and roughly equivalent, in food content to thousands of years of life-sustaining

carbon particles that slowly fall to the ocean floor as "marine snow."

While fresh, it's the sharks, hagfish and other fishes that devour the whale's accessible parts—the blubber, muscle and viscera—that with diligent efficiency consume over 130 lbs. per day.

**THE CLEANUP CREW:** When mostly hard parts remain such as bone, teeth or baleen (the sieve-like food-filtering plates that hang from some whales' jaws) the opportunistic smaller creatures such as worms, snails and bacteria predominate. One endearing type of marine worm, Osedax (aka "snotworm"), sports colorful, plume-like gills and is a bone specialist, its acid boring into the rich marrow. It derives nutrients from a symbiotic relationship with bacteria, which may form brilliant orange/red bacterial mats that cloak parts of the whale fall, and can still harvest proteins and lipids from these tough relics.

**NEW FRONTIERS:** Recent advances in submarine technology have enabled scientists to probe the deepest ocean for the first time, where they are studying how nutrients such as carbon, nitrogen and other chemicals circulate through different layers of marine life, from unicellular plankton to giant marine mammals. Whale falls provide a great deal of information, as they release large quantities of nutrients into the ecosystem in a relatively brief period of time. NOAA and the national marine sanctuaries work to increase our understanding of how marine systems work, and pursue ocean exploration with the goal of conserving and

improving the ocean's health. Covering over 71% of the earth's surface and containing 97% of its water, the ocean is a part of the life of every living thing on this planet.

For video and other images from the October 2019 dives in Greater Farallones, Cordell Bank and Monterey Bay national marine sanctuaries, see

[www.nautiluslive.org](http://www.nautiluslive.org)

done in cooperation with Ocean Exploration Trust, the California Academy of Sciences, and other partners.



Mary Jane Schramm  
NOAA Greater Farallones  
National Marine Sanctuary  
[Maryjane.schramm@noaa.gov](mailto:Maryjane.schramm@noaa.gov)  
Photo Credits:  
Top: Female Osedax worms carry up to a hundred dwarf males inside (it beats dating websites).  
Credit: Natural History Museum  
Left: Octopus joins the feast on whale fall discovered in marine sanctuary explorations, October 2019.  
Credit: OET-NOAA

"A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves."  
Lao Tzu (6th c BC)

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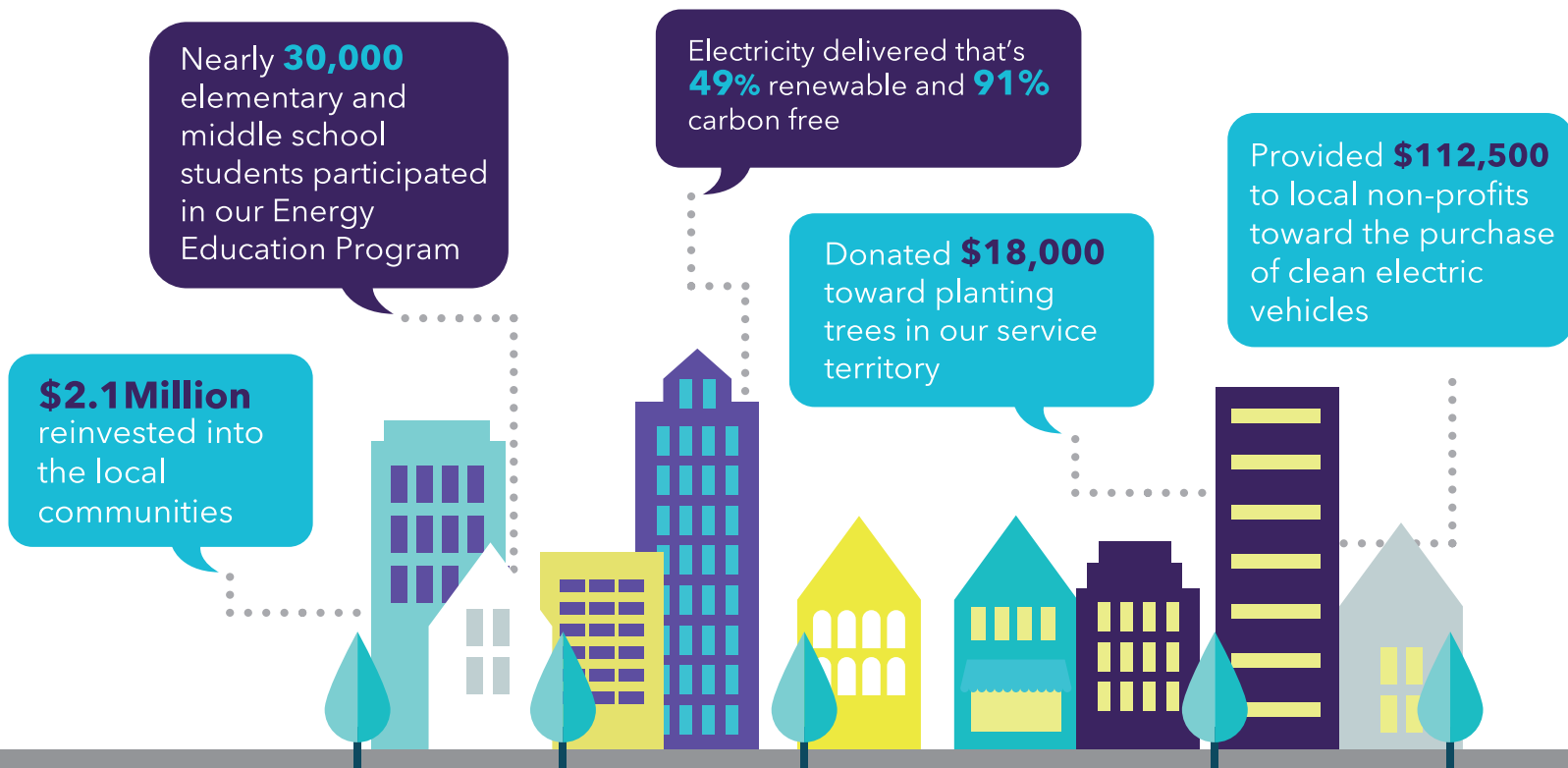
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## Get Out! November's Music, Poetry, Theater, Films, Art and Events

- Friday 01: 5:00pm, "Witness: Portraits of Animals", Opening Reception at Gualala Arts
- Friday 01: 5:00pm, "We Are Animals" at Gualala Arts, Opening Reception at Gualala Arts
- Saturday 02: 8:30am, Voter Registration at Pay n' Take at Gualala Community Center
- Saturday 02: 5:00pm, "Chinese Brush Painting". Opening at Coast Hwy Art Coll., Pt. Arena
- Saturday 02: 7:30pm, English Country Dance at Caspar Community Center
- Sunday 03: 8:30am, Garcia Guild "Dia de Los Muertos" Breakfast, Manchester
- Sunday 03: 9:00am, Free Health Screening w/Mendonoma Health. Manchester Comm. Ctr.
- Sunday 03: 1:00pm, Exhibition on Screen. "Leonardo: The Works" at Arena Theater
- Monday 04: 7:00pm, Arena Theater Film Club, "The Woman In The Dunes"
- Tuesday 05: 1:00pm, Free Health Screening w/Mendonoma Health. S&B Market.
- Friday 08: 11:00am, Free Health Screening w/Mendo. Health at Food Bank Baptist Church
- Saturday 09: 9:55am, MET Opera Live in HD. "Madama Butterfly" at Arena Theater
- Saturday 09: 5:00pm, Opening Reception. "Mushroom-themed Art" at Elk Artists Collective
- Saturday 09: 7:30pm, An Evening Of Improv Comedy at Gualala Arts.
- Saturday 09: 8:00pm, Hot Buttered Rum with Kate Gaffney at Arena Theater
- Sunday 10: 4:00pm, Chamber Music with Borisevich & Loukachkina, at Gualala Arts
- Monday 11: 7:00pm, Arena Theater Film Club "They Shall Not Grow Old"
- Tuesday 12: 5:00pm, Full Beaver Moon Night Tour at Point Arena Lighthouse
- Wednesday 13: 11:00am, Free Health Screening w/Mendo. Health at Sr. Lunch, Pt. Arena
- Wednesday 13: 6:00pm, Harrison Goldberg, saxophones, Tim Mueller, guitars at Heritage House
- Saturday 16: 8:30am, Voter Registration at Pay n' Take at Gualala Community Center
- Saturday 16: 1:00pm, National Theater Live, "Fleabag" at Arena Theater
- Saturday 16: 4:00pm, P. A. Lighthouse Lecture Series: "The Fascinating World of Fungi"
- Saturday 16: 7:00pm, Mad Cow Jazz Quintet at Gualala Hotel
- Sunday 17: 2:00pm, Quinton Martin talks Mountain Lions at Coast Library in Pt. Arena
- Tuesday 19: 11:00am, Free Health Screening w/Mendo. Health at Sr. Lunch, Gualala
- Tuesday 19: 7:00pm, Music on Film Nite, "Amazing Grace" at Arena Theater
- Wednesday 20: 6:00pm, Redwood Coast Democrats, Candidate Debate Party at Mendoviné
- Thursday 21: 7:30pm, 3rd Thursday Poetry & Jazz. Devreaux Baker at Arena Market & Cafe
- Saturday 23: 9:55am, MET Opera Live in HD. "Akhnaten" at Arena Theater
- Saturday 23: 5:00pm, Paul Brewer, Photography. Opening Reception at Dolphin Gallery
- Friday 29: 10:00am, Festival of Trees, Gualala Art Center
- Friday 29: 5:00pm, Festival of Lights, Mendo. Coast Botanical Gardens, Ft. Bragg
- Saturday 30: 10:00am, Festival of Trees, Gualala Art Center
- Saturday 30: 5:00pm, Festival of Lights, Mendo. Coast Botanical Gardens, Ft. Bragg
- Saturday 30: 6:30pm, Dinner Jazz with Harrison Goldberg and Gino Raugi at Vue Kitchen



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