

**ALWAYS  
FREE**

October 2018



# Lighthouse Peddler

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



*Nina Gerber  
Chris Webster  
Pamela Delgado  
Jeri Jones*

## *Four Great Performers = Duo Quartet At Arena Theater, October 20*

Blame Sally's Pamela Delgado & Jeri Jones team up with Nina Gerber & Chris Webster for a Double Duo Evening. They'll each be doing their own duo "thang" AND then mixing it up for some dueling guitar jams and three part harmonies. Saturday, October 20 at Arena Theater. 7:30pm.

If you've ever heard Gerber before, you know she always brings out the best in the musicians around her, and Webster's best is spectacularly good. Her "magic derives from those ineffable qualities of vocal grain, emotional nuance, timing, and phrasing possessed by the truly great

and moving singers of any style," says the Oakland Tribune. This is a pairing well worth the wait!

Pam Delgado and Jeri Jones of Blame Sally fame return to their original duo format, the Pam & Jeri Show, in a performance ranging from mournful ballads to sweet love songs to blazing acoustic soul.

These four performers—Gerber, Webster, Delgado and Jones—are no strangers to the Arena Theater stage, and present an evening of music that by all estimates . . .

*(Cont'd on page 13)*

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## Met Opera Live in HD Presents "Aida" October 6 Complete 2018-19 Season Details Announced

Yes, the MET has returned, and with acclaimed soprano Anna Netrebko as Aida the new season of Met Live in HD couldn't have a better opening performance.

The Met: Live in HD, the Metropolitan Opera's award-winning series of high-definition live cinema simulcasts, kicks off its 13th season on October 6, with the Met's grand production of Verdi's *Aida*, starring one of the world's most acclaimed sopranos, Anna Netrebko. The broadcast at Arena Theater will begin at 9:55am, with doors opening at 9:15am. Tickets: \$24 general admission, \$22 senior, \$18 student.

The company also announced that Yannick Nézet-Séguin will become the Met's Music Director for the start of the 2018-19 season, accelerating his arrival in the post by two seasons. "It is wonderful for the entire company that Yannick Nézet-Séguin will assume the position of Music Director two seasons ahead of schedule," said General Manager Peter Gelb. "The orchestra loves him, the chorus loves him, everyone in the building loves him. He is a truly great artist under whom the Met will only thrive."

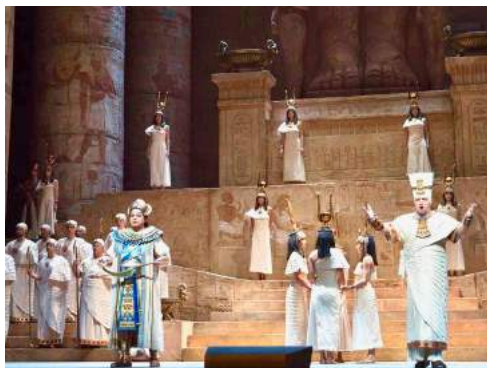
The 2018-19 Live in HD season features ten transmissions, including four new productions and starry revivals featuring the world's leading artists: Saint-Saëns's *Samson et Dalila*, with Elina Garanča and Roberto Alagna in the title roles; the U.S. premiere production of Nico Muhly's *Marnie*, based on Winston Graham's suspenseful thriller; Michael Mayer's new staging of Verdi's *La Traviata*, conducted by incoming Met Music Director Nézet-Séguin; and Cilea's *Adriana Lecouvreur*, starring Netrebko in the

title role.

In addition to "Aida" and the four new productions, Live in HD audiences will have the chance to see Poulenc's 20th-century masterpiece *Dialogues des Carmélites* for the first time in cinemas, conducted by Nézet-Séguin, along with classic revivals of Puccini's "La Fanciulla del West," with Eva-Maria Westbroek as Minnie and Jonas Kaufmann as Dick Johnson; Richard Eyre's acclaimed production of Bizet's "Carmen," starring Clémentine Margaine as the alluring gypsy; Laurent Pelly's whimsical reimagining of Donizetti's "La Fille du Régiment," and the most popular of Wagner's four epic Ring operas, "Die Walküre," with Christine Goerke as Brünnhilde.

Following *Aida* on October 6, the MET will present *Samson et Dalila* on October 20; *La Fanciulla del West*, October 27; *Marnie* November 10; *La Traviata*, December 15; *Adriana Lecouvreur*, January 12; *Carmen*, February 2; *La Fille du Régiment*, March 2; *Die Walküre*, on March

30; and *Dialogues des Carmélites*, May 11. Season subscriptions are available by calling the Arena Theater office at 707 882-3272 or visit [www.arenatheater.org](http://www.arenatheater.org) to download a subscription form. Subscriptions for all ten operas are \$200, subscriptions for five or more are \$20 each, and for an additional \$75, people can sign up to become patrons. Season subscribers, who also become patrons may reserve their favorite seat for the season by calling the theater office. Individual tickets are \$24, \$22 seniors, \$18 students, available online at [www.arenatheater.org](http://www.arenatheater.org).



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## Woven Baskets and Abalone Jewelry at Coast Highway Art Collective New Show • Opening Reception October 5

The Coast Highway Art Collective in Point Arena ushers in the fall with an opening reception exhibiting intricately woven baskets and delicate abalone jewelry. The show features the distinctive works of local artists Carolyn Zeitler and Deborah Threlkel. An opening reception for the show is on Friday, October 5, from 5:00pm to 7:00pm at the gallery, located at 284 Main Street, Point Arena. The public is invited to meet the artists and enjoy a glass of wine and small bites.

An additional show featuring the works of all Collective member will be on exhibit during the month of October at the White Cap Café during regular café hours. The café is located at 35509 Highway 1 in Anchor Bay. Visit their website for more information at [www.facebook.com/whitecapcoffeeandtea](http://www.facebook.com/whitecapcoffeeandtea).

Carolyn Zeitler graduated from San Jose State University in 1976 with a degree in ceramics and weaving. She began working as a United State Forest Service fire look-out in Big Sur in 1979 and started making baskets with the native Coulter Pine needles. Her baskets evolved, as a kind of marriage combining her two loves – clay and fiber.

She has worked exclusively with pine needles for close to 40 years. Zeitler says "My only tools are my hands and a needle. The repetitive rhythm of the stitches becomes a kind of meditation. It's amazing that one

something that reflects both the tradition of craft and the innovation of art."

In 2016, Zeitler spent three months in Japan, culminating years as a passionate student of Japanese culture, art and language. There, she studied the language and absorbed the culture. "My new works incorporate my love of Japanese language, Japanese calligraphy, haiku, papermaking and pine needles, of course. I love this new direction. It opens up a whole new way of using color, text and designs that was not possible just using pine needles," says Zeitler.

Deborah Threlkel, aka the Abalone Queen, began making jewelry 20-years ago. Seven



can take a material as mundane as a pine needle and create something that celebrates its beauty and strength. There are inherent limitations to the medium that create a challenge to search beyond its boundaries for

years ago, when she moved to the Mendocino Coast, her focus honed-in exclusively to abalone jewelry. Threlkel creates unique, one-of-a-kind jewelry influenced by the structure, color, texture and iridescence of the shells and stones she works with. An inveterate collector, she is continually inspired to turn treasure polished smooth by the ocean into wearable works of art.

Threlkel sources the majority of the shells by beach combing the Northern California coast. She also uses vintage and exotic shells and beads from places like Tasmania, Russia and Madagascar. Each piece of jewelry is individually crafted around the shells being used. Designed to last, she gathers, sorts, drills and wire wraps abalone and shells combined with gemstones, 14k gold, gold fill and sterling silver. With no two pieces alike, the result is like a small wearable sculpture. "I love the process that brings me to a completed necklace or pair of earrings knowing that Abalone Queen jewelry will feel like you are wearing the ocean," says Threlkel.

The October show will be on exhibit from October 5 - 28. Regular gallery hours are Thursday through Sunday from 11:00am to 5:00pm. The gallery is the little red building with the big yellow sun next door to the Redwood Credit Union in Point Arena.

More information on both shows is available at [www.coast-highway-artists.com](http://www.coast-highway-artists.com).

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Our thanks to October contributors Joel Crockett, Rozann Grunig, Mitch McFarland, Blake More, Gillian Nye, Paula Ray Power, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Karin Uphoff, DJ Sister Yasmin, and Jennifer Bort Yacovissi.

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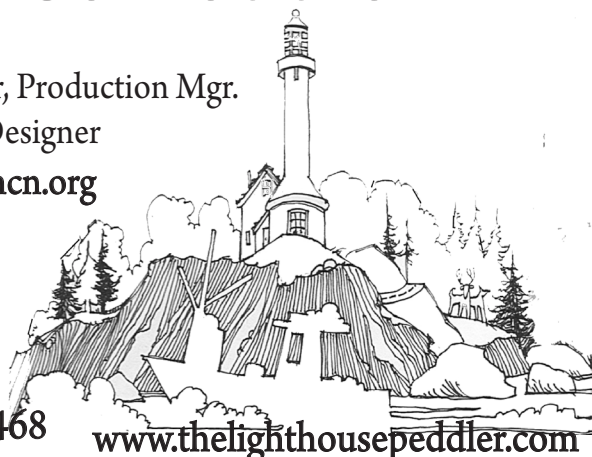
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**3rd Annual Cajun Zydeco Fest At Gualala Arts October 5  
Good Music, Food, and Fun With Lloyd Meadows & His Tri-Tips**

Lloyd Meadows and his bandmates welcome autumn to Gualala Arts with a Cajun flair for the third year in a row with the 3rd Annual Cajun Zydeco Fest on Friday, October 5 in the Redwood Grove.

Meadows and his Tri-Tip Trio have become a crowd favorite with a concert in the grove, a buffet meal served beforehand, and pizzas available fresh from the FOPO wood-fired



pizza oven during the concert. Pizzas will be sold during the concert for \$10 each (separate from dinner).




Dinner will be served at 6:30pm with the concert at 7:30pm. Concert tickets are \$19 in advance,

plus \$5 day of event; dinner tickets are \$20 (if purchased on or before September 28, plus \$10 after.) Tickets can be purchased online at [BrownPaperTickets.com](http://BrownPaperTickets.com) or by calling (800) 838-3006.

Meadows has played the Arts Center several times with his band under different pseudonyms, but the music and the fun is always the same, offering those Cajun boot-stompin' tunes that tend to get every last person onto the dance floor at some point.

Meadows and his bandmates consistently pack the house up and down the west coast and from California to New Orleans with sizzling roots rhythms that are timeless and the execution of them relentless.

Purchasing food prior to the concert allows concert-goers to find a seat 30 minutes before doors open, which could mean the difference in having a place to sit for the entire evening! (But who can ever stay seated when this band's on the stand?) Mark your calendar now.

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**The Point Arena Lighthouse October Full Moon Night Tour  
October 24 For Hunters Moon**

The Point Arena Lighthouse continues its popular Full Moon Night Tours by offering a Full Hunter's Moon Night Tour on Wednesday, October 24. The gates will open at 6:30 p.m. and the tour will start around 7:00pm. The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising

full moon – if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$50 for two. Reservations must be made at least three days

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

According to the Old Farmer's Almanac full moon names were used by early Colo-

nial 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. The name itself usually described some activity that occurred during that time in their location. Some Native American tribes referred to October's Moon as the Full Hunter's Moon, as it was the time to go hunting in preparation for winter. This full Moon is also called the "Travel Moon" and the "Dying Grass Moon."



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

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

*Because it is also around this time (the month of October) that people looking to the night sky will have the chance to see what is known as a Hunter's Moon. A slight variation on a full moon, the Hunter's Moon has long been regarded as a significant event in traditional folklore, and a subject of interest for astronomers.*

*Also known as a sanguine or "blood" moon, the term "Hunters Moon" is used traditionally to refer to a full moon that appears during the month of October. It is preceded by the appearance of a "Harvest Moon", which is the full moon closest to the autumnal equinox. The Hunter's Moon typically appears in October, except once every four years when it doesn't appear until November. The name dates back to the First Nations of North America. It is so-called because it was during the month of October, when the deers had fattened themselves over the course of the summer, that hunters tracked and killed prey by autumn moonlight, stockpiling food for the coming winter.*

*Note: with thanks to Universe Today: <https://www.universetoday.com/61121/hunters-moon/>*

"When anxious, uneasy and bad thoughts come, I go to the sea, and the sea drowns them out with its great wide sounds, cleanses me with its noise, and imposes a rhythm upon everything in me that is bewildered and confused."

Rainer Maria Rilke (1875 - 1926)

**Jazz in the Autumn • November 3  
A Special Evening Of Jazz  
with Larry Vuckovich**

by Fred Adler

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

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

Ballads are the ultimate test of rapturous musical communication."

Larry Vuckovich,  
on the importance of the ballad

The renowned virtuoso pianist/composer, Yugoslavian-born Larry Vuckovich and I both have an intense love for touching standards by the great composers; ballads in particular.

Ballads are beautiful and romantic, often sentimental songs, usually played in a slow and evocative tempo. But they can also be interpreted in Bossa Nova and Latin rhythms, or as infectious swing, as Vuckovich and Co. will demonstrate.

The "Art of the Ballad" will feature seasonal tunes such as "Autumn in New York," "Early Autumn," and "Indian Summer," plus gems by revered composers such as Cole Porter, Victor Young, and Duke Ellington.

Larry will contribute colorful narrative, in his own unique, humorous and soulful manner. He has performed frequently over the past decades to sell-out crowds throughout



California, New York City and also internationally.

This evening provides a rare opportunity to appreciate him in an intimate and artistic setting; the Elaine Jacob Foyer at Gualala Arts Center. Seating is limited.

Australian born Andrew Speight is, quite simply, one of the finest alto sax players on the planet. His artistry is absolutely "the real thing."

Peter Barshay is a superb bassist, enthusiastically chosen by Larry for this special concert.

Once again, I can promise you an evening of truly exceptional music at "Jazz in the Autumn." November 3, 6:30pm at Gualala Arts. An intimate concert in the Elaine Jacob Foyer. \$25 advance, \$5 more day of. Limited seating, advance purchase advised!

October 31 • Halloween Party with Sol Horizon • At Arena Theater  
Opening Are Local Band RaWisdom and Selector Konnex

Arena Theater presents Roots, Rock, Reggae: Halloween with Sol Horizon on Wednesday, October 31, at 8:00pm. Tickets are \$15 and \$10 for youth (18 and under). The show will also feature local band RaWisdom and Selector Konnex. Halloween in Point Arena is always a blast, get your costumes ready and come prepared to dance!

Twice voted "Best Reggae Band" in the North Bay Area, Sol Horizon is an original California 7-piece band that seamlessly fuses reggae with funk, rock, hip hop and world beats. Renowned for energetic live performances and powerful lyrical content centering on themes of peace, community, sustainability and the re-vitalizing power of nature, the band moves feet and inspires minds, creating a positive musical experience that continues to attract fans from across the globe. Anchored by former members of Groundation and Les Claypool's Frog Brigade, Sol has shared the stage with legendary



acts like Ziggy Marley, Steel Pulse, Anthony B, The Wailers, Morgan Heritage, Collie Buddz, Don Carlos, and Eek-a-mouse (to name a few) in both concert halls and festival stages across the USA.

After touring in support, they collaborated with British Roots Reggae star Pato Banton on the recording of their second album "Party Revolution," which featured Pato on the title track. In 2017, under the production and direction of Grammy winning engineer Isha Erskine, the band released their 4th album "Under the Sun," soon to be released nationwide.

Opening for Sol Horizon will be local band RaWisdom, whose debut at the Harbor Fest wowed the crowd. RaWisdom is an alternative, reggae, ska punk, rock band of Point Arenean friends formed this year. Members include Harlan Bailey, Jimi Bove, Zach Merlin, and Sky Walker.

Arena Theater is at  
214 Main Street in Pt. Arena.

Garcia River Casino Presents  
Lone Star Junction October 13

Garcia River Casino presents Lone Star Junction, Saturday, October 13, 8:30pm.

Lone Star Junction IS Humboldt County Outlaw Country. The three-piece band plays a mix of country outlaw classics and original songs. They love to remake the classics in their own style, that is Lone Star Junction and Humboldt County. Their unique sound combines the classic



sounds of country music and a hot rod Nashville Telecaster . . . all with a modern take on Outlaw Country.

Have dinner before the show, or come for the music.. Either way, Lone Star Junction will bring a good time to Garcia River Casino.

The Casino is at 22215 Windy Hollow Road, Point Arena, California 95468. (707) 467.5300.

70th Birthday Celebration  
at Gualala Arts October 28  
Recognizing Those Turning 70

The 70th Birthday Celebration at Gualala Arts is always a heart-warming good time, whether you are the celebrant, a family member, or a general member of our coastal community. This year's birthday party will be Sunday, October 28 at 5:00pm.

"This is one of my favorite events here at Gualala Arts because it is honoring those in our community who have given so much," said Gualala Arts Executive Director David "Sus" Susalla. "Each year I am always so impressed with the stories and memorabilia that people choose to share. We learn so much!"

Raise a glass with friends to those commemorating this momentous milestone and enjoy a flavorful salmon dinner prepared by the Gualala Arts culinary crew. The dinner menu is the original selection created by Rosemarie Hocker for the first celebratory dinner back in 1988. Birthday celebrants receive their dinner for free and family or friends who wish to join pay \$35. Please call Gualala Arts at 707- 884-1138 to make reservations in advance for you and your guests.

Tables are provided for celebrants to share meaningful memorabilia about their lives. This is the best part of the evening!

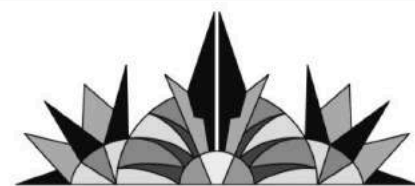


Individuals are encouraged to bring photo albums, medals and certificates of achievements, high school mementos, pictures and any other memorabilia that is meaningful to them. During dessert, each celebrant is invited to share a story or a memory with the group.

The 70th Birthday Party is one of the last- ing legacies of Rosemarie Hocker and has taken place almost every year since the first celebration.

"Many find that friendships are made or renewed during the evening," Susalla said. Volunteers help prepare and serve the full course dinner, complete with birthday cake for dessert! If you would like to volunteer as a waiter or chef at this special event, call 707-884-1138.

This is a community celebration and you do not have to be a member of Gualala Arts to participate!



**ARENA THEATER**  
arenatheater.org  
October 2018  
**Halloween Party with  
Sol Horizon**  
**Roots, Rock, Reggae**  
**Wednesday Oct. 31 8 PM**

**Mark Your Calendar**  
**Fiesta Mexicana**  
**Saturday November 17**  
**Arena Theater Live**  
**Saturday Oct. 20 7:30 PM**  
**Duo Quartet**  
**Feat. Chris Webster, Nina Gerber,**  
**Pam Delgado & Jeri Jones**  
**Met Opera Live in HD**  
**Saturday Oct. 6 9:55 AM**  
**Aida**  
**Saturday Oct. 20 9:55 AM**  
**Samson et Dalila**  
**Saturday Oct. 27 9:55 AM**  
**La Fanciulla del West**

**Arena Theater Film Club**  
**Mondays 7 PM**  
**Oct. 1 Manhattan Short Film Fest**  
**Oct. 8 Rumble Fish**  
**Oct. 22 Tokyo Godfathers**  
**Oct. 29 A Ghost Story**  
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"The waves of the sea help me get  
back to me"  
Jill Davis (1966 -),



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New Moon



October 9

Full Moon



October 24

### The Parker Quartet Headlines Chamber Music Opener New Season of Gualala Arts Chamber Music Begins October 14

Inspiring performances, luminous sound, and exceptional musicianship are the hallmarks of the Grammy Award-winning Parker Quartet, Gualala Arts Chamber Series opening concert of the 2018-19 season.

Individual concert tickets for the six performances October through April are \$25 each, \$30 when purchased the day of the performance. A season ticket for all six concerts is \$125, allowing for one free concert.

The six-performance regular season begins October 14, 2018, and concludes April 14, 2019. It features an exciting line up of artists, most who have graced the Gualala Arts stage in seasons past. Following the regular season, the 17th Annual Summer Chamber Music Weekend — Roy Bogas and Friends — is set for July 13-14, 2019.

Parker Quartet -- Daniel Chong, violin; Ken Hamao, violin; Jessica Bodner, viola; Kee-Hyun Kim, cello -- is renowned for its dynamic interpretations and polished, expansive colors, the group has rapidly distinguished itself as one of the preeminent ensembles of its generation. The Quartet has appeared at the world's most important venues since its founding in 2002.

Following a busy 2017-18 season that had the ensemble crossing North America for performances and residencies around the United States, including for the Schubert Club, Skidmore College, St. John's College, University of South Carolina, and Kansas City's Friends of Chamber Music, the Parker

Quartet finished its fourth year in-residence at Harvard University. The Quartet's 2018-19 season continues its trademark busy schedule with performances and residencies scheduled around the United States and Europe. Other recent highlights include the project "Schubert Effect" in collaboration with pianist Shai Wosner at the 92nd Street Y, the premiere of a new string quartet by American composer Augusta Read Thomas as part of the Quartet's annual four-concert series at Harvard University, and appearances at Carnegie Hall, the Library of Congress, the Slee Series in Buffalo, and New York's Lincoln Center Great Performers series. The Quartet also continues to be a strong supporter of violist Kim Kashkashian's project Music for Food by participating in concerts throughout the United States for the benefit of various food banks and shelters.

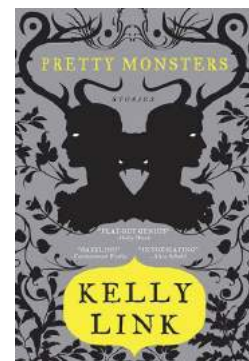


In addition to Parker Quartet, the 2018-19 Chamber Series concert season includes Trio Céleste (November), Frequency 49 (January), cellist Jeremy Tai (February), and the Formosa Quartet (March). Finally, April 2019, the Chamber Series is excited to host the Valley of the Moon Music Festival ensemble, featuring Tanya Tomkins, cello, and Eric Zivian, piano, who have graced the Gualala Arts auditorium on many occasions over the past sixteen years. This will be a special treat, with performances of Classical and Romantic music on an authentic period fortepiano.

### Author Jody Gehrman Visits Coast Community Library Sunday at The Library October 7

Sundays can be a great day to try something different. Maybe you're already a regular at Sunday@the Library events, but if this is a new idea, why not add it to your weekend list beginning this month?

Sunday October 7, author, playwright, and Mendocino College professor Jody Gehrman will be at the Coast Community Library for a discussion of the stories in author Kelly Link's book **Pretty Monsters**. In particular, she'll focus on the Hugo, Nebula and Locus award-winning story "The Faery Handbag".



Gehrman is the author of eleven novels and numerous award-winning plays; her young adult novel **Babe In Boyland** was optioned by the Disney Channel. Professor Gehrman will be at the library at 2:00pm on Sunday, October 7. Sunday@the Library is open to all. Consider changing your routine. Stop by the library on Sunday October 7 You'll be pleased.

Coast Community Library is at 225 Main Street in Point Arena. More information on this event and other activities is available at (707) 882-3114.



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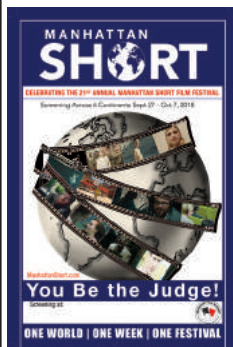
## Manhattan Short Film Festival At Arena Theater October 1

Filmgoers in Point Arena will join audiences in more than 300 venues on six continents to judge the work of the next generation of filmmakers when the 21st Annual Manhattan Short Film Festival screens at Arena Theater Monday, October 1, at 7:00pm. The event is a special Film Club screening and membership prices do not apply; all tickets are \$10 at the door.

Each audience member will receive a ballot upon entry that allows them to vote for Best Film and Best Actor or Actress. Votes will be sent to ManhattanShort.com on Monday, October 8, at 10:00am (EST).

This year, Manhattan Short received more than 1,500 submissions from 73 countries and the nine finalists, hailing from Austria, Canada, Germany, Hungary, Kosovo, New Zealand, USA and the United Kingdom, represent a wide range of film genres including an intimate drama, fast-paced animation, spine-tingling tales, a World War II epic, a film shot entirely underwater and comedy.

The finalists are "Lacrimosa" (Austria), "Fauve" (Canada), "Someone" (Germany), "Chuchotage" (Hungary), "Her" (Kosovo), "Fire In Cardboard City" (New Zealand), "Baghead", (UK), "Two Strangers Who Meet Five Times" (UK), and "Home Shopper" (USA). (All nine short films will be eligible for an Academy Award nomination by screening for a week at the Los Feliz 3 Cinemas in Hollywood from September 21 to October 27.) More about Manhattan Short and the 2018 finalists is at ManhattanShort.com.



## Rumble Fish, Tokyo Godfathers, and A Ghost Story in October All Three Films Screening Monday Evenings at Arena Theater

It's one of those months when Arena Theater Film Club has selected three completely different films: Opening up is Francis Ford Coppola's *Rumble Fish*, followed two weeks later with *Tokyo Godfathers*, and ending the month with *A Ghost Story*.

First up on October 8 is *Rumble Fish* (1983), Francis Ford Coppola deeply personal tale of estrangement and reconciliation between two rebellious brothers, set in a dreamlike and timeless Tulsa. Coppola gives mythic dimensions to intimate, painful emotions.

Disaffected and restless, Rusty James (Matt Dillon) is spoiling for a fight. Abandoned by his mother and living with his alcoholic father (Dennis Hopper), he hangs out with his girlfriend, Patty (Diane Lane), and his similarly aimless friends Midget (Larry Fishburne), Smokey (Nicolas Cage) and B.J. Jackson (Christopher Penn). When his



brother, the Motorcycle Boy (Mickey Rourke), returns to town, Rusty is drawn into one more gang fight and the events that follow begin to change his life.

*Rumble Fish* screens at 7:00pm is rated R, has a runtime of 95 minutes.

On October 22 ATFC offers Japanese filmmaker (and director) Satoshi Kon's third anime feature with the holiday film *Tokyo Godfathers*. The story takes place in Shinjuku, Tokyo, on Christmas Eve. Middle-aged

has-been Gin, aging transvestite Hana, and teenage runaway Miyuki are three homeless



friends who have formed a kind of makeshift family structure. Their bond is tested when they find an abandoned baby while searching for food in a garbage dump. They have no choice but to care for the infant themselves. The group travels throughout the city, searching for the baby's parents and coping with their personal reactions to the situation.

*Tokyo Godfathers* (2003) is an animated film with a runtime of 97 minutes and is rated PG-13. The film is in Japanese with English subtitles.

The month's final film, screening October 29, is *A Ghost Story* (2017) from director David Lowery.

Acclaimed director Lowery ("Ain't Them Bodies Saints," "Pete's Dragon") returns with a singular exploration of legacy, loss, and the essential human longing for meaning and connection. Recently deceased, a ghost returns to his suburban home to console his



bereft wife, only to find that in his spectral state, he has become unstuck in time, forced to watch passively as the life he knew and the woman he loves slowly slip away.

*A Ghost Story* is rated R and has a runtime of 87 minutes. It stars Casey Affleck, Rooney Mara, Will Oldham.

*Arena Theater Film Club* is a membership-based group of cinema fans that meets three Mondays per month at the Arena Theater in Point Arena, California. The Club brings their members classic and foreign films from all eras, independent films, and first-rate documentaries. These films deserve to be seen in a theater on the big screen, as they were originally intended.

*Arena Theater Film Club* membership (including membership in *Arena Theater Association*) is \$60 per year for individuals, \$120 for two partners. *Arena Theater Association* members are admitted to all screenings at no extra charge; guests are welcome at \$10 each, or \$5 for age 18 and under.

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## Jay Glubb Brings Yuan Qigong To The Mendonoma Coast This Month Opportunities to Learn Qigong, October 25-28

Mendonomans will have a very unique opportunity to learn a powerfully effective and uplifting self-healing practice: Yuan Qigong.

Qigong (pronounced "Chee- Gong" and sometimes spelled "Chi" gong) uses slow moving and still meditations to work on and strengthen the body's life energy known as Qi ("Chi"). At the same time it strengthens and relaxes both body and mind and the connection between the two. QiGong has been practiced for thousands of years in China largely for its health benefits and as a means of self development for personal growth and realization of one's higher self.

Jay Glubb, a teacher from New Zealand has returned to the U.S. and is traveling up the coast from San Francisco to lead a free introductory session on Thursday October 25 from 5:30-6:45pm in Gualala, at the Gualala Community Center (47950 Center Street, Gualala). This session will be suitable for any level of experience or health condition.

As in the past, anyone interested in attending should make plans to do so as no one will be turned away for lack of funds. A complete list of the Jay's Qigong events is below.

Based in Dunedin, in the lower South Island of New Zealand, Jay Glubb has been practicing Qigong for over 12 years, teaches regular classes and runs events to help spread the benefits of this practice.

QiGong has been the subject of many medical studies and has been found to improve overall health and sense of well-being such that major medical centers provide classes as part of their complementary medicine programs. Jay says, "when the mind is more fully relaxed, more present and more

connected to the body, stress dissolves and naturally a person will be healthier. In fact, many other areas of life will improve also, including one's relationships with family, neighbors, and co-workers."

He also says "Whilst I believe strongly in the mind-body connection, I also believe that people overlook the importance of Qi, your body's life energy. For example, if you are tired, stressed, or overworked, we could say you are "low in Qi." We would expect that this would have negative effects on your body and on your mind. On the other hand, by increasing Qi through simple Qigong practices, energy levels improve and the body and mind are healthier and happier. This is the real secret to Qigong."

Jay will only be in the area for a few days and offering both group events and private sessions Thursday October 25 thru Sunday October 28th. Sessions will be held in Gualala, Anchor Bay, and Manchester.

Three events will be offered to the public:

- 1) A free session in Gualala on Thursday October 25, 5:30pm-6:45pm at the Gualala Community Center.
- 2) On Saturday October 27, 2:00-4:00pm, he will teach "Transform Your Heart and Mind: Improve your Relationships" at Sutras Yoga in Anchor Bay. \$25 in advance or \$30 at the door.
- 3) On Sunday October 28, from 2:00pm-4:00pm, Jay will offer "Mindfulness and Relaxation through Qigong Movement," a workshop for all levels and abilities at the Manchester Community Center (Garcia Grange). \$25 advance or \$30 at the door. Please contact Roya Arasteh to sign up or for more information: Roya Arasteh at email: rarasteh@lmi.net or cell phone 510-725-8184.



## The Sea Ranch Thespians Announce Open Auditions Information Meeting Set For October 6

Have you ever seen a play at the Sea Ranch and thought you might like to get involved as an actor? Did you act in college or high school but haven't set foot on a stage in years? Does it look like the folks in plays are having a great time? Well, they are and here is your opportunity to join them!

If you would like to find out more about what is involved in acting in a play with the Thespians and take a step towards getting in on the action, this is your chance! Please join the directors of the Sea Ranch Thespians Saturday, October 6, 2:00pm at the Knipp-Stengal Barn on the Sea Ranch. You'll get an opportunity to meet the directors, learn about

their backgrounds and upcoming productions, and flex your acting muscles by reading from scenes provided by the directors (including ones from Ideation, Doubt, and Dry Powder all being considered for the coming season.) If you have a monologue you would like to perform, please bring it. We look forward to meeting you! Please plan to join us for this event, even if you have acted locally in the past. Knowing what talent is available will help us to determine what plays we can produce. If you would like more information prior to the auditions, please contact Kathye Hitt, (707) 884-3744 or kathie@yaho.com or Lynne Atkins, (707) 884-3744.

## Arena Theater Presents The MET in HD Samson et Dalila (Camille Saint-Saëns) October 20

Arena Theater presents one of three MET Operas this month. Samson et Dalila is scheduled for Saturday, October 20. The broadcast will begin at 9:55am, with doors opening at 9:15am. Tickets: \$24 general admission, \$22 senior, \$18 student.

When mezzo-soprano Elina Garanča and tenor Roberto Alagna joined forces for a new production of Carmen at the Met, the results were electrifying. Now this star duo reunites for another sensual French



opera when they open the season in the title roles of Saint-Saëns's biblical epic Samson et Dalila. Darko Tresnjak, who won a Tony Award for Best Direction of a Musical in 2014 for A Gentleman's Guide to Love & Murder, makes his Met debut directing a vivid, seductive staging, featuring a monumental setting for the last-act Temple of Dagon, where the hero crushes his Philistine enemies. Sir Mark Elder conducts the first new Met production of the work in 20 years.

Saint-Saëns's biblical epic Samson et Dalila stars Elina Garanča and Roberto Alagna in the title roles; the pair was last



seen together by HD audiences in the acclaimed 2010 transmission of Bizet's Carmen. Laurent Naouri co-stars as the High Priest, with Elchin Azizov as the Philistine King Abimélech and Dmitry Belosselskiy as the Old Hebrew. Darko Tresnjak, the Tony Award-winning director of A Gentleman's Guide to Love & Murder, makes his Met debut directing the first new Met production of the opera in 20 years. Sir Mark Elder conducts.

Runtime: 209 minutes, 2 intermissions.

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

Solution to Sudoku



## Words on Wellness • October's Icon by Karin Uphoff

The first letter of 'October' suggests the very roundness of that plump, ribbed, vining fruit we honor every autumn – the beloved pumpkin. The classic orange Cucurbita pepo was domesticated from wild gourds nearly 10,000 years ago, by indigenous tribes in Mexico. They may have cultivated only the seeds and used the hard shells, but these first domesticated fruits contained the distinctive orange pigmentation of true pumpkins. Now every year in the USA, more bright orange pumpkins are sold for Jack O' Lanterns than any other seasonal produce. A beige-colored, oblong, and flavorful variety is the pumpkin that gets canned and shipped to supermarkets for pie-making and other pumpkin-related cooking.



Canned pumpkin is often recommended by veterinarians as a dietary supplement for dogs and cats that are experiencing digestive ailments such as constipation, diarrhea or hairballs. The high fiber content helps with this, but pumpkin is also rich in beta carotene that converts to vitamin A in the body. Raw pumpkin can be fed to poultry, as a supplement to regular feed, during winter to help maintain egg production.

People can be eating more of this delicious squash and its varieties too, since it also contains lutein and zeaxanthin, two antioxidants that are thought to help prevent cataracts and may slow the develop-

ment of macular degeneration. Besides, the pulp combined with brown sugar and a touch of plain yogurt makes a great face mask that exfoliates and soothes.

Much of pumpkin's power is in the seeds, which were used by Native Americans to treat intestinal worms and urinary ailments – a remedy adopted by American doctors in the early nineteenth century. In Germany and southeastern Europe, extracts of the seeds are still used in treating overactive or irritated bladders and benign prostatic hyperplasia. In China, a combination of ground pumpkin seed and betel nut is effective for expelling tapeworms (*Taenia spp*) in most cases.

Snacking on the seeds gives you a good source of protein, iron, magnesium, manganese, copper, zinc, tryptophan, folate and fiber. The seed oil is high in Omega 3 and 9 fatty acids, vitamin E, antioxidants and antifungal agents. Diets rich in pumpkin seeds have been associated with a reduced risk of stomach, breast, lung, prostate and colon cancer. So, enjoy carving these globes of October, but don't forget to eat them for months to come.

*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)*

## Albatross Sighting? You Might Try The Point Arena Cove

You might not know that Point Arena Cove is a destination point for birders from around the country. I met a couple from Wisconsin at the end of the pier with their spotting scope. They were looking for Alby, the Laysan Albatross, who has spent his or her winters there since 1994. Many birders keep a life list of all the species of birds they have seen in their lives. Alby provides a rare opportunity for birders because albatrosses are rarely seen from shore.



They are huge birds with wingspans of six and a half feet which spend most of their lives gliding over the ocean. They even sleep while gliding. They feed mainly on squid that come to the surface at night.

The albatrosses come to land only every other year, to nest on remote islands. They are thought to mate for life. She lays only one egg; they care for their young for at least five months. They are known to live for over forty years. So Alby, or Big Al, as it's also called, is definitely its bird.

Records of his or her arrival and departure dates have been kept since 1994. This albatross usually showing up at the end of November and departing by mid-March. Big Al is super friendly. As surfers paddle out to the point, Big Al will paddle over to them squawking and allow them to pet him or her. So head on out to the cove to add a Laysan Albatross to your list.

*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: Barbara Fleming*

## Animal Care & Welfare • Meet Aretha Franklin

By Cathy Sue Riehm

I'm down to one chicken. Aretha Franklin. The neighborhood bobcat has killed several of my chickens, and all of my neighbors' chickens.

Sitting outside with my front door open at 1:00 in the afternoon a few months ago, this bobcat grabbed one of my Buff Orpingtons, Bonnie Raitt. I ran outside and chased after the bobcat who was taking my chicken up the creekbed. I screamed and ran after



it up the creek, and it actually dropped my chicken. Stunned and frozen, when I reached down to pick her up, she burst up squawking.

Bonnie Raitt was a changed chicken after this experience. She wouldn't eat for several days, wouldn't lay eggs for several weeks and started moulting about two days after being nabbed.

Since being the only chicken left, Aretha Franklin has not only been acting strangely, she has not laid any eggs.

There are many reasons chickens will stop laying eggs. A primary reason is stress- from poor living conditions, illness or trauma. Another reason chickens stop laying is a decrease in light- chickens need at least 14 hours a day to lay eggs, so during the winter months, they may not lay eggs. Nutrition can play a factor- chickens need 20 grams of protein per day to lay, so feeding only maize, or cracked corn, is not sufficient (feeding pumpkin seeds, oats and mealworms

can help). Chickens will stop laying while moulting- chickens typically moult once per year, usually during late Summer/early Fall. Age is another factor- as a chicken's age increases, egg production decreases.

You might not see eggs because, sometimes chickens eat their own eggs. Broody hens will hide their eggs in an attempt to hatch them- I had a chicken who secretly protected a nest of eggs that counted 18 by the time I discovered her secret spot in the ferns.

Dr. Karen Novak, owner of Village Veterinary in Mendocino, loves chickens. She treats the range of problems- from egg-bound and prolapsed chickens, to traumatic wounds and nutrition issues. She has even seen "many old chickens that end up having ovarian cancer".



I won't expect eggs from Aretha Franklin any time soon. She is confused by the loss of her coop-mates, she has started to moult and we are heading into Fall. She has warmed up to Rex and The Texan (my cat), and while they are not chickens, they are certainly not bobcats.

*Above left: Aretha Franklin and The Texan;  
Above: Aretha Franklin and Rex.*

## Mendocino County Pet Care-A-Van Returns to Manchester October 10 & 11

The Mendocino County Pet Care-A-Van returns to the Manchester Community Center/Garcia Guild, October 10 & 11.

This early announcement is coming as the appointments for neutering and spaying fill up very quickly and many are disappointed to find out there is no space. It is best to call now for an appointment, even though the next visit is more than a month away. The number to call for an appointment is (707) 513-4086. Just leave a message. Please note: No appointments are required for immunizations.

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## Dolphin Gallery's Opening Reception October 6 Featured Artists Cliff Glover and Eric Wilder

The Dolphin Gallery welcomes artists Eric Wilder and Cliff Glover for its monthly exhibit opening Saturday, October 6. A reception will be held from 5:00pm to 7:00pm with a no-host wine bar and appetizers. The reception is free to the public and offers a chance to meet and talk with the artists.

"If someone asks me why I still make pots, I'm not sure I could come up with an honest answer: it's just what I do," says Cliff Glover, talking about the pottery he creates at his studio/gallery in Albion. Glover does not see himself as doing "something special" but rather as a person who has worked very hard on his craft for decades, putting in the over 10,000 hours Malcolm Gladwell calls "deliberate practice" that is required to be skillful in any field.

"In reality," Glover says, "pottery is as much about figuring out how to make a living as anything else."



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

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

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

hand," that "are easy to use and comfortable to hold." In this sense, Glover's art embodies Chicago architect Louis Sullivan's maxim that "form follows function"; thus, each piece Glover makes has its own particular requirements.

"Simple" and "direct" are also words Glover uses to describe his pottery, which he hopes will appeal "to anyone who has ever worked hard at anything," he says. "We are all looking for something to fulfill us."

"And, of course," he adds, "(a way) to make a living."

Examples of Glover's simple, direct work are displayed in galleries in Fort Bragg, Bodega Bay, and Mendocino as well as on his website at cliffgloverpottery.com. Go here to see Glover at work.

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

With this exhibit, Wilder will introduce viewers to his most recent works.

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

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

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

Most recently, Wilder has helped to create the Native Art Expo as "a way to give Native American Artists exposure to a wide audience." Free to young people, the Expo, which is part of Gualala Arts' Global Harmony Series, presents professional Native artists in action, who want to inspire others "to be successful in the field of art."

This year's 4th Annual Native American Arts Expo is Saturday, October 27, from 11:00am to 5:00pm at the Arts Center. Entry is \$5 in advance, plus another \$5 the day of the event. Tickets can be purchased online at GualalaArts.org or by calling 800-838-3006. More details are available online as well.



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

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### Fourth Annual Native American Arts Expo At Gualala Arts Global Harmony Presents Native American Arts, Culture, Music Expo October 27

The 4th annual Native Arts Expo, made possible through the Global Harmony Series of the Gualala Arts Center, brings traditional and contemporary Native American artists together to exhibit particular art expression, share stories, and educate the general public on what is "authentic" Native American art. Saturday, October 27, 11:00am to 5:00pm. Expo tickets are \$5 in advance, plus \$5 the day of the event. Youth 7-17 free with adult. The day will open promptly at 11:00am with a special presentation and chant by Hula On! Productions and Halau Hula Na Pua O Ka La'akea, a Hawaiian Halau formed in March of 1996 by its Creative Director, Kumu Hula Shawna

Kealameleku'u'eialoha Ngum Alapa'i. Enjoy a Burger Bar with beef, veggie, and salmon burgers. No host wine and beer and soft drinks available.



Each year there are exhibitors from past events as well as new and emerging artists. Graphic artists, basket makers, jewelry makers, poets, traditional dancers, crafters, authors, and musicians will be at the event to share their art passions. This year we will feature a traditional handgame tournament presented by Manchester Pomo Tribal leader Sal Martinez. The day will be comprised of discussions, workshops, poems, and musical performances. Exhibit booths will be open throughout the entire day.

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Arena Theater presents  
The MET Opera in HD  
October 27  
La Finciulla del West

Arena Theater presents the third of three MET Operas this month. LA Fanciulla del West is scheduled for Saturday, October 27. The broadcast will begin at 9:55am, with doors opening at 9:15am. Tickets: \$24 general admission, \$22 senior, \$18 student.

Soprano Eva-Maria Westbroek sings Puccini's gun-slinging heroine in this romantic epic of the Wild West, with the heralded



return of tenor Jonas Kaufmann in the role of the outlaw she loves. Tenor Yusif Eyvazov also sings some performances. Baritone Željko Lučić is the vigilante sheriff Jack Rance, and Marco Armiliato conducts.

The opera unfolds in the mountains of California during the Gold Rush in 1849-50. The anachronistic presence of a Pony Express rider and a Wells Fargo agent would indicate a date after 1860, but historical accuracy is not the goal in this tale. Puccini was enchanted with Belasco's fictional setting, with its combination of mythic and grittily realistic elements.

Run time: Est:  
202 minutes.



The 2018 Gualala Arts Pacific Piecemakers Quilt Guild Challenge: Journeys  
Opening Reception at the Elaine Jacob Foyer at Gualala Arts Center.

Each year the Gualala Arts Pacific Piecemakers Quilt Guild members are "challenged" to create a quilt that fits certain parameters. This year's exhibit of the quilts created for the challenge will open Friday, October 5, with a reception from 5:00pm to 7:00pm in the Elaine Jacob Foyer at Gualala Arts Center.

The reception is free to the public and will have a no-host wine bar and appetizers and is a great chance to meet the artists.

For 2018, the PPQG challenge theme is "Journeys" and although no specific style or size was specified, each quilt was required to include a piece of blue Scrollscape Indigo fabric. Members were challenged to think about a journey (metaphorically, emotionally, physically, etc.) and to stitch and/or quilt their interpretation in fabric in one, two, or three dimensions.

Quilts that will be exhibited include traditional, modern and art quilts, and quilted clothing, all created in a variety of styles and techniques that, depending on their designs, can be displayed on a bed, framed, hung, or worn.

The show is not juried nor judged, so it en-

courages creativity at all levels. "It is always a great thrill to see someone new to quilting/art quilts show their work alongside longtime quilters," says exhibit curator Cheryl Harris.

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

workshops for quilters of all skill levels as well as opportunities for members to give back to their community using those skills. Monthly meetings feature programs to inspire quilters in all aspects of quilting ranging from traditional to contemporary art quilt techniques and development of textile and wearable art. Lectures and workshops are presented by world famous quilters as well as local talent. "Comfort quilts" are created by members and distributed to a variety of local assistance organiza-

tions and individuals as a means of service back to the community. Each year members create a quilt to be raffled by Gualala Arts Center during Art in the Redwoods. The proceeds provide art related scholarships to local students.



Regular meetings are held on the third Friday of the month at 12:30 PM at Gualala Arts. Meetings are open to anyone who enjoys quilts or quilting or who would like to learn more. Newcomers and visitors are always welcome; there is a \$5 charge for non-members. New members can join at any time for a \$40 per year membership fee (prorated August through December.) Print and fill out the Membership Application and send it, along with your check made out to PPQG to: PPQG Membership, c/o Gualala Arts Center, PO Box 244, Gualala, CA 95445.

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## Our Need For Music.

by David Steffen

Listening and hearing are two different things. Hearing is more about perception, as in some driver's car horn asserting a right of way in traffic, or a dog barking in the distance; the crowd at a football game or a food vendor hawking the best sandwich this side of anywhere. Listening is entirely different. It's the idea that you give your awareness to the sound, taking notice, turning your head, paying attention; you begin a journey with comprehension and (hopefully) arrive at enjoyment. The difference between hearing and listening is why I ended up working in the music business for so many years.

Once heard, a great song, a great recording is not forgotten. It isn't the ear-worm of a bad (and likely annoying) advertising jingle, but rather an emotional connection to something that connects with and within us. Twenty years ago a group of neuroscientists (in *Nature Neuroscience*, 1999) posited that

"Music has an extraordinary ability to evoke powerful emotions. This ability is particularly intriguing because, unlike most other stimuli that evoke emotion, such as smell, taste or facial expression, music has no obvious intrinsic biological or survival value."

All that being said, I don't need a neuroscientist to tell me

when a great record is playing. My brain (and heart) tell me that in seconds, or even fractions of seconds.

Art is personal. Accept, for the moment, that radio is always playing to an audience of one. Radio programmers are often taught to think and perform that way: talk on the radio as if you're speaking to just one person. Whether the station has thousands, tens of thousands or hundreds of thousands of listeners, the audience is always an audience of one: you, me, her, him. Even when two or three of us are trapped together in a car on California's roads or highways, most of the time if one member of the group says "did you hear that", the likely response from the other passengers is "huh? Hear what?" That's why I love radio. It's personal.

Some six weeks ago I was returning to the Mendocino Coast from the San Francisco Bay area. As I got somewhere north of Marin County I pushed the button on

my car radio for KRSH, The Krush. It's a predominantly Americana station situated in the middle one of the most famous wine-regions of the world: Napa and Sonoma counties. Hence, KRSH (crush, as in grapes....) The midday host was about to begin interviewing a recording artist, singer/songwriter, and as she introduced her guest I wasn't certain I heard the name, but the interview was worth the listen. At some point she told her audience she wanted to play a cut from the new album by Stan, or Steve, or Stu. I wasn't certain just what his name was, but when the music started I really didn't care about his name. The track was "Forgiveness" and for the next 3 1/2 minutes I was only about this amazing song with haunting lyrics.

I got voices in my head  
Get me up and out of bed

I've been busted and I've been burned  
My heart is beating but you know it hurts

And I can tell you every name  
But that will never change anything

I ain't saying I'll forget it  
Or their wrongs will ever be right  
We're just talking about forgiveness  
And how it gives you back your life.

So simple. Whatever the hurt, forgive, and that forgiveness will give you back your life. The bridge in the song reminds us (particularly those of us who've been married for more than a few years) that

I know it's never easy  
Being torn apart  
Forgive to be forgiven,  
It will open up your heart.

As happens to many of us, I assume—because I know it happens to me—I couldn't get enough of this song, this recording. Arriving home in Mendocino County I immediately tried to figure out just who was this guy on the radio. Some internet surfing, including a look at the KRSH website and, voila!, I had his name: Stoll Vaughan. Like any music lover bordering-on-groupie, a couple of weeks later I had a phone conversation with Stoll. First, it's pronounced "stall", not "stole". (Stoll is a family name.) He's from Kentucky and now calls Los Angeles home. "Forgiveness" is not his first song, and *The Conversation* is not his first album. As the saying goes, this is not his first rodeo. Stoll's Kentucky origin didn't surprise me, as all those years having traveled to and through Nashville (not to mention the film project I did with the Bluegrass Music Association some 20+ years ago) immersed me in conversations with the sounds of a rural and cosmopolitan mid-south gentleness. He's had education at Michigan's Interlochen

Boarding High School—one of the single best possible schools for an arts-oriented teenager. *The Conversation* was recorded back near Stoll's home turf, using studios in Indiana and Nashville, with help from players like Duane Betts (son of Allman Brothers alum Dickey Betts), and Devon Allman (son of the late Gregg Allman), producer Carl Broemel and others.

Stoll's album has more than one cut, by the way. There are 13 tracks offering a listening experience just under an hour. "Bear Witness" "Weatherman", "Meet You In The Middle" confirm his authenticity as a solid songwriter. And happily, like I experienced in my glory days in the music industry, it only takes one track to get someone's attention, and then, like a good deed done to you, you're duty-bound to pass it on. We no longer have hundreds of Top-40 radio stations, helping break an artist. Today we have to help music along, by passing the knowledge in conversation, in email, and through social media. If you frequent a bar with live music, let the owner know about your discovery. I'm passing "Forgiveness" on to you so that you can discover Stoll Vaughan for yourself. While you're at it, take credit for his success too. Stoll won't mind and neither will I.

Before I let you go, I wanted to mention one other artist and album worth listening to. KZYX radio's Audible Feast host Fred Wooley played a track that left me confused. I knew those lyrics. At least I thought I did. But something was "wrong". The tempo? The singer? The instruments? And suddenly it all came running out of some hidden part of my brain. The song was "You Never Can Tell", a classic Chuck Berry hit from the 1950s. You may recall that Monsieur and Madame end up getting married, because "you know you never can tell". The tempo

for this version was brought way back, and my friend Fred told us that the vocalist was Elise Legrow. Who?

I hadn't heard of her either. Pity. Her new album, *Playing Chess* has nothing to do with the game of chess, but everything to do with the Chess Brothers, as in Leonard and Phil Chess and Chess Records.

Legrow chose a list of songs from the Chess catalog including "Over The Mountain", "Rescue Me", "Who Do You Love",



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and more. The two best Legrow recordings you'll find are the aforementioned "You Never Can Tell", and a much older track of hers—2012?—titled "No Good Woman".

Remember those neuroscientists I quoted earlier? While I understand their scientific foundation, I have to disagree with one of their conclusions: "... music has no obvious intrinsic biological or survival value." Any rational human being with a pulse knows there is a biological need for music. Did these geniuses never hear about setting the mood? And as for survival, the concept of "desert island discs" was created for specific treasured recordings, i.e. music. Those brainiacs may not believe music is necessary for our survival, but I wouldn't want to get stranded somewhere without my iPod and its 10,000 of my favorite songs. Besides, if I'm not alone on the island, how will I set the mood?

DUO QUARTET from cover

. . . will certainly guarantee s memorqable night for all.

Since her accompaniment of Kate Wolf first earned her recognition, Gerber's acute skills as performer, producer and arranger have continued to deepen. Her contributions to acoustic music have earned her a following as loyal as for the numerous high talents she has accompanied. Presented with folk, country, bluegrass, rock, or blues, she is able to fall into leads which have rare reverence for the true feeling of a song, always emphasizing taste over technical display.

Gerber has performed and/or recorded with: Karla Bonoff, Peter Rowan, Eliza Gilkyson, Nanci Griffith, Greg Brown, Lucy Kaplansky, Mollie O'Brien, Rosalie Sorrels, Laurie Lewis, and many others. Her soulful enhancement of their music easily explains why several return the favor by appearing on "Not Before Noon" and Gerber's live cd, "Good Music with Good People."

A career that began nearly two decades ago as a teen-aged lead singer for one of California's best known regional acts (Mumbo Gumbo), Webster boasts a successful resume highlighted by four solo releases ("Drive," "Now Playing," "Something in the Water," "My Name is Christine") and one amazing traditional Bluegrass/Americana recording (The Webster's "10,000 Miles") with her sister Cassie and renowned guitarist Scott Nygaard.

Combining elegance and grace with a foot-shuffling manner, Webster can cut to the bone with tender, unrequited songs of love-gone-wrong then slap you upside the head with a fistful of lyrics and a take-charge melody that makes you step aside, stand back, and listen.

Pam Delgado plays percussion and guitar, Jeri Jones plays guitar, bass, dobro and mandolin, and their powerful voices blend beautifully to create a distinct and compelling sound. Their music has earned a spot in the rotation on San Francisco's KFOG and Starbucks XM Café. Whether they're covering songs by artists like Aretha Franklin and Rickie Lee Jones or playing their own exciting originals, this is a duo that knows how to entertain an audience and put on a satisfying show.

The Arena Theater bar and snack stand will be open! Arena Theater is at 214 Main street (Highway One) in Point Arena. More information on the evening with Duo Quartet, plus all films and other live events is at [www.arenatheater.org](http://www.arenatheater.org).

## Making A Difference?

By Joel Crockett

On a recent Monday morning, Roswitha and I made our weekly stop at Mar Vista Cottages to pick up a few dozen eggs. There were none at the entrance, so I drove to the main office to see if they had some they'd not put out yet. Fact is, they did.

Renata, co-owner of Mar Vista, is the exuberant sort who thoroughly enjoys engaging with people. This particular morning she was unusually high-spirited. Mar Vista had been the site of a most special event over the weekend, a wedding. To hear Renata describe it, was clearly a beautiful occasion.

I thought, what a great thing to be able to do . . . to contribute to a life-changing event; a weekend that a bride and a groom, their families and all their guests will never forget. Renata obviously delighted in having an opportunity to help make it all happen. I suspect events like this stay in her heart for a long time. How fortunate Renata and her husband, Tom, are to own an establishment that guests will always remember fondly. To make a difference. And to know it!

Sometimes, though, we can make a difference and not know it.

In the late 1960's and early 70's I was sales manager for a large San Diego printing firm. Chuck and Rosie Kimball owned NKS Ltd., a design & photography firm, and were very good clients. From time to time I'd invite them to lunch. Usually only one of them could join me, most often Rosie. The other would mind the shop. In 1977, I moved to Colorado and about a year later to Northern California. I lost track of the Kimballs.

In the mid-80's I received a phone call. It was Rosie. I'd not thought of her or Chuck for years.

"Joel," she began. "It took me awhile to track you down, but I had to call and say thank you."

"It's great to hear from you, Rosie," I responded. "But what are you thanking me for?"

"Do you remember the last time we had lunch together, at the Reuben E. Lee? I mentioned that I wasn't real happy with what I was doing and I expressed the fact that Chuck and I were having problems. Then you asked me a question, a simple question; what was important to me? How did I want to live my life?"

"I thought about it for a long time; five, ten minutes, maybe more. And you stayed quiet. You let me figure things out.

"Joel, my dream was all about family. I wanted to spend my life being close to my kids and grandkids. Chuck and I are still friends, but we're divorced. I've worked hard and now own a compound of homes

in San Diego. I have 4 homes, I live in one and my three children live in each of the others. I don't think I'd ever have given myself the permission to do what I've done if you'd not asked the question. So, I wanted you to know, and to thank you!"

I'm a bit luckier than some. I've been made aware of a few differences I've contributed to. Not only because of Rosie's call, which was significantly eye-opening, but also as a result of a folder I created years ago to track feedback when I was a consultant.

But I had no idea I'd made a difference in Rosie's life, and that's just it. How many other differences might be out there about which I knew nothing? Every time we interact with someone there's the possibility of making a difference. Sometimes, as I learned from Rosie, it could happen simply by listening.

The difference might be insignificant. Or life changing. It could be a good difference, or a bad one. Or none at all. But who we are and what we do, wittingly or unwittingly, has the potential of making an impact.

Simply by being sensitive and thoughtful, paying attention, asking questions, being a good listener, you just might be the person who does make a difference, who makes someone's life a little better.

You may never know that you've made that difference. I certainly didn't with Rosie. I'm not sure that matters, though. Know it or not, it's certainly a nice way to be remembered.

### Garcia River Casino Presents Blackhorse Blues Band October 27

Garcia River Casino presents Blackhorse Blues Band, Saturday, October 27, 8:30pm.

Blackhorse Blues Band is comprised of 5 Native American musicians from the Pomo Nation in California who deliver an amped up set of ferocious Blues/Rock.



B.H.B.B. was first formed in the early Nineties and has opened shows for: Johnny Winter, Edgar Winter, Walter Trout and Charlie Musselwhite.

The Casino is at 22215 Windy Hollow Road, Point Arena, California 95468. (707) 467.5300.

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The Local Top-15 Books  
Autumn 2018

"He liked all books, because he liked the mere act of reading, the magic of turning scratches on a page into words inside his head.

John Green (1977 - ).

1. *Less* by Andrew Sean Greer
2. *Mendonoma Sightings Throughout/Year* by Jeanne Jackson & Craig Tooley
3. *Qh awala li: "Water running down place"* Annette White-Parks
4. *Tornados, Rattlesnakes, and Oil* by Thomas Cochrane
5. *Guidedog for the Coastally Curious* Steve Oliff
6. *Origin* by Dan Brown
7. *Shaping The Sonoma Coast* by Thomas Cochrane
8. *Crazy Rich Asians* by Kevin Kwan
9. *Anansi Boys* by Neil Gaiman
10. *Hillbilly Elegy* by JD Vance
11. *Secret Scripture* by Sebastian Barry
12. *Pachinko* by Min Jin Lee
13. *Manhattan Beach* by Jennifer Egan
14. *Eleanor Oliphant is Completely Fine* by Gail Honeyman
15. *The Address* by Fiona Davis

Bubbling Just Under the Top-15\*

- \*. *Killers of the Flower Moon* by David Grann

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

**Laughing Shall I Die: Lives and Deaths of the Great Vikings**

A Book By Tom Shippey, Reviewed by Jennifer Bort Yacovissi

Being fearless in battle was important, but shuffling bravely off the mortal coil mattered more.

Here are two take-aways from Tom Shippey's latest book: One, "Viking" was a job description, not a racial or ethnic designation; and two, a quality demanded of those Vikings was a finely honed, mordant sense of humor that perhaps we modern nine-to-five cubicle-dwellers would find difficult to understand.

That sense of humor includes composing, on the spot, even as the composer is being bitten to death by a pit-full of adders, a beautiful song that will be handed down through the ages. The song concludes with the line, "Laughing shall I die," primarily because the dying Viking knows his sons are coming to wreak vengeance on the king who put him in the pit and will subject said king to a longer, slower, far grislier demise.

It's pretty funny, apparently, if you're a Viking.

For the rest of us, it's funny because the death song's composer is named Ragnar Hairy-breeches, and one of his avenging sons is named Ivar the Boneless. It turns out, though, that while Ragnar may be mostly the stuff of myth and legend, Ivar is not only an historical figure, he is a significant one.

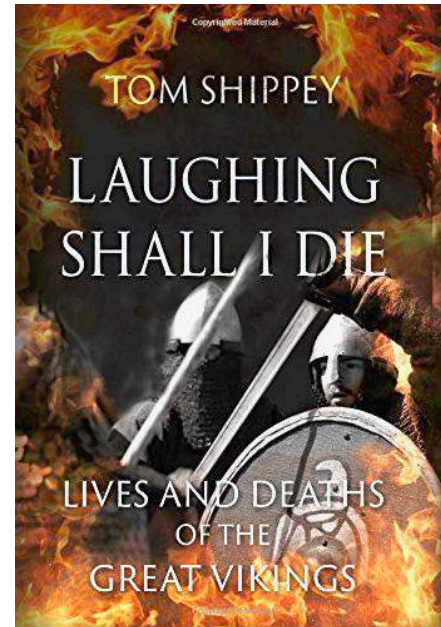
As for the "Boneless" part, no one is quite sure of the nickname's origin, but one theory is that he was being compared to a serpent — which to the Vikings meant a dragon — so it's actually a compliment.

The author's stated purpose in this book is to explore what gave Vikings their edge, when they had fewer people and resources than most of the populations they came up against, as they swept across Britain and mainland Europe into Russia and the Middle East over a distinct 300-year period. He argues that their edge was "the Viking mindset. To put it bluntly, it's a kind of death cult." Their disdain of death made them hard to beat on and off the field of battle.

Shippey also notes that his book is meant for "the reading public." What's interesting, then, is that Shippey appears to be using his general lay reader — who should be forgiven for not being up on the latest battles within the learned academia of Viking lore — to engage in an argument with scholars on the other side of the divide (one of whom is his former tutor).

The effect is a bit like stopping by a friend's house and finding yourself used as a go-between in an argument you've blundered into ("Could you tell him that?" "Oh, yeah? Well, maybe she should know..."), when you all you wanted was some wine.

To summarize his side of the spat, Shippey believes that modern academia finds its delicate sensibilities affronted by the less culturally refined aspects of the marauding Vikings, and has worked to ignore, bowdlerize, explain away, and generally dis-



count what it sees as a cartoon version of the Viking ethos. These academics compare Viking legend with the overblown mythology of America's Wild West. Shippey works to dismantle that view.

To do so, he draws heavily upon the great sagas, from which we derive much of our knowledge of the ancient Norse traditions, culture, and religion. Many of those sagas are thought to be far older than the Viking period itself, which is dated to 793, the point at which the outside world became aware of the pillaging Norseman — viking, or marauder.

Before written language, the sagas and traditions of eddic and skaldic poetry provided exceptionally well-developed oral histories of Scandinavia, embellished, of course, with many supernatural elements. Eventually, those oral histories were written down by Icelanders and then rediscovered by the outside world at the end of the Middle Ages.

In Viking lore, great deaths are assessed based on how stoic the victim is and what laconic wit he shows as he goes down. One Bui the Broad, having had his lower jaw hacked off, is recorded for posterity as having said (hmm — that seems like a bit of a trick), "The Danish women in Bornholm won't think it so pleasant to kiss me now."

The first part of *Laughing* surveys four sets of characters and their stories to give us an up-close feeling for the well-known Viking heroes of the old sagas. Chapter five, for example, is called "Egil the Ugly and

King Blood-axe: Poetry and the Psychopath."

Part II gives a geographical view of the vast reach of Viking hegemony. Here is where the legends begin to morph into historical reality, and we start to grasp the enormity of Scandinavian influence on the British Isles, the Continent, Russia, and even the Middle East.

Among Shippey's insights are that Vikings made more successful inroads in England than in Ireland because England had an established bureaucratic infrastructure. There, the Vikings simply eliminated a handful of rulers and stepped into the open slots. Ireland was too chaotic to deal with in a similar fashion; there was no operation to take over.

Part III describes in detail a few of the great sagas, such as *Njal's Saga*, to highlight particular aspects of the Viking mindset. The problem is that setting the context requires a long lead-in, which — much like having to explain a joke — drains the energy from the stories.

And therein lies the larger problem: This material begs for a narrative-nonfiction approach, to get blood pumping through the descriptions and perhaps engage the readers' imaginations more successfully.

Though Shippey tries to keep things jaunty with some of his descriptions, many details are too pedantically academic; it feels as though he's still playing to his old tutor. As it is, Shippey may simply inspire his readers to binge-watch "The Vikings" (both the TV series and movie) so they can see what they've been missing.

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

"At the beach, life is different. Time doesn't move hour to hour but mood to moment. We live by the currents, plan by the tides, and follow the sun."

Sandy Gingras (1919-2013)

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# Scuttlebutt

by Mitch McFarland

I recently read a letter to the editor that warmed my heart. A woman wrote to suggest that people reconsider the use of garbage can liners as a way to reduce plastic pollution. Soul sister! This is a subject that I have wanted to write about for many years, but I haven't, assuming that my readers would consider me a brain-dead Don Quixote waving at windmills. I will proudly admit that there may be a kernel of truth in that. Nevertheless, it is clear that the plastics industry has done an outstanding job of convincing most people that garbage bags are an indispensable part of life. Some 309 million Americans use them- continuously, loyally, and without a second thought.

Still, plastics pollution has managed to sneak into the news, in spite of the salacious news coming out of Washington on a daily basis. The plastics industry pumped out 113 billion pounds of plastic resin in 2017. That is roughly the weight of all humans on the planet. In reading plastic statistics (try that for a lovely late summer afternoon) one finds some black humor amongst the dizzying numbers. For example, the amount of plastic film and wrap produced annually could shrink-wrap the entire state of Texas. I figured out we could do Rhode Island in 2 days.



In the U.S. we throw away some 700 water bottles every second- 2.5 million per hour! Try to imagine a pipe large enough to pump 700 water bottles through it per second and then think of it running 24/7 all year- go ahead, stop reading for a second and try to imagine that.

A University of Georgia study concluded that the 18 billion lbs of plastic trash per year would cover every foot of coastline in the world with five full trash bags-- compounding every year. Incidentally, we introduce 400 million pounds of carbon into the atmosphere to produce all that plastic.

But I'm getting away from my central thesis- the scourge of trash can liners. Virtually all garbage cans are now made of plastic. The idea of putting a plastic liner in a plastic container is foolish sounding enough, but the justifications for doing so seem even less sensible to me. Convenience is a big selling point. Is the idea that carrying a plastic bag out to your landfill containers is easier than carrying a plastic trash can? Some might think so, unless, of course, it is dripping some organic goo. How about when the edges of

the bag slip off the edge of the can. That always makes a convenient mess.

But what about cleanliness you may ask. Really? How clean is your garbage can? When was the last time you cleaned it? There are those of you who may reply that you clean your garbage can on a somewhat

***"To me plastic garbage can liners are just another one of those things that nobody knew they wanted until an industry spent millions of dollars to convince people they were necessities."***


regular basis. That's good, now may I ask why you need a plastic liner to begin with?

I'm not saying that there never will be a need or use for a trash bag. I can't think of one right now unless it would be for storage of something besides garbage. Also, we bought this kitchen garbage can with the foot pedal on it before we realized that the mechanism basically made the use of a liner a requirement. Fortunately, I found a partial roll of the right size liners (at the Point Arena recycling drop-off no less) that I use, but I try to put one of the other zillion plastic bags we acquire as consumers inside the first liner to make it last until it stinks.

Then there is the cost. While plastic bags may be somewhat inexpensive, not using one is free.

To me plastic garbage can liners are just another one of those things that nobody knew they wanted until an industry spent millions of dollars to convince people they were necessities.

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I don't like leaving readers bummed out feeling they have been lectured to, so please let me conclude with some positive plastic news.

A chemistry professor in India, known as The Plastic Man, developed a process to use waste plastic for road construction. The process consists of mixing waste plastic with heated bitumen and coating the aggregate with the mixture. Prof Rajagopalan Vasudevan explains, "The advantages of using waste plastics for road construction are many. The process is easy and does not need any new machinery. For every kilo of stone, 50 gms of bitumen is used and 1/10th of this is plastic waste; this reduces the amount of bitumen being used. Plastic increases the aggregate impact value and improves the quality of flexible pavements. Wear and tear of the roads is decreased to a large extent," He implemented the use of plastic waste on a road constructed inside the premises of his college in 2002. The road is holding up well 16 years later as plastic waste helps increase the strength of the road, reducing road fatigue. These roads have better resistance towards rain water and cold weather.

Not wishing to rest on his success, he went on to create a stone block with plastic coating called a plastone. It has been found to withstand more pressure than cement blocks and it resists water percolation Each plastone block consumes 300 plastic carry bags and around six PET bottles.

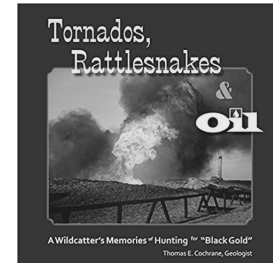
Wouldn't it be nice if we had a federal government that funded this kind of activity instead of funding space weapons and oil wars?

Four-Eyed Frog Presents  
Thomas E. Cochrane  
With his new memoir,  
Tornados, Rattlesnakes, & Oil  
October 12

It seems amazing that in 2018 we're still talking about oil but its weight on the American and world economy keeps it in front of us. That's where a book comes to our rescue. **Tornados, Rattlesnakes, and Oil: A Wildcatter's Memories of Hunting for "Black Gold"**.

Thomas E. Cochrane comes to Four-Eyed Frog Books in Gualala on Friday October 12 at 4:00pm.

Meet a wildcatter whose back-in-the-day journey from the hills of New York, to the ice fields of Alaska, to the plains of the



Midwest brings the reader along on this complex quest to SEE underground. An insider's look at the petroleum industry of the latter 20th century—and what geologist Cochrane experienced along the way. From Oklahoma to Texas, rubbing elbows with T. Boone Pickens, his personal tales provide a first-hand glimpse into the art and science of exploring and drilling, all in the the pursuit of "hitting the big one."

Thomas English Cochrane's early explorations in New York led to his undergraduate Geology degree from SUNY. He continued his study at Indiana University and Miami University's Geology Field Camp in Wyoming. Mr. Cochrane has been prowling the landscape of our coast since 1976. He's a California Professional Geologist, in 1995. He moved to The Sea Ranch in 1988.

## SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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### HOW TO SOLVE:

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

(Answer appears elsewhere in this issue)

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## Feeling The Creative Side? Want to Build oN that Feeling? Art Workshops at Gualala Arts in October May Satisfy The Itch.

In October, Point Arena artist Lauren Sinnott is offering a six-week Art History class at Gualala Arts that will explore the history or portraiture – she asks questions such as “In the Renaissance would you kiss a portrait?”, “Were the first known portraits literally made of the bodies of their subjects?”, and “Is the painted portrait dead?”

Find out the answers! Monday evenings at 7:00pm at Gualala Arts Center in the Mezzanine classroom starting October 1 and continuing through November 12. Call (707) 884-1138 to see if space is still available. Cost is \$60 for Gualala Arts members, \$70 for non-members for the six weeks of classes. Drop-ins are welcome for a \$15 fee.

Also in October, “Paint & Pour” with Whitney Badgett Hasan on October 5, 6 to 8:00pm. Cost is \$25 for GA members, \$30 for non-members, plus a \$10 ma-

terials fee paid to the instructor the night of the class. Call (707) 884-1138 to register.

Ron Sackman will be offering watercolor Friday afternoon watercolor classes starting Friday, October 26 and running through November 16. Class is 1:00pm to 4:00pm and all levels are welcome. GA members pay \$130, non-members pay \$130. Call to register by October 12 at (707) 884-1138.

The last scheduled workshop for 2018 is a fun one – smart phone photography! Professional photographers Susan and Neil Silverman will offer all kinds of techniques and useful apps for taking the best pictures you can with your smart phone! This class is 9:00am to 4:00pm on Saturday, November 10 in the Mezzanine Classroom. Cost of the class is \$80 for members, \$90 for non-members. Call (707) 884-1138 to register by November 8.



## The Battle For The Ballot

by DJ Sister Yasmin

We are living in perilous and amazing times. The upcoming November 6th election could be the most important election of our lifetimes. Only 37% of eligible Americans voted in the 2014 midterms. Why don't Americans value and respect our precious right to vote?

So many have sacrificed their lives in order to vote in our country. I remember some of them: James Chaney, 21, a volunteer with CORE from Meridian Mississippi, Andrew Goodman, 20, and Mickey Schwerner, 24, both students from New York, all Voter Registration activists working in the South in 1964. They were lynched in Alabama because they believed that all people, especially Black Americans had the right to vote. This made front page headlines, because 2 of the 3 were white and from the North. The murder of Viola Liuzzo, 39, a white Detroit mother of five, working for voting rights in Alabama was murdered by the KKK, Medgar Evers, head of the NAACP in Mississippi was gunned down in his driveway in 1963, and so many unknown others have been murdered while working for voting rights. This is our bloody American history- the disenfranchisement of so many

Americans, which continues today.

The Voting Rights Act of 1965, historic legislation was passed largely under the pressure of protests and marches that year challenging Alabama officials who injured and killed people during African American voter registration efforts.

In 2008 the Supreme Court passed Citizens United, saying that corporations have a First Amendment right to spend unlimited amounts of money to support or oppose candidates for elected office, furthering inequality in our nation, and increasing "the best elections money can buy" and dark money, saying that "corporations are people". Then in 2013, the Supreme Court ruling "Shelby County vs Holder" said that we no longer need the protections of Section 5 of the Voting Rights Act, further deteriorating our Voting Rights. Section 5 of the VRA is a core special provision preclearance requirement, which prohibits certain jurisdictions from implementing any change affecting voting without receiving preapproval from the U.S. Attorney General of the U.S. District Court for D. C. that the change does not discriminate against protected minorities. Attacks on voting rights are alive

and well today, along with voter suppression of young people, seniors, People of Color, poor people, immigrants, and so many others.


Now the Good News: 2018 is another "Year of the Woman". From Georgia to New York, Women of Color are challenging the Democratic Party's deference to white male power by running for office and getting out the vote, beginning to build electoral majorities. Young people now can register to vote when they are 16 and 17, by pre-registering, thus entering the system to be eligible to vote as soon as they turn 18, a large movement for youth involvement in our electoral process. Research shows that engaging young voters early mean they are more likely to be consistent voters in the years ahead. [www.highschool.sos.ca.gov](http://www.highschool.sos.ca.gov).

Defending the right to vote is about protecting the cornerstone of our democracy. I urge you to register and then VOTE on Tuesday, November 6. The last day to register is Monday, October 22. Your paper form must be postmarked by that day, and you can register online before midnight. We can make a difference in our country and our world if we VOTE!

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## Herbal Allies for Seasonal Changes

by Gillian Nye

Autumnal Equinox arrived in late September with a beautiful waxing moon, heralding in a time that locals and visitors look forward to each year. We are enjoying the rich colors of the water and sky, the crispness in the air and an invigorating mix of hot days and cool nights. Fall is a favorite time on the coast. The changes in the seasons here can be subtle in ways, but this time of year always seems a little more heightened. The earth is ready for some rain, to dust off the roads, revive the gardens and send a little whisper of the future into our creeks and rivers.

Along the coast there are pockets of yarrow, grindelia, plantain, nettles gone to seed in the creekbeds, wild monarda, and fennel. Inland just a couple of miles we find more hazelnuts on the bushes, acorns dropping from the tan oaks, huckleberries in perfect ripeness, rosehips drying on the vine, the last sprigs of Aurelia and plenty of wild mints.

As the seasons change and we move towards winter, the kids are back in school, days are becoming shorter with less time for exercise, we sometimes experience greater immune challenges. At the shop we often notice a sweep of coughs and colds this time of year. Whether it's all the fun and adventures you had this summer finally catching up with you, stressors from the back to school schedule, or a reflection of the shift in nature causing the change in you, it's a good time to get good rest, focus on your nourishment and reach out for your herbal allies.

Herbs like Astragalus, Oregon Grape Root, Elderberries, and Echinacea have been used for centuries as immune boosters. They are some of the ones to reach for when you feel that little tickle in your throat or the all over tired body feeling that we sometimes get when we're fighting a virus. More specifically, there are herbs that work with our different body systems and can be more penetrating, like Osha, Calendula or Mullein for our lungs. We often use Spilanthes for upper respiratory stagnancy and congestion, along with Sage, Thyme and Yerba Santa. Lemon Balm is a wonderful herb for cold and flu, easy for many to take due to its sweet flavor in teas and extracts. It is not only anti-viral but also anti-inflammatory and can be helpful with head and body aches from illness.

Have you been noticing any patterns when you get run down? Some tend towards nau-

sea and bowel irritability, while others always get a headache for three days. It's interesting to follow where our personal immunity weak spots are and take time to build up as we head into winter.

In our coastal community, we definitely notice a trend towards bugs settling in the respiratory system. The damp and windy climate often contributes to deep coughs and sinus congestion that is hard to shake. If you can relate to this, now is the time to strengthen your respiratory system. Consider tonic teas of Calendula and Lemon Balm with a pinch of Thyme, or a medicinal mushroom extract like Reishi and Cordyceps.

I like to reach for Mullein this time of year, and she is really reaching for us as well! This fuzzy leaved beauty is a real queen of the plant kingdom, reining tall above our gardens with a long lasting plethora of tiny yellow flowers. Mullein has been used for centuries. Dioscorides (64 AD) recorded it as useful for constipation, convulsions, old

coughs, toothaches, inflammation and scorpion stings. Folk uses include the leaves as a body scrub or toilet paper, and the tall spires dipped in wax as candles.

European and Western herbalists have a long relationship with mullein as a primary respiratory support herb, particularly for coughs, asthma and lung congestion. Mullein contains a large concentration of saponins which aid the body as an expectorant. The plant is made up of roughly 3% mucilage which soothes inflamed mucous membranes and helps to relax tissue that has been damaged due to spasmodic cough or wheez-

ing. Research through Clemson University found that Mullein extracts can be effective against certain infectious bacteria like pneumonia, staph and e.coli. This is so helpful for us here on the coast where mold grows in abundance in the winter and spring months.

A nice cup of Mullein tea each day will start to strengthen the lungs and build immunity. You can use Mullein if you get sick, but why wait? Start with 1-2 tsp of herb per cup of boiled water. You

can add in other herbs that you enjoy for flavor, but I recommend tasting it alone to start. Getting to know a plant ~ how it smells, tastes, and feels in your body is part of enjoying natural medicine. Let your tea steep for a minimum of 2 hours, longer is great. Strain and enjoy.

Cheers to your health and healing!

*If you are interested in learning more, visit [www.windyhollowfarm.com](http://www.windyhollowfarm.com) for our fall class series; next up is Herbs for Winter Wellness on October 7th.*

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# Crossword

by Margie E. Burke

## ACROSS

- 1 Like a fabled piper
- 5 Depth charge target
- 10 Club at a club
- 14 Troop group
- 15 Power glitch
- 16 Snap-together toy
- 17 Xeriscape option
- 19 Cooking fat
- 20 Look of contempt
- 21 Do goo
- 22 Delhi dough
- 23 CBS symbol
- 24 Professor \_\_\_\_\_
- 27 Figure skater Johnny
- 28 Cigarette flavor
- 32 Compassionate
- 35 Type of agent
- 36 Impassioned
- 37 Indian yogurt dip
- 39 Miles away
- 40 Applicable
- 42 Plant with stinging leaves
- 44 Box with a bow
- 45 Mound of sand
- 46 Cold-hearted
- 48 Granola morsel
- 51 Back of a boat
- 54 Cozy room
- 55 \_\_\_\_\_-violet
- 57 It comes and goes
- 58 Mythological daydreamer
- 60 Pond scum
- 61 Musical exercise
- 62 Do some darning
- 63 Cattail, e.g.

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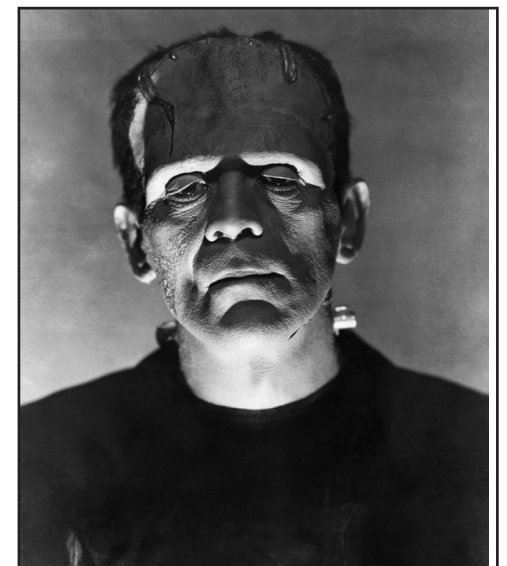
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- 64 Plains dwelling
- 65 Farm call
- DOWN**
- 1 Dissect, in a way
- 2 Literary device
- 3 Roast host
- 4 TV's Dick Van \_\_\_\_\_
- 5 "Suits" network
- 6 Fast food favorite
- 7 Judge's issuance
- 8 21, at a casino, say
- 9 Royal flush card
- 10 Give an example
- 11 Pear anagram
- 12 Storybook villain
- 13 Connecting point
- 18 Type of energy
- 22 Mystical mark
- 25 Wandering worker
- 26 Rusty nail danger
- 27 Sweeping
- 29 Dagger handle
- 30 Like some vaccines
- 31 Orpheus' instrument
- 32 Bony fish
- 33 State confidently
- 34 Get to
- 35 On, as a lamp
- 38 Poison remedy
- 41 Miner's find
- 43 Follow as a result
- 45 Strip bare
- 47 Diminish, as rain
- 48 Sleek swimmer
- 49 "Gladiator" setting
- 50 Late for class
- 51 Antares, for one
- 52 Mah-jongg piece
- 53 Margin
- 56 Flock member
- 58 Give the go-ahead
- 59 "I told you so!"

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## Sleuthing for the Sea: Beach Watch at 25

by Mary Jane Schramm

The scientist peered into her computer, intent on the latest entries from her team of highly trained coastal field surveyors. She was on the hunt for treasure: not hidden, but right there, on the beach, or flying by, or perched on nearshore rocks. The coded names for feathered and flippered sea creatures they'd encountered, transcribed from scrawled entries on sand-gritty data sheets, became solid statistics that would reveal whether "things" were normal in our ocean ecosystem. Entry by entry, their findings would be folded into the growing Beach Watch database, and correlated with at-sea observations and offshore buoy data up-linked via satellite. It would be discussed, debated and shared with scientists at conferences and online, regionally and sometimes globally. Trends among common species



changes in the marine ecosystem. How to do this? Evidence of distant offshore conditions can often be found where the land meets the sea. Some years, unusually warm water "events" cause starving seabirds and seals to strand, or visibly weaken kelp forests. In other years, our cool, swift-flowing California current produces bountiful food for seabirds and whales, and deposits surfborne sand to craft low, sloping haulouts, ideal habitat for breeding seals.

Along this coast a group of citizen scientists -- the volunteer surveyors of Farallones Beach Watch -- detect and record these conditions. Then, the Farallones' professional biologists "scrub" the raw data to ensure quality control; they analyze it, and determine its significance.

Starting Line: In 1993, following a series of disastrous oil spills, NOAA established Beach Watch as a long-term shoreline monitoring program. A quarter-century later, biologists from the federal sanctuary staff and the nonprofit Greater Farallones Association continue to recruit, train, and supervise this corps of volunteer scientists. Decades of surveys have established a baseline that includes marine species encountered, both alive and dead; and numerous oil spills and other atypical phenomena. These surveyors become experts on their specific beaches' shorebirds and other wildlife, and their seasonal changes. And they document how homo sapiens use the coast, for work and for recreation. Using this baseline, Beach Watch identifies early signs of change, and tracks them over time. By documenting annual erosion and deposition patterns, Beach Watch provides scientists, engineers, and managers with tools that will help coastal communities adapt to shifting shorelines and sea levels. It's a classic "forewarned is forearmed" approach

to management -- a necessary strategy on a changing planet.

Return on Investment: The sanctuary now has a clearer understanding of how influences like climate and human activities impact nearly all aspects of the ocean. Even now, Beach Watch continues to detect lingering impacts of old shipwrecks, and of the 2007 Cosco Busan oil spill in San Francisco Bay.



were reflected there, but also some real eye-openers: rare and exotic species like a tropical Masked Booby, a striped dolphin, or a leatherback turtle. These discoveries are the long-term work of Greater Farallones Beach Watch, now celebrating a quarter-century of sleuthing for science.

NOAA's Greater Farallones National Marine Sanctuary protects over 3,000 square miles of ocean off North-central California, and its management must constantly look for

Over the years, its data have been used as evidence to secure over \$52 million to restore injured wildlife and habitats from these accidents' "responsible parties." Beach Watch has been emulated internationally, and praised by the Senate and the Assembly.

For this past quarter-century, Beach Watch has been a model program wherein scores of citizens have become active and effective



stewards of our oceans. Working with our sanctuary scientists, they augment and amplify our vital work of marine conservation.

So -- Happy 25th Anniversary! to the scientists and community of Beach Watch! With your help we can work more confidently, and more effectively, to ensure the future health of our Blue Planet.

Mary Jane Schramm • NOAA Greater Farallones • Nat'l Marine Sanctuary

Maryjane.schramm@noaa.gov • Photo Credits: Top Left: Humpback whale and container ship.

Credit: John Calambokidis/Cascadia (under NOAA permit); Top right: Blue whale in shipping lane. Credit: John Calambokidis/Cascadia Research (under NOAA permit); Far left: Necropsy team examining shipstruck gray whale, Marin County, 2018. Credit: TMMC. • For more information:

<https://www.nbclosangeles.com/news/california/Rising-Number-of-Ships-Slowing-to-Avoid-Whale-Strikes-on-Bay-491073081.html>

<https://abc7news.com/pets-animals/shippers-slow-down-to-protect-whales-after-close-calls-in-the-bay/3976712/>



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## Mendocino County Poet Karen Lewis October 18

### 215 Main Hosts Third Thursday Poetry

by Blake More

On Thursday, October 18, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature Albion poet Karen Lewis. The reading will begin with live improv jazz, followed by an open mic with jazz improv; the reading will conclude with our featured poet and more live improv jazz.

Karen Lewis writes poetry, fiction, nonfiction, and uses hybrid forms. She's widely published in journals and anthologies including most recently *Mothering Through the Darkness* and *Minerva Rising*. She also manages a blog *Wordjourneys*, and contributes to *BookBrowse*, a subscription literary review. She is currently working on a poetry collection.

Karen has lived on four continents, traveled on six. Borders, migration, and diverse habitats are favorite themes in her work. She is interested in the spaces between here and there. Where ocean touches earth. Where sky touches mountain. Where "impossible" touches "maybe" and where the blank page turns into a character with a story.

Karen grew up in Los Angeles and studied at UCLA, Mount Holyoke College, and Stanford University then earned an MFA



from Antioch. Since 1995, she has been active with California Poets in the Schools, teaching K-12 hands-on creative writing workshops in Mendocino County. She is the recipient of six California Arts Council – Artists in Schools grants. She has also worked with the Arts Council of Mendocino County – Get Arts in Schools (GASP) project. In addition, Karen develops curriculum to connect poetry, language arts, and English language learning with other topics like science, watershed, social studies, and math.

She's presented nationally on these topics.

From 2014-16 Karen directed the Mendocino Coast Writers Conference, and remains on the advisory board.

She is married to the artist-sculptor Will Lewis and lives in Albion. When not spending time writing, taking care of the family business, or exploring the outdoors with the family, Karen is passionate about farm-to-table cooking, and scavenging plastic from local beaches.

*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.*

### Make Poems Not Weapons

by Karen Lewis

Upon waking, I check Twitter to see if the world has ended. Twitter says it's #Tuesday and also #NationalPoetryMonth and people are dodging bullets at #ManySchools. In my front yard, frost glitters where stars have dropped three wishes and countless icy tears. Because of problems in #Iran #Korea #Syria and the #WhiteHouse jets zoom on red alert. Birds whistle and chirp. Do bluebirds see their silhouette singing globally? Morning breeze shimmers apple blossoms and pine cones. Missiles drop. #Dreamers hide. Anger detonates at #RandomSecretLocations. Planet Earth spins. Gray whales migrate, camouflaged offshore. At school today, I will notice new security cameras. Hundreds of students are ready to write #Poetry to create the future. #Pencils #Language #Glitter #Paint #Imagination #Ideas #TeachingTolerance

"I could never stay long enough on the shore; the tang of the untainted, fresh, and free sea air was like a cool, quieting thought."

— Helen Keller, 1880-1968

## Point Arena Lighthouse Lecture Series Presents Judy Bryan Mello

### The Unique B Bryan Preserve Talk Set For October 20

On Saturday, October 20 at 4:00pm, Judy Bryan Mello will present "What is B Bryan Preserve?" 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.

Judy will answer such questions as, are zebra black with white stripes or white with black stripes? How long is a giraffe tongue and why is it purple? Come learn interesting facts about the African hoof stock at B Bryan Preserve from Judy. B Bryan Preserve is a 110 acre African hoof stock facility that is home to over 90 African mammals, many on the endangered species list. Sable, Kudu and Roan antelope live at the preserve along with 3 species of zebra and a herd of rambunctious male Nubian giraffe. There will also be a 2 person B Bryan Preserve tour and goodie bag (\$150 value) raffle to benefit the Lighthouse but you must be present to win. Raffle tickets are \$5 each.

Judy and her husband Frank are the owners of B Bryan Preserve. Frank is originally from California and met Judy in Mississippi through work. In 1998, Frank went to West Texas and fell in love with Sable antelope, so much so that he brought some back to Judy's family ranch in Mississippi. That was the beginning of B Bryan Preserve. In 2004, Frank retired from corporate life and Judy had an opportunity to move out West with her work. They loaded up 11 animals and moved to

can Zoological Association and now houses over 65 animals – Endangered Grevy's, Hartmann's and Mountain Zebra, Sable, Roan and Kudu antelope and a bachelor herd of the endangered Nubian Giraffe. In addition to her work at the Preserve Judy still has her corporate job that requires weekly travel and serves on the board of the Point Arena Merchants Association (PAMA).

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



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their new home in Point Arena. B Bryan Preserve is one of the few private facilities that is certified as a related facility with the Ameri-

"bless the  
child whose got

a song

a soul

a something

worth crying about."

by Van G. Garrett

Jazz  
Haiku  
for  
October

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

- Monday 01: 7:00pm, ATFC presents Manhattan Short Film Festival at Arena Theater
- Monday 01: 7:00pm, Gualala Arts Workshops begin.
- Friday 05: 5:00pm, Opening Reception at Coast Highway Art Collective, Pt. Arena
- Friday 05: 7:30pm, 3rd Annual Cajun Zydeco Fest featuring Lloyd Meadows at Gualala Arts
- Friday 05: 5:00pm, Quilt Guild Challenge reception at Gualala Arts
- Saturday 06: 8:30am, Voter Registration at Pay 'n Take at Gualala Community Center
- Saturday 06: 9:55am, The MET Opera Live presents Aida at Arena Theater.
- Saturday 06: 2:00pm, Sea Ranch Thespians, Audition information for upcoming shows
- Saturday 06: 5:00pm, Dolphin Gallery Opening reception for Eric Wilder and Cliff Glover
- Sunday 07: 8:30am, Garcia Guild Breakfast at the Community Center in Manchester
- Sunday 07: 8:30am, Voter Registration at Garcia Guild Breakfast in Manchester
- Sunday 07: 2:00pm, Author Jody Gehrman at Coast Community Library.
- Monday 08: 7:00pm, Rumble Fish screens at Arena Theater Film Club.
- Wednesday 10: Mendocino County Pet Care-A--Van at Manchester Community Center
- Thursday 11: Mendocino County Pet Care-A--Van at Manchester Community Center
- Friday 12: 4:00pm, Meet Author Thomas E. Cochrane at Four-Eyed Frog Books
- Saturday 13: 8:30pm, Lone Star Junction at Garcia River Casino.
- Sunday 14: 4:00pm, Parker Quartet at Gualala Arts
- Thursday 18: 7:30pm, Third Thursday Poetry features Karen Lewis at 215 Main, Pt. Arena
- Friday 19: 1:00pm, Voter Registration at Arena Market Coop in Pt. Arena
- Saturday 20: 8:30am, Voter Registration at Pay 'n Take at Gualala Community Center
- Saturday 20: 9:55am, The MET Opera Live presents Samson et Dalila at Arena Theater.
- Saturday 20: 4:00pm, Judy Bryan Mello lectures on B Bryan Preserve at Pt. Arena Lighthouse.
- Saturday 20: 8:00pm, Nina Gerber, Chris Webster, Pam Delgado, Jeri Jones at Arena Theater
- Monday 22: 12:00pm, Voter Registration at Surf Market in Gualala
- Monday 22: 7:00pm, Tokyo Godfathers, Arena Theater Film Club
- Wednesday 24: 6:30pm, Full Moon "Hunters Moon" Night Tour, Point Arena Lighthouse
- Thursday 25: 5:30pm, Free Session of Qigong with Jay Glubb at Gualala Community Center
- Saturday 27: 9:55am, The MET Opera Live presents Le Fanciulla del West at Arena Theater.
- Saturday 27: 11:00am, 4th Annual Native American Art Expo at Gualala Arts
- Saturday 27: 2:00pm, Jay Glubb teaches a workshop in Qigong at Sutras Yoga in Anchor Bay
- Saturday 27: 8:30pm, Blackhorse Blues Band at Garcia River Casino.
- Sunday 28: 2:00pm, An all-level Qigong workshop w/ Jay Glubb, Manchester Comm Center
- Sunday 28: 5:00pm, 70th Birthday celebration at Gualala Arts.
- Monday 29: 7:00pm, A Ghost Story, final October selection from the AT Film Club.
- Wednesday 31: 8:00pm, Halloween Party at Arena Theater with Sol Horizon
- Saturday 03: 6:30pm, Larry Vuckovich at Gualala Arts (November 3).

### "Ridgetop Equestrian Estate"

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

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