

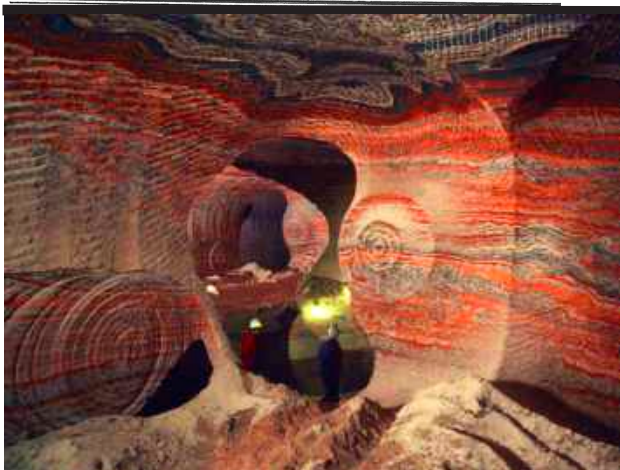
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September 2019



Lighthouse Peddler

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



“Anthropocene: The Human Epoch”

**A Stunning Sensory
Film Experience
at Arena Theater
September 25**

Films appear on the cover of the Lighthouse Peddler once or twice each year. This month we believe the film “Anthropocene: The Human Epoch” is so stunning and important that it deserves to be here. On Wednesday, September 25 this film will be premiered at more than 50 theaters across the country, many in big cities, but also in a number of theaters in smaller yet no less important places, including Mendocino Coast at Arena Theater, 7:00pm.

A stunning sensory experience and cinematic meditation on humanity’s massive reengineering of the planet, “Anthropocene: The Human

Epoch” is a years-in-the-making feature documentary from the award-winning team behind “Manufactured Landscapes” (2006) and “Watermark” (2013) and is narrated by Alicia Vikander.

The film follows the research of an international body of scientists, the Anthropocene Working Group who, after nearly 10 years of research, argue that the Holocene Epoch gave way to the Anthropocene Epoch in the mid-twentieth century as a result of profound and lasting human changes to the Earth.

“Anthropocene” continues on page 12.

REDWOOD COAST DEMOCRATS
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**ELECTRIC
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DISPLAY**



REDWOOD COAST DEMOCRATS
SERVING THE NORTH COAST FROM TIMBER COVE TO ELK

Basketry, Masks and Photography at Pt. Arena's Coast Highway Art Collective Opening Reception • Saturday, September 7

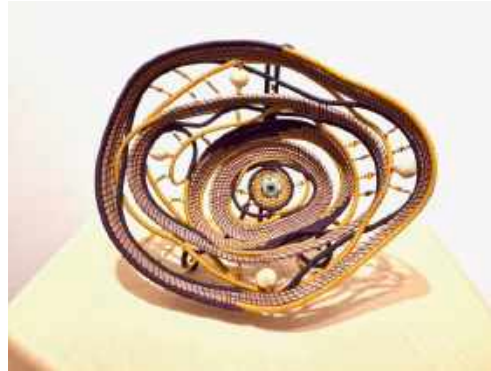
Coast Highway Art Collective's new show exhibits unconventional forms. Thought-provoking is a great way to describe the photography and basketry featured in September's show at CHAC. An opening reception on Saturday, September 7 from 5:00pm to 7:00pm brings the photography of Barbara Johannes and the basketry and masks of Bea Acosta together for an imaginative, creative and inspiring show.

Johannes has a unique way of seeing the world and capturing it in her photographs. Her photographs always have something extra to delight the viewer. Johannes, a retired girls school principal, moved to The Sea Ranch, dusted off her accordion and her camera, and joined the local art scene. She soon found that the welcoming Mendocino community included people who actually enjoy accordion music and who like her photographs. Her happy reaction: "Who knew!!"

When Johannes began photography in earnest, she found that in many instances, her memory of the subject she photographed did not exactly match the camera's view. Because of her background with computer programs, she has found great pleasure in using Photoshop and other programs to make her photographs more closely match the vision in her memory. Sometimes a little whimsy is digitally introduced. She is known for creating digital borders that enhance the photograph. For this show, titled "A Passenger's View," Johannes will feature photographs taken during road trips both in the U.S. and Europe. The photographs range from beautiful to humorous. Most of the photographs in the show are works that have not been previously shown.

Bea Acosta's baskets and masks evoke another time and place. For this show, she has concentrated on pine needle baskets but

also has new masks and some black pottery on exhibit. Acosta started creating baskets 12 years ago, initially incorporating the pine needle weaving with her pottery. Over time, she delighted in the shapes and colors she could weave together to make a one-of-a-kind basket or basket form. "I love the earthiness of the material used in basket making and the reverence shown to the needles that



are collected under the mother tree. I can sense the ancestors deep in my soul as I create," says Acosta.

Acosta has branched out in the past several years and started making baskets that do not serve a normal basket function. There are gaps in the coils with beads that usually fill the space. Acosta explains, "Creating a flowing nonfunctional basket is like being in a free-form dance. It is very meditative and a patience-type of creativity. I am always assessing and letting the basket speak to me. I love combining colors and using beads. As with my pottery, I rarely know how the piece will end."

The show runs from September 1 to 26 during regular gallery hours, Thursday, Friday, Saturday and Sunday from 11:00am to 5:00pm. The gallery is located at 284 Main St., Point Arena, the little red building with the big yellow sun, next door to the Redwood Credit Union. More information is available at www.coast-highway-artists.com



Local Photographer Ellen Whatley's Images At Red Stella • Aug 31-Sep 2

Local photographer Ellen Whatley will be presenting her photographs at a special show in Gualala, Saturday August 31 through Monday, September 2 at Red Stella. A champagne reception is set for Saturday, August 31 from 3:00pm to 5:00pm. Whatley's photographs will be showcased on the porch inside Red Stella.

Whatley, who calls the coast home, spent 15 years living in Mexico, and clearly loves the colors and textures of Mexico and the Caribbean. Her images range from 8" x 8" to 20" x 30". Spend a little time getting lost in her photographs' colors, textures, and composition. You'll feel the warmth.

Red Stella is on Highway One in Gualala.

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

Cover image: Potash mining in Berezniki region, Ural Mountains, Russia.

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Issue #215 September 2019

Lighthouse Peddler

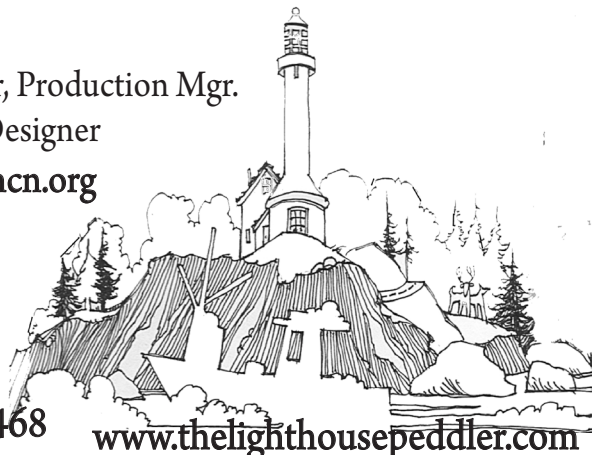
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**Arena Theater Live Presents
Mojo Green September 14
Heavy Horn, Funk and Soul,
plus Opening Act JJ Mulekat**

Look to Arena Theater to consistently find terrific talent to take the stage and give us a night of solid entertainment. On September 14 Mojo Green, a 7-piece, female-fronted, horn-heavy funk outfit from Reno, Nevada will open up for a night of great music. They'll take the stage Saturday evening, September 14 at 8:30pm. Doors open at 8:00pm.

Mojo Green is quickly becoming known as one of the premier funk and soul bands on the west coast. Over the last few years, they've been taking their high energy, hard



hitting, crazy dance party to storied venues and festivals across the West coast.

There's a long list of performances with rave reviews including Highlights include The Great American Music Hall, TreeFort Music Fest, Mateel Summer Arts & Music Fest, Hangtown Halloween Ball, The Bounce, Ridgestock, Burning Man, Hard Rock Hotel and Casino's Grand Opening in Tahoe, Sandpoint Summerfest, The Viper Room and so many more. They've earned a reputation as befits one of the funkier live shows around.

Plan on getting up and out of your seat. Once the music starts you won't be sitting down. Tickets are \$15, \$10 youth (18 and under), and are available at local outlets and online at www.arenatheater.org or at the door. The Arena Theater bar and snack stand will be open.



**Celebrate Point Arena Light Station's Sesquicentennial
The Gala 150th Anniversary Fundraising Dinner & Auction Is September 28**

Point Arena Lighthouse Keepers, Inc. invites the coastal community to join them on Saturday, September 28 to help kick off the celebration of the Point Arena Light Station's Sesquicentennial at the gala 150th Anniversary Fundraising Dinner & Auction at the Gualala Community Center, 47950 Center Street in Gualala. Doors open at 5:00pm, dinner will be served around 5:30pm and the festivities and auction will continue until around 8:30pm. Admission is \$50 per person and includes appetizers, dinner, dessert and soft drinks. Beer and wine will be available for purchase.

It was September 30, 1869 when Point Arena Light Station #496 was formally established by the United States Lighthouse Service and construction began, setting the stage for the rich history to come. The 150th Anniversary Fundraising Dinner & Auction will celebrate this memorable occasion (albeit two days early!) with a delicious dinner and silent auction that will offer a delightful and diverse assembly of auction lots donated by local businesses, artists and patrons, and hotels, inns, restaurants and other businesses in the San Francisco Bay Area.

The evening will start with appetizers to enjoy while you peruse the auction lots and make your winning bids, followed by BBQ tri-tip and chicken cooked to perfection by grill master extraordinaire Bob Shimon. Dinner will include a vegetarian main course option, green, pasta and potato salads, baked beans and bread. A wide variety of desserts will follow, and soft drinks, coffee and water will be included. The no-host bar will of-

fer several beer options and a selection of white, red and blush wines. The night will culminate with the announcement of the winning bids for the fantastic auction lots. All proceeds from the dinner, beer and wine sales and auction will be used to support the mission of Point Arena Lighthouse Keepers, Inc. (PALKI) to maintain in perpetuity the historic Point Arena Light Station – including the 23 coastal acres it encompasses, its 115 ft. Lighthouse Tower and its 1896 Fog Signal Building – for the inspiration, education and the enjoyment of all generations to come.



"I am honored and excited to be the PALKI Executive Director at the start of this Sesquicentennial celebration of the Light Station," says Mark Hancock. "I want to thank in advance all the PALKI employees – especially event chairperson Elyse Chavez - local businesses, artists, volunteers and PALKI Board members for their donations of time, goods and services, money and unique auction items. Special thanks to Steve May and his team at Surf Market for once again providing all the food for the dinner as well as donating a marvelous gift basket for the auction. Be sure to check out the one-of-a-kind 36" wide solid wood door donated by Fort Bragg contractor (and artist) Brent Anderson that he sandblasted with images of the Lighthouse Tower and Fog Signal Building – someone out there has a house that needs this amazing piece of custom millwork! Big thanks as well to Bob Shimon for once again volunteering to man the BBQ grill, and make sure you bring some cash to bid on the leftover tri-tip and chicken to take home after the dinner. I

also appreciate Sara King of the Ranch Café and Laverne Hancock offering to work with PALKI's Deirdre Wiley, the Auction Lead, to make the silent auction the best one you'll see on the coast this year! Kitty Wolfe is assembling and coordinating the group of volunteers so if you would like to help out please call her at (415) 259-7571 or email her at kitwolf123@gmail.com. Finally, if you would like to donate to our auction please call Elyse Chavez at (707) 882-2809, ext. 3 or email her at ElyseB.PALight@gmail.com. Auction donation forms are also available on our website PointArenaLighthouse.com/2019-fundraiser-dinner-and-auction/.

This event is limited to 100 tickets, so get yours early. Tickets are available at the Point Arena Lighthouse, 45500 Lighthouse Road in Point Arena, Four-Eyed Frog Bookstore in Cypress Village, Gualala or online at PointArenaLighthouse.com/2019-fundraiser-dinner-and-auction/. You can also purchase tickets by phone or get more information by calling the Lighthouse at (707) 882-2809, Ext. 1.

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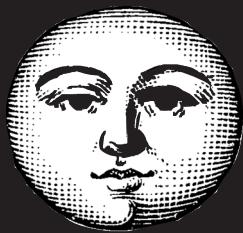
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Full Moon



September 13

New Moon



September 28

Point Arena Lighthouse Sets Harvest Moon Night Tours In September "Full Harvest Moon" September 13 • "Almost Full Harvest Moon" September 14

The Point Arena Lighthouse continues its popular Full Moon Night Tours with two tours in September. They will offer a Full Harvest Moon Night Tour on Friday, September 13 and an (almost) Full Harvest Moon Night Tour on Saturday, September 14. For the Friday tour the gates open at 7:00pm, tour starts around 7:30pm and the Saturday tour the gates open at 7:30pm, tour starts around 8:00pm.

The evenings will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast

under the rising full moon – if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more guests. Reservations must be made at least three days in advance of the tour.

While the tours are 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.

The Harvest Moon is the moon that falls nearest the autumnal equinox. This full

Moon provides the most light at the time when it's needed most—to complete the harvest. According to the Old Farmer's Almanac full moon names were used by early Colonial Americans who learned the names from the local Native Americans. Indigenous people did not record time by using the months of the Julian or Gregorian calendar. Many tribes kept track of time by observing the seasons and lunar months, although there was much variability.



The September full moon is also called the Full Corn Moon because it traditionally corresponds with the time of harvesting corn. It is also called the Barley Moon because this is the time to harvest and thresh ripened barley.

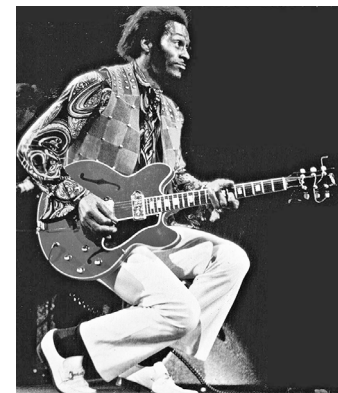
Some other traditional September Full Moon names used by Native Americans include "Moon When the Plums Are Scarlet" (Lakota Sioux), "Moon When the Deer Paw the Earth" (Omaha Native Americans), and "Moon When the Calves Grow Hair" (Sioux Native Americans).

"Both of our August Full Moon Night Tours completely sold out," said Mark Hancock, Point Arena Lighthouse Executive Director, "so make your reservations early for these Harvest Moon Night Tours!" The Lighthouse offers Full Moon and (almost) Full Moon Night Tours throughout the year, see their website PointArenaLighthouse.com for details. For more information or to make a reservation, call the Lighthouse at 707-882-2809, ext. 1 at least three days prior to date of the tour you wish to attend.

Music on Film Nite Presents

Chuck Berry: Hail! Hail! Rock 'n' Roll September 17


September is a time to get in touch with your 'legends of rock 'n roll' inner self as Arena Theater presents an absolute rock legend, captured in a truly satisfying docu-



mentary film with plenty of music greats playing along side the great Chuck Berry. "Hail Hail! Rock 'n' Roll" will screen at Arena Theater on Tuesday, September 17 at 7:00pm. Tickets are \$10.

Director Taylor Hackford's 1987 documentary was filmed on the occasion of Berry's 60th birthday, including the legend performing in his hometown of St. Louis, Missouri, joined by, among others, Keith Richards and Eric Clapton. Berry runs through his classic hits to an adoring audience. There's also behind-the-scenes footage and interviews offering a look at the pioneering guitarist, singer and songwriter.

The life and music of Chuck Berry are celebrated in this landmark feature film. It's a gathering of rock and roll's finest including Robert Cray, Linda Rondstadt and Etta James, plus footage of an unforgettable duet by Berry and John Lennon! Plus interviews with Jerry Lee Lewis, Little Richard, Roy Orbison, Bo Diddley, The Everly Bros, and more. Your toes will be tapping and your soul will be rocking all night long!



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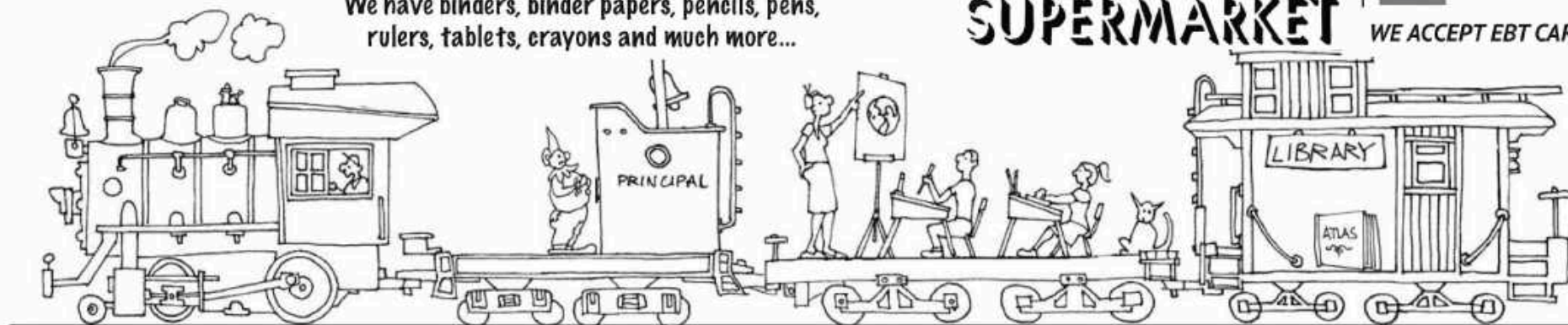
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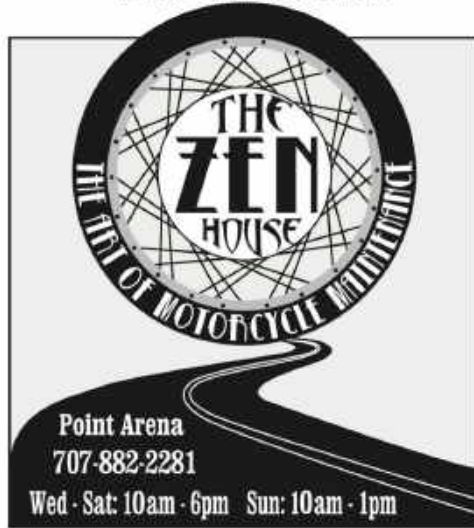


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Voter Registration Returns to the Mendonoma Coast September 1, 7, 14, 21

Voter registration is available during September at the Voter Registration table on the following dates:

Sunday, September 1 at the 20th Annual Point Arena Harbor & Seafood Festival: Harborfest. Registration: noon to 6:00pm.

Saturday, September 7 at Pay n Take at Gualala Community Center. Registration from 8:30am to 12:00pm.

Saturday, September 14 at the 4th Annual Redwood Coast Democrats Barn Party, 2:00pm to 6:00pm.

Saturday, September 21 at Pay n Take at Gualala Community Center. Registration from 8:30am to 11:00am.

Saturday, September 21 at Native Arts Expo at Gualala Arts Center. Registration from Noon to 4:00pm.

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

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

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

Let's honor the legacy of those who have so valiantly fought for our democracy by protecting our right to VOTE! Contact DJ Sister Yasmin at 707-884-4703. Information is also at www.sos.ca.gov.

Dragons' Breath Theatre Variety Show & Art Walk 20th Annual Evening of Fun Set For September 7

On Saturday, September 7th, Fred and Cheryl Mitouer of Transformational Bodywork Associates and Somatic Agency, with co-production assistance of Blake More, present the 20th annual Dragons' Breath Theatre Variety Show & Art Walk.

After 20 years of entertaining the community, the Dragons' Breath Theatre motto remains the same: Dragons' Breath is just us folks – fun, creative and edgy performances under the stars with old friends and new connections." As always, the evening promises a mix of fresh talent alongside seasoned professionals — shining the spotlight on the soulful way the performers and audience interact when encouraged to do so.

This year's show includes some old favorites as well as new surprises, with local performers sharing the stage with performers from the Bay Area and beyond. Variety acts include circus arts, dance, music, comedy, drama, poetry, fire dance and storytelling. Out of town performers include crowd pleaser Amanda Grace, comedic actress Sherry Glazer, Ed Holmes of the San Francisco Mime Troupe, poet Hal Robins and comedic writer Ken Duffy, award winning pianist Susanne Ciani, as well as the return of New Orleans pianist Nelson Lunding with Keith Abrams and Jesse Hanna. This year's local talent showcases musical performances by Ava Peterson, Jameson and Jaren Hodder, Cassie and Wayne, Black Sugar Rose, Jesse Hanna and Katrina Coffman, Bryn Harris, spoken word by Jasper Henderson and Blake More; dance by the Tap-tations, Natalie Aceves, Nicky Fish, Blake More, and Melissa Newhall, an artcar fashion show, and of course, other surprises.

Small bites and tapas plates provided by

Barbara and Alfredo of Anchor Bay Store.

The night will end with the artwalk and a DJ dance party in the art studio area.

The show also includes the Dragons' Breath Gallery "Art Walk", which this year coincides with the ArtCar Bizarre, a collection of artcars from around the West Coast who will be traveling up to Mendocino County to appear at Dragons' Breath Theater as well as the Mendocino Art Center and various caravans and private visitations throughout the county. Guests are encouraged to come at 5:00pm to view the cars in the daylight (and bring flashlights for the evening, though some cars will be self-illuminated). In addition to the artcars, the artwalk artists will include Davina Allen, Suzan Friedland, Gail Horvath, Tamyra Thomas and Barbara Schultz.

The Dragons' Breath Theatre space itself is the hand-hewn outdoor amphitheater nestled on a hillside on the Fish Rock property of Fred and Cheryl Mitouer. The pair started Dragons' Breath Theatre twenty years ago as a forum for cultural experiments in consciousness and irreverent play.

Dragon's Breath Theater is located at the dragon gate on 44800 Fish Rock Road (carpooling advised). The gate opens at 5:00 and the show starts at 6pm, September 9th. Pack a picnic and bring blankets & flashlights. Prepare to park in our lot nearby. Mature children over 13 or with parental discretion; please leave dogs at home. The admission is a suggested donation of \$20 (sliding scale is available and nobody will be turned away for lack of funds), with profits going to KGUA and Artcar Bizarre. More information is at 707-884-3138 or email mitouer@mcn.org

Garcia Guild's New Orleans Breakfast

Scholarship Fundraiser Set For Sunday, September 1

The Garcia Guild's New Orleans Breakfast returns to Manchester Community Center on Sunday, September 1, from 8:30am to 11:00am. Adults are \$10, children 6 and up are \$5, children under 6 by donation. The Manchester Community Center is on Highway One and Crispin Road in Manchester.

Serving up the delicious food is Franny's Cup & Saucer. The menu includes White Cheddar Grits With Sautéed Greens And Andouille Sausage (Vegetarian Version Is Available), Scrambled Eggs, Nectarine, Blackberry And Mint Salad, Biscuits With Lisa's Luscious Preserves, Chicory Custard Donuts, Sweet Peach

Iced Tea, Orange Juice, Hot Tea, And Little Green Bean Coffee.

All proceeds (less expenses) benefit the Garcia Guild Scholarship Fund.

If you would like to contribute even more to the scholarship fund or cannot make the breakfast, please consider making a donation to the fund by writing a check to the Garcia Guild, PO Box 164, Manchester, CA 95459. Make sure you note on the check that it is for the "scholarship fund" This

last year the Guild made a \$1000 scholarship available to a graduating senior. This coming year we would like to at least double our scholarship awards.



ARENA THEATER
arenatheater.org
September 2019
Arena Theater Live
Mojo Green

Horn-Heavy Funk & Soul
Saturday Sept. 14 8:30 PM

Coming: From Field to Table
Oz Farm, Saturday Oct. 19
Fundraiser for Arena Theater

3rd Monday Music
Monday Sept. 16 7:30 PM
Open Mic

...
Music on Film Nite
Tuesday Sept. 17 7 PM
Chuck Berry:
Hail! Hail! Rock 'n' Roll

...
National Theatre Live
Saturday Sept. 21 1 PM
Small Island

...
Nationwide Film Screening
Wednesday Sept. 25 7 PM
Anthropocene -The
Human Epoch

...
Ampage Live in Concert
Saturday Sept. 28 8:30 PM
Fundraiser for PAHS
Triathlon Team

...
Arena Theater Film Club
Mondays 7 PM

Sept. 9 Blindspotting
Sept. 23 Disobedience
Sept. 30 Manhattan Short
214 Main Street Point Arena



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ATFC: "Blindspotting", "Disobedience", and 10 Short Films

Three Compelling Evenings From Arena Theater Film Club In September

Occasionally the Arena Theater Film Club can squeeze four films into a single month. In September they'll bring us 12. Get Ready!

On Monday, September 9 the club will screen "**Blindspotting**", at 7:00pm. An energetic film with enough humor music and more, it's the story of a black ex-con trying to finish out his year-long probation. A shocking incident begins to haunt him and ultimately forces him to re-examine his relationship with his white best friend, a man who is known to be reckless.



Collin (Daveed Diggs) must make it through his final three days of probation for a chance at a new beginning. He and his troublemaking childhood best friend, Miles (Rafael Casal), work as movers, and when Collin witnesses a police shooting, the two men's friendship is tested as they grapple with identity and their changed realities in the rapidly-gentrifying neighborhood they grew up in.

Longtime friends and collaborators, Diggs and Casal co-wrote and star in this timely and wildly entertaining story about friendship and the intersection of race and class set against the backdrop of Oakland, California. Bursting with energy, style, and humor, and infused with the spirit of rap, hip hop, and spoken word, Blindspotting, directed by Estrada

in his feature film debut, is a provocative hometown love letter that glistens with humanity. In addition to Diggs and Casal, "**Blindspotting**" (2018) stars Tisha Campbell-Martin, Ethan Embry and Janina Gavankar. Directed by Carlos Lopez Estrada, the film is rated: R (for language throughout, some brutal violence, sexual references and drug use). It has a runtime of 95 minutes.

On Monday, September 23, the film is "**Disobedience**" (2017). Directed by Sebastián Lelio, it tells the story of a formerly exiled woman who returns to her orthodox Jewish family after the death of her father. Her family is shocked by her visit, but her sister-in-law is inspired by her presence to break free from the rigid rules and guidelines of their faith.

In "**Disobedience**" Lelio (the director of the Academy Award-winning "A Fantastic Woman"), follows a woman as she returns to the community that shunned her decades earlier for an attraction to a childhood friend. Once back, their passions reignite as they explore the boundaries of faith and sexuality. Written by Lelio and Rebecca Lenkiewicz, it's based on Naomi Alderman's book.



The film stars Rachel Weisz, Rachel McAdams, Alessandro Nivola, Cara Horgan, Mark Stobart.

"Disobedience" is Rated: R (for some strong sexuality) and has a running time of 114 minutes.

And for the final 10 films? Here they are. The Manhattan Short Film Festival is not just an opportunity to see short films which, by the way, are usually terrific. It's also an opportunity to see the work of feature filmmakers of the future. Make plans to come to Arena Theater to see these ten films. They're screening Monday, September 30 at 7:00pm. Here's a brief look at the films.

Nefta Football Club: In Tunisia, two football-loving, young brothers find a donkey lost in the middle of the desert on the border with Algeria. But why is the animal wearing headphones over its ears? Directed by Yves Piat this French entry has a running time of 17 minutes.

"**Debris**", directed by Julio Ramos. It's an entry from the United States. Running time is 14 minutes. After a disastrous event on his construction site, Armando acts quickly to save his crew, but instead stumbles upon an unspeakable truth. Debris is an intense

and visceral glimpse of the grim world of human labor trafficking.

"**Driving Lessons**" is an entry from Iran and is one of five films featuring a woman director, Marziyeh Riahi. The running time is 13 minutes. In "Driving Lessons", local laws say Bahareh's husband must accompany her to driving lessons so she and her instructor will not be alone, a task made more complicated when the two men don't get along.

From Canada comes a film titled "**Tipped**". Directed by Alysse Leite-Rogers, it runs 14 minutes. In "Tipped", a waitress at an upscale restaurant reaches her tipping point with a table of difficult customers and concocts a special dish of revenge.

"**Sylvia**" is an entry from the United Kingdom. Directed by Richard Prendergast, the film explains that our love affair with the automobile means that a car can feel like it is part of the family. Sometimes it's more than that. The running time is 17 minutes.

A film from Finland, titled "**The Match**" brings us two middle-aged women who turn a friendly game of tennis into an intense competition but stand united at the end of the match when they discover one thing in common. This 15-minute film was directed by Pia Andell.

Germany sends us "**Malou**". In a short film directed by Adi Wojaczek, we find Malou, a young dancer rejected by a famed dance school who gets a chance to prove that she's destined for a career as a dancer despite the odds seemingly stacked against her. Running time is 14 minutes.

Another entry from the U. K. is "**This Time Away**". Directed by Magali Barbe the film shows us an elderly man living as a recluse. He's clearly haunted by his past and memory of the family he once had, until a non-human visitor arrives and disrupts his isolation. The running time is 14 minutes.

Director Florence Keith-Roach brings us "**A Family Affair**". When Annabelle wakes up alone in a stranger's bedroom on her 30th birthday, she thinks the day cannot get any worse. But then Bernard walks in and he is not the man of her dreams. The film has a run-time of 13 minutes.

The tenth film is "**At The End Of The World**". An American film directed by Fon Davis. In an apocalyptic future, a lonely government worker finds solace with a soldier during the last World War. But their future together is threatened when the soldier is sent back into battle. The film is 13 minutes long.

At press time we do not have the order of the screenings. Nevertheless it will be a wonderful (and full) evening of film.

The North Coast Artist Guild's Annual Studio Discovery Tour. Labor Day Weekend August 31-September 2

Some days it seems like art is everywhere on the coast. Once again, we have proof. It is, almost, everywhere. The North Coast Artist Guild continues its 27th Annual Studio Discovery Tour Labor Day Weekend, August 31-September 2.

As usual, all studios will be open from 10:00am to 5:00pm. A Brochure with listings of all 35 Artists on the Tour and a map to their locations can be found now at many of the local businesses up and down the coast. Or stop by the Discovery Gallery Artists Collective in the Sea Cliff Center in Gualala to preview samples of their art and pick up a brochure while you are there. The Gallery is open daily during the summer from 10:00am to 5:00pm.

In the Coastal region between Fort Ross and Manchester, there is a large active group of skilled artists. These artists create in a multitude of mediums and are unusually inclusive in inviting others to join them. Perhaps it is the serenity of our coastal meadows or redwood forests where we reside and create which makes this art community so open to new members and visitors. Perhaps it is the presence of a beautiful art center located in Gualala that unites the artists and their friends.

Without a doubt the annual Studio Discovery Tour allows the artists and their artwork to be accessible to people from all over the state and country, and world. Come see for yourself.

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

Solution to Sudoku:

Words on Wellness • Plums, Olives, Berries

by Karin Uphoff

Dry yet abundant, September in Northern California presents her last harvest of fruits that have endured the summer season. Wild plums (*Prunus subcordata*), native to the coast ranges and Sierra Nevada foothills, can be eaten fresh or preserved as jelly. To settlers, these plums were a precious source of vitamins to reduce symptoms of scurvy though not all trees produced tasty fruit.

Wild blackberries (*Rubus vitifolius*) are also very high in minerals like iron, copper and vitamin C. This is the time to pick and freeze them or make a blackberry Oxmel by soaking crushed berries in



apple cider vinegar and raw honey. After a month you can strain the mixture and store the berry vinegar for up to a year. It's a nice way to add summer to your winter salads or add a tablespoon to hot water for a pick up on a cold day.

Olive trees are another fruit that can endure the dry, and have been used as food and medicine since prehistoric times. They were brought to California by Spanish missionaries who grew olives for shade, and to make oil that they used in cooking and in lamps. Today Mendocino county has some excellent locally produced extra virgin olive

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

oils that are rich in vitamins E and K. Both the oil and the leaves of olive contain antioxidant polyphenols, such as oleacein and oleuropein that are anti-viral, inhibit cancer cells and lower LDL cholesterol levels. The leaves can be picked and simmered (covered on low for 15-20 minutes) to make a somewhat bitter tea that bolsters immunity especially in feverish conditions, balances insulin and improves kidney function. Combined with rosemary it aids the heart and lowers blood pressure, while extracts of the leaf are used to reduce herpes symptoms.

Prickly pear cactus (*Opuntia* spp.) is another plant that stands the test of time. Native to Mexico, it was brought here to provide quick-growing fences to protect livestock. The leaf pads (Nopales) can be scraped and eaten as a vegetable that helps soothe the stomach and manage insulin levels in Type 2 diabetes. The delicious fruits, picked when red and soft for jams and juices, have pigments called betacyanins that are cell-protective and have been found to reduce low-density lipoprotein (LDL) cholesterol levels. Thankfully, all these wild cultivars continue to nourish us today.

Animal Care & Welfare • "Heartworm Disease"

By Cathy Sue Riehm

Heartworm Disease is a mosquito-borne infectious disease that can affect our pets, even living here on the coast. "Most people are under the impression that we don't have heartworm here, but we do have the (temperature) environment that allows for the development of the heartworm larvae in the belly of the mosquito, so it can then be

transmitted" says Dr. Karen Novak of Village Veterinary in Mendocino. "Our cases are low compared to inland CA. However just a few miles inland from the coast, it gets hot. The warmer temperatures allow for the survival of the mosquito and the heartworm larvae to develop", Dr. Novak says. Dogs may be asymptomatic in the early stages of infection, but as the disease progresses, they may show symptoms such as

weight loss, decreased exercise tolerance and coughing. Cats (and ferrets) can be infected as well, but are not considered good hosts. This means that while in dogs, large numbers of adult worms can be present (up to thirty) and live up to seven years, heartworm infection in cats generally consists of one to three worms that live up to three

years.

Prevention can be as easy as giving a once-a-month preventive, such as Heartgard (Ivermectin). For dogs that have never been on preventive, getting your dog heartworm tested at the vet before starting preventive is a good idea. Certain preventive works in arears- this means if adult worms do ex-



ist within your pet, giving the preventive could possibly leave a mass of dead worms, affecting the functioning of the heart. A heartworm test at your vet consists of a quick blood draw and a result within ten minutes. Giving your dog a product like Ivermectin could be a good option. Many of us live surrounded by wildlife, such as deer and bobcats,

or we simply have many species of animals living on our property with our pets, such as chickens and horses- Ivermectin not only covers heartworms, but also gets roundworms, hookworms and whipworms. Dr. Novak says that "as of 2016, there is hardly anywhere in California that is heartworm free, even here on our gorgeous Northern California coast".

Dark-Eyed Junco: "Run first. Then fly!"

Dark-eyed Juncos are definitely one for the taxonomy lumpers. These finches used to be four different species, but were found to interbreed and so were lumped together in 1973. The most common dark-eyed in our area is the subspecies called Oregon Junco. This five and a half inch bird has a

large pink bill, black hood, brown back, white belly, and distinctive white outer tail feathers that flash scissor-like when it flies. It lives here year round.



Dark-eyed Juncos are seen on the forest floor and along mountain roadsides and trails. They forage by hopping back and forth in place on the ground, exposing seeds and insects. In the winter, they join mixed flocks of chickadees, nuthatches, and spar-

rows. These winter flocks have distinctive social rankings and exclusive feeding territories. Speaking of feeding, John James Audubon noted that their flesh was extremely juicy.

Breeding season is the only time you see them in pairs. Their nest is normally on the

ground in a shallow depression with an overhead protection. It is made of coarse grass, roots and moss, usually lined with fur. The female lays three to

five eggs. The young are fed only insects. Nestlings' legs develop rapidly to allow them to run from danger before they are able fly.

So the next time you see a white scissor-like flash on the ground you'll know it's the Dark-eyed Junco.

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 Mendonoma Coast. More information is at www.mendocinocoastaudubon.org. • Photo credit: Audubon

"I can feel guilty about the past, apprehensive about the future, but only in the present can I act.

Abraham H. Maslow (1908-1970)



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**Eric Wilder and the Bay Area Basket Makers
Traditional Knowledge, Contemporary Ideas at Gualala Arts
Opening Reception Friday, September 6**

September brings craftsmanship with origins in traditional techniques, yet incorporating contemporary interpretations. That is true of many artistic endeavors and includes baskets, gourds, drawings and more. This month Gualala Arts is pleased to present the works of Eric Wilder in the Elaine Jacob Foyer, and the Bay Area Basket Makers in the Burnett Gallery. An opening reception is scheduled for both exhibits on Friday, September 6 from 5:00pm to 7:00pm. The reception is free.

Members of the Bay Area Basket Makers, a non-profit organization, transform a variety of natural materials, handmade papers, found objects & uncommon fibers into vessels, baskets, and sculptural forms.

The organization was founded by two craftsmen who saw the need for supporting and developing a growing interest in basketry as both a craft and an art form. Most members are from the greater

Bay Area, although a few live in Colorado, Hawaii, Oregon and Utah. Members' skills range from beginner to professional, and new members at all levels of expertise are welcome. Some members are also well-known and well-loved instructors.

As the September exhibit demonstrates, baskets can be constructed from an amazing variety of materials, using many different techniques. Some BABM basket makers like to specialize in a specific technique and with specific materials, while some use traditional techniques such as plaiting and coiling with traditional, natural materials. Others use traditional techniques

with unusual natural and recycled materials, including telephone wire, plastic bags, fabric, cable ties, handmade paper, kelp and horsehair, and still others use nontraditional techniques, and some like to try everything at least once, coming up with imaginative styles and combinations. Any material that can be woven into a vessel can be experimented with, much to the delight of all members and a growing group of collectors.



Eric Wilder is well known on the coast (and beyond, for that matter) as a graphic artist, creative force and for being community-minded. A member of the Kashia Band of Pomo Indians, Eric 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. Although interested in art from an early age, he says he "finally got a break" into a professional art career when he entered and won a comic book store's drawing contest. From there, 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. Many members of the Mendonoma coastal community will have seen Wilder's work in various galleries and shops and at Art in the Redwoods. With this exhibit, Wilder will introduce viewers to his most recent works of art.

More information is at GualalaArts.org.



**Arena Theater Presents
"Small Island"
From National Theatre Live
From London September 21**

Andrea Levy's Orange Prize-winning novel "Small Island" comes to life in an epic new theatre adaptation by Helen Edmundson. Experience the play in cinemas, filmed live on stage as part of National Theatre Live's 10th birthday.

National Theatre Live from London's "Small Island" will screen at Arena Theater Saturday, September 21 at 1:00pm. Doors open at 12:30pm. Tickets are \$18, \$5 youth (18 and under), and are available online at www.arenatheater.org

"Small Island" embarks on a journey from Jamaica to Britain, through the Second World War to 1948 – the year the HMT "Empire Windrush" docked at Tilbury, England.

The play follows three intricately connected stories. Hortense yearns for a new life away from rural Jamaica, Gilbert dreams



of becoming a lawyer, and Queenie longs to escape her Lincolnshire roots. Hope and humanity meet stubborn reality as the play traces the tangled history of Jamaica and the UK.

A company of 40 actors take to the stage of the National Theatre in London in this timely and moving story. Runtime is 180 minutes incl. one intermission.

Tickets for the show are \$18, \$5 youth (18 and under), available online at www.arenatheater.org and at the door.

**20th Annual Harborfest
Sunday, September 1 at
Point Arena Cove**

First-timers to the Point Arena Cove usually seem a bit overwhelmed. Having taken the turn off of Highway One and driven down to cove, the usual reaction is "Wow", or "Beautiful" or "I didn't know this even existed." Those of us who are fortunate



enough to live near the coast take it in each time we come to the cove. I always marvel at the beautiful giant cliffs against the beautiful blue Pacific.

There's no better time of year to visit the cove, whether a repeat visit or a first timer. This, the 20th Annual Point Arena Harbor and Seafood Festival gives you a chance to take it all in, in one afternoon. From Noon to 6:00pm, Sunday, September 1, there will be music, food, friends, neighbors and you.

Harborfest is an event that you don't want to miss! A stunning coastal setting with local seafood, local bands and local brews, all to raise money to keep our local pier operating for the public all year long!

This year's menu features BBQ Oysters, Pt. Arena Salmon Cakes, Baja Fish Tacos, Island Albacore Kebabs, New England Clam Chowder and Gulf Coast Shrimp Cocktail along with BBQ corn-on-the-cob, fresh salad, fries, hot dogs, burgers, and a variety of soft drinks and locally-made desserts.

Libations include local craft beer courtesy of North Coast Brewery, local assorted wines, hard cider from OZ Farm, and non-alcoholic beverages including homemade lemonade and mineral water.

This 20th Annual Harborfest hosts live performances by local and regional acts The Casuals, JJ Mulekat, Burnside, and Middle Children.

A kid's area will host a bouncy house and gaming center as well as fun activities by ACTION Network and ACORN Partners in Education.

There is no entrance fee for the event. Purchase \$1 tickets at the entrance gate for food, drink and activities. This is a cash-only event.

Parking is available in the adjacent Rock Wall park and along the north side of Port Road only.

"Diamond In The Rough"

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



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The Black Irish Band Return To Gualala Arts September 29 A Sunday Afternoon Concert in the Redwood Grove

This month Gualala Arts brings a group of musicians back to the coast for a performance in the Redwood Grove. The Black Irish Band perform Sunday, September 29, at 4:00pm. Tickets are \$20 and are available at Gualala Arts, Dolphin Gallery, and BrownPaperTickets. Youth 7-17 are free with adult. If you've not heard the Black Irish Band before, catch this special afternoon performance in the beautiful Redwood Grove.

The Black Irish Band is a group of talented musicians who will give you a performance to remember. When you take Celtic, Spanish, and Italian Music, and mix it up, you get the true nature of the Black Irish.



For Twenty-five years this band has created an original sound that no other band has. With over 500 concert performances to date and airplay around the world, the band has kept very busy spreading their brand of progressive folk music to a large audience. Performing both traditional and original music the

band is very focused on presenting acoustic music in a very exciting up-beat way that appeals to all ages. The band has written and recorded over 96 original songs that appear on any of the bands twenty-five CD recordings. Many of the original works written by the band are based on Celtic history.

Hailing from the historic Gold Rush Country of America, the four member Black Irish Band has a musical style that

is as timeless as the rugged landscape of the west, a tribute to the people whose lives were spent building the world we now take for granted. The band has a large compliment of traditional maritime and railroad music, as well as ethnic tunes in their repertoire.

They excel at Irish & Scottish, Italian, and American folk music with an assortment of original songs and traditional western ballads. The band's musical style captures the spirit of the immigrants of this land, the men and women who tamed the Wild West.

Dolphin Gallery Presents Photographer Bill Oxford Opening Reception September 7

The Dolphin Gallery in Gualala welcomes photographer Bill Oxford for a month-long exhibit in September. An opening reception for "Photography" is planned at the gallery for Saturday, September 7 from 5:00pm to 7:00pm. The reception is free.

Working in his family's printing and engraving company in Miami, Oxford's first exposure to graphic arts was compelling.



"I was captivated, from a young age, by the beauty and synergy of classic typography, illustration and photography of the 1950s and 60s," says Oxford.

Upon graduating college with a BA degree in Mass Communications, he worked as an art director for some of the areas leading advertising agencies — winning numerous awards for his campaigns.

Oxford's passion for surfing, motocross racing and the lure of California impelled Bill to move to San Diego in 1986 where he started an advertising, design firm special-

izing in the marketing of technology-based companies. For over 25 years, The Oxford Group was a leading brand development company in the area.

"In 2014 I was ready for a change — a simpler life, so I started shooting stock photography for Getty Images, the largest stock licensing agency in the world," says Bill. Success came quickly so he closed his design firm and moved to The Sea Ranch where he continues to shoot for Getty and uploads to his portfolio of over ten thousand images for sale online, worldwide.

Surrounded by the beauty of nature and stunning homes of the area, he soon aimed his lenses toward landscapes, seascapes and architectural photography. Bill states, "I love the challenge to learn new shooting techniques for capturing images that connect with people. I never feel my work is great. I have ideas of what GREAT looks like... and that is what continually drives my passion for what I do."

Oxford's photographs will be on display at the Dolphin Gallery through Sunday, September 29, 2019.



"The daylight's fading slowly
The time with you is standing still
I'm waiting for you only
The slightest touch and I feel weak
I cannot lie, from you I cannot hide
And I'm losing the will to try"
from "Breathless" • R. J. Lange & The Corrs (2000)

POINT ARENA LIGHTHOUSE Celebrating **150 YEARS**
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Sat, Sept 28 | 5pm | Gualala Community Center

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Where Are The Muses, Where Are The Voices

by David Steffen

I was talking to a friend this week (yes, I have friends. Well, at least one. I'm pretty sure.) Our coffee conversations—usually an hour and a half or so—often cover a variety of topics including coastal stuff, travel, music, environment, movies, weather, politics and more. Back at home a little while later it got me thinking about writing.

I've been working to complete my second book, a book I started in 2003, put aside while I finished another book and then left it in a safe place (a digital file and a well-worn hard copy on my desk) to mature like a fine wine. Spoiler alert. It turns out that hard copies and digital files left on or in the desk don't improve over time.

I'm not certain if I expected one of the muses to stop by and complete my second book for me, magically of course with a wave of those muse-powers, or if she would drop herself into my old brain and voila, "I'd complete" the book. While not everyone assumes all muses are female (or even real) I know they are. Both. Real and female. Historians tend to agree that "the earliest known records of the Nine Muses tells us they are from the homeland of Hesiod". The nine muses (in English alphabetical order, not Greek) are Calliope, Clio, Erato, Euterpe, Melpomene, Polyhymnia, Terpsichore, Thalia, Urania. Here are their claims to fame.

- **Calliope** ("The One with a Beautiful Voice") is the Muse of Epic Poetry.
- **Clio** ("The Proclaimer") is the Muse of History.
- **Erato** ("The Lovely One") is the Muse of Lyric Poetry.
- **Euterpe** ("She Who Pleases"), is the Muse of Flute-playing.
- **Melpomene** ("She Who Sings") is the Muse of Tragedy.
- **Polyhymnia** ("She of the Many Hymns") is the Muse of Hymns and sacred poetry.
- **Terpsichore** ("The One Delighting in the Dance"), is the Muse of Choral Lyric and Dancing.
- **Thalia** ("The Cheerful One") is the Muse of Comedy.
- **Urania** ("The Heavenly One") is the Muse of Astronomy.

As if I had a choice I wondered which muse would pick up my unfinished book and help me complete it. Could I count on Calliope? Nah. I'm not a poet. Even starting with classics like "Roses are red, Violets are blue", I got nothing. How about Clio? Maybe she's for me, since she's into history. Erato favored playing the lyre and lyric poetry. I've played guitar since I was 12. My telecaster is not a lyre so I'll just say no. Euterpe is all about flute playing. Well, I did borrow my

sister's flute—she was 13, I was 11 and when I put my lower lip to the lip-plate and blew, the sound that came out of the instrument was akin to stepping on the tail of a large angry feral Siamese cat with asthma. Melpomene is the muse of tragedy. Let me ask, who would want to be the muse of tragedy? And who would want assistance in being a tragic figure? Although in these trying times, perhaps she's working in politics. Polyhymnia favors hymns and mime. I admit I sang a lot of hymns growing up in Milwaukee but mime? It ain't me. Terpsichore favors choral dancing and song. I can sing but if you've seen me dance, well, let's just say it has all the charm of watching Elaine Benes dancing on Seinfeld. I've always been credited with having a good sense of humor, so perhaps Thalia, the muse of comedy and light verse could help me out. Urania, is predictably, about astronomy. It's clear. No help from her. I'll keep an eye out for Clio.

This week I received an email from an online group that I'm a part of—along with one or two million others—who follow the music of Lana Del Rey. Lana—I call her Lana, because, well, that's her name. Actually her name is Elizabeth but she gave herself a stage name and Elizabeth Grant became Lana Del Rey.

I've written about Lana before (back in February 2016.) She was compelling then and continues to successfully expand her repertoire and audience. Her vocal style has been described as Dugazon—Mezzo-soprano without the puffery—and her recordings



are high production value, big atmospheric. Think orchestral arrangements of ballads for a pop singer with a punk attitude. Never mind. The point is they are big, rich, emotionally-charged recordings.

My go-to track to get people to try a dose of Lana is "Born To Die" which is easily found on YouTube. I suggest listening to it BEFORE you watch the official video. That way you won't miss the music and the lyrics while you're staring at Lana in her drop-dead gorgeous white dress, seated on a (small) throne in the Gallery of Diana at the 17th century Palace of Fontainebleau near Paris, with all of the opulence, flanked by two live Bengal tigers. Nevermind, too late.

Let's get to the new music. I received the aforementioned email to announce that Ms. Del Rey just released a new track titled "Looking for America".

**Took a trip to San Francisco
All our friends said we would jive
Didn't work, so I left for Fresno
It was quite a scenic drive
Pulled over to watch the children in the park
We used to only worry for them after dark**

**I'm still looking for my own version of America
One without the gun, where the flag can freely fly
No bombs in the sky, only fireworks when you and I collide**

It's a different sort of song for Del Rey. It's a protest song, about guns, violence, lost innocence in an increasingly violent America. You may have to listen closely to appreciate the protest. Clearly it was a whole lot easier to recognize a protest song when Barry McGuire sang "Eve of Destruction", or Bob Dylan sang "Masters of War" or Creedence Clearwater's John Fogerty sang "Fortunate Son".

Del Rey's lyrics are, indeed, reflective of current events. Even Jon Caramanica wrote about "Looking for America" in the August 9 New York Times. Points of reference: El Paso, Texas, Saturday, August 3, and Dayton, Ohio, Sunday, August 4. "[The song was] Written on Monday, teased with a snippet on Instagram that same day, and then released in full on Friday, Lana Del Rey's 'Looking for America' is a rapid-response protest song—following a slew of mass shootings—from an artist whose tortured relationship to an idealized America has always been central to her persona."

All of this got me wondering just what is the current state of protest songs in America? Certainly there's plenty of material out there to inspire (incense) writers. The message of "Looking for America" is clearly not 'in your face' but then again Lana's millions of fans are reminded that the times are, in fact, still a-changing. And we still need our writers, musicians and muses to give us a push in the right direction. It's not all about the atmospheric. It's about the times. Where is our musical outrage?

Note: L-R: Bob Dylan, John Fogerty, Lana Del Rey.

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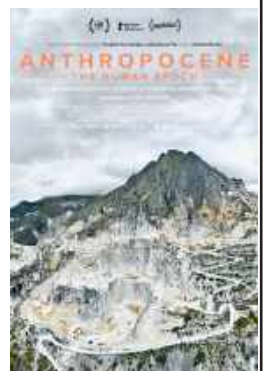
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"Anthropocene: The Human Epoch" cont'd from cover.

From concrete seawalls in China that now cover 60% of the mainland coast, to the biggest terrestrial machines ever built in Germany, to psychedelic potash mines in Russia's Ural Mountains, to metal festivals in the closed city of Norilsk, to the devastated Great Barrier Reef in Australia and massive marble quarries in Carrara, the filmmakers have traversed the globe using state of the art camera techniques to document the evidence and experience of human planetary domination. At the intersection of art and science, Anthropocene witnesses a critical moment in geological history—bringing a provocative and unforgettable experience of our species's breadth and impact. An official selection of the Sundance Film Festival reviewer Peter Howell of the Toronto Star stated, "To say that there are no easy answers to planetary woes is to state the obvious. But the film seeks to reveal rather than lecture, in the hope that our eyes will convince our brains to act before it's too late."



This is more than a new film. It's at once both a sign of the times and a sign of hope. Join your friends and neighbors for a memorable evening about our home. Planet Earth. "Anthropocene: The Human Epoch" screens at Arena Theater September 25, 7:00pm.

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Words and Worlds: From Autobiography to Zippers

A Book By Alison Lurie reviewed by Jennifer Bort Yacovissi

Alison Lurie is best known for her wick- edly on-point, interconnected novels that skewer the incestuous, internecine world of elite academia into which (beginning at Cornell) she has had an intimate view. The novels that garnered the most attention were *The War Between the Tates and Foreign Affairs*; the first, *Love and Friendship*, came out in 1962.

She has also been a professor of children's literature and author of children's books, as well as an insightful commentator on fashion, among other areas of expertise.

Now, 57 years into her publishing career, Lurie brings us this eclectic collection of essays that runs the gamut of subjects, as the book's subtitle suggests. (And, just as an aside, the preface is as much an essay as any of the other pieces in the book; don't skip it.)

Essays have become increasingly popular in recent years, which, on reflection, is not as surprising as it might seem. In a world of decreasing attention spans, essays are the nonfiction equivalent of short stories or flash fiction, offering the reader a quick fix of insight and illumination without a huge time commitment.

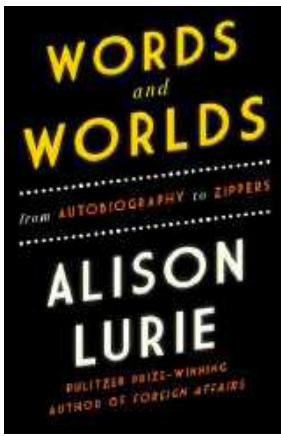
In this collection, Lurie's essays are divided roughly into topics, hinting at what you'll find there, though there's as much of her own story in, say, her essay on her good friend Edward Gorey, found in the section titled "People," as in the two essays that start the collection, slotted under "Personal History."

Those first two were among my favorite in the collection. Perhaps because I'm a novelist, "Nobody Asked You to Write a Novel" had significant appeal, but primarily for her story of growing up feeling like an outcast, "a skinny, plain, odd-looking girl" who appeared to have no particular skill or talent beyond her creativity — which, as we've all been told in our own childhoods, is not what's going to pay the bills.

It was as a new mother at age 26 that her husband told her, "After all, Alison, nobody asked you to write a novel." That day, she gave

up being a writer for an hour, determined to ignore the observations she made on her daily walk with the baby, until she decided, "This is stupid."

Later, under 1950s peer pressure to be happy with her husband and children, she truly gave up writing for over a year and was miserable. That's how you know you're a writer — when not writing causes you pain.



Though Lurie is best known for her fiction, she was taken early with the power of nonfiction. A point she makes in two essays is that the chronicler need not dissemble to direct the reader's perception of a person or event; it's merely a question of select-

ing which details to include. "I found that without actually lying I could describe events and person in such a way that my readers would think about them as I chose." Her two examples of writing about the same person illustrate her point: "We have a new English teacher. He has a lovely wild curly brown beard and gets really excited about poetry and ideas," but later, "He is a small man with yellow teeth and a lot of opinions."

Her take-away from that discovery: "That was what you could do with just a piece of paper and a pencil; writing was a kind of witch's spell."

The other essay in "Personal History" is "Their Harvard," which first made me consider how far women have come, and then reconsider how it's not so far as all that. Here, Lurie describes her college experience at Radcliffe, when it was thoroughly separate from Harvard, and the Radcliffe "girls" were beneath acknowledgement (or suffered the ridicule) of the Harvard men.

"[We] were invisible to many of our instructors, who continued to address the class as 'Gentlemen' and would not see our

raised hands during the question period." Lurie and her friends kept their hands down and looked askance at any peers who had the gall to raise them. "[We] considered such behavior rather pushy, possibly a sign of emotional imbalance."

Another section is "People," which includes four sketches of dear friends, each of whom was brilliant and fascinating — and makes a reader long to know such people or, even better, to be one of them. Lurie already captured a fifth brilliant and fascinating friend, V.R. "Bunny" Lang, in a 1959 memoir (friends had 300 copies printed) that eventually got the author her first book contract.

(Here's something I learned from the profile of Barbara Epstein, even though I should have known already: The New York Review of Books, co-edited by Epstein and Robert Silvers, was founded as a temporary replacement for the New York Times Book Review during the 1963 New York newspaper strike. Would that all our temporary endeavors would find such acclaim and endurance.)

Lurie is a professor emerita at Cornell, where she started the study of children's literature; she also edited *The Oxford Book of Modern Fairy Tales* — hence the numerous essays here on children's books and fairytales, as well as one on witches.

I found myself thinking, "Don't you be talking smack about Babar," one of my favorite characters as a child, but, of course, every children's story or fable is layered with meaning, and Lurie deconstructs everything from the earliest iterations of Pinocchio to the controversy over Christian symbolism in C.S. Lewis' Narnia tales.

So, what about zippers? The author, who wrote *The Language of Clothes*, has spent a lot of time considering what our clothes say about us before we ever get a word in. She notes that zippers changed forever what it took to get dressed, and, more importantly, undressed.

As Lurie quotes a movie expert, "When you're talking about zippers, you're already talking about sex." Now we're talking.

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

"Bread and books: food for the body and food for the soul - what could be more worthy of our respect, and even love?."

— Salman Rusdie (1947-)

1. *City Mouse, Country Mouse*
by Maggie Rudy
2. *Embers*
by Richard Wagamese
3. *qh awala.li Water Running Down Place*
by Annette White-Parks
4. *I Wish I Had A Pet*
by Maggie Rudy
5. *Anthology of Intriguing Animals*
by DK
6. *Where The Crawdads Sing*
by Delia Owens
7. *The Overstory*
by Richard Powers
8. *Mendonoma Sightings*
by Jeanne Jackson & Craig Tooley
9. *Born A Crime*
by Trevor Noah
10. *So You Want To Move To Canada, Eh?*
by Jennifer McCartney
11. *Indian Horse*
by Richard Wagamese
12. *Sapiens*
by Yuval Harai
13. *Heart*
by Maylis de Kerangal
14. *Calypso*
by David Sedaris
15. *All That the Rain Promises and More*
by David Arora

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


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Another Book You Might Like*

* *Words and Worlds: From Autobiography to Zippers*

A Book by Alison Lurie

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Scuttlebutt

by Mitch McFarland

In last month's column I pointed out some of the significant structural problems challenging our efforts, such as they are, to attain a sustainable society. Most of us love to go to Cosco or Home Depot or an Amazon website and load our shopping carts with all kinds of consumer products. Just like some urban kids may think water comes from a faucet instead of from the earth, the American consumer appears to believe that all that stuff we love comes from the back of a truck. It doesn't. It also comes from the Earth. As our population increases the resources those things are made of become more and more limited. In the future if we want to continue increasing our population while loading those shopping carts, we need to take seriously how we are going to do that; but that is not happening.

After detailing some of the challenges last month, I decided to find out from our elected representatives what they plan to do to deal with the mountains of resources being dumped in landfills and the ocean.

I contacted Congressman Huffman's office as well as Assembly-member Wood and State Senator McGuire. After leaving numerous phone messages I did get a reply from Wood's office, which directed me to articles in the Sacramento Bee about bills in this legislative session concerning plastic reduction. I was also cautioned that there very well might not be enough time to get them passed this year. Apparently, not a high priority.

Senator McGuire's office responded by telling me that someone would contact me before my deadline. It didn't happen.

I heard nothing from Huffman, which is a shame since it is at the federal level that certain actions need to be taken.

What I actually learned from my efforts is that sustainability, while being a nice sounding idea to espouse, is a very low priority on the list of political topics. Housing shortage, racial and income inequality, global climate change, crumbling infrastructure, nuclear proliferation, and the other issues all take a place in line ahead of the sustainability of our society. That seems weird to me, but not surprising. I'm giving up on expecting any real action by our government for now. Hopefully, their efforts can lead us to solutions to some of these other problems instead.

It seems we are going to have to rely solely on the marketplace to guide our path to sustainability. I think this is unfortunate because while the marketplace is an amazing tool for moving society, I fear the problem is too large for the marketplace alone get us where we need to go in a timely fashion.

While they do respond to customer pressure, the basic function of the marketplace is to make money, not solve the problems of the world. That is the job of government.

Before leaving the subject of government involvement I need to mention that California does have an entire agency dedicated to source reduction and recycling. It is called CalRecycles, but don't be fooled by the name. While they promulgate reams of paper and have many serious discussions, it is mostly a smoke screen. Lisa Tucker of Consumer Watchdog has written an extensive study of CalRecycles and it doesn't paint a very pretty picture. I could write a whole column's worth of criticisms about CalRecycles, but why bother? Do you really need to read about another government agency that tinkers around the edges of a problem, rather than meeting it head-on? For many of society's problems most government programs are designed to merely gesture toward a solution without taking on any of the entrenched interests or disturbing the public's everyday life. You can find the report on the Internet, but suffice to say that California has relied on China to take care of our mess for the last 25 years. That's over now, so they need to completely rethink our approach to recycling, but don't hold your breath. While state efforts to increase the percentage of plastic recycled, the plastics industry has plans to double their actual production by 2024.

"Sustainability, while being a nice sounding idea to espouse, is a very low priority on the list of political topics."

We turn, then, to some efforts being made by private actors to deal with the millions of tons of plastic being land and ocean-filled each year. Netfim is a central valley company that re-processes irrigation tubing to make new tubing. They actually are an Israeli company that has been doing this for 15 years worldwide at 18 plants, but are the only one in the U.S. currently performing this function. They recently received a grant from CalRecycles that they expect to use to increase their capacity from 6 million pounds per year to 30 million pounds. The need to increase production is due to demand from their major customers such as Walmart and Home Depot for products with more recycled content. While governments, particularly at the federal level, pay scant attention to this problem, retailers are responding to public sentiment for some action.

Another grant from CalRecycles went to

Roplast Industries in Butte County. Roplast manufactures plastic-based films and bags. With a \$2 million grant they are purchasing de-inking equipment that will allow better flow through their machinery. It helps get a better output and allows for a wider range of material that can put into their recycling plant. Reusable plastic bags developed by Roplast can be washed easily for better hygiene, and can be used at least 125 times.

CalRecycle has awarded more than \$11 million to companies involved in recycling. These are each significant efforts, but still amount to tinkering. Other governments have taken a more activist role and have significantly better outcomes. Washington and Michigan, for example have a 10 cent deposit on beverage containers and they have much higher recycling rates as well as being able to support recycling infrastructure. The European Union, particularly Germany, has producer responsibility laws that require producers to pay a fee for creating plastic packaging materials. That fee goes to collection and recycling systems. Additionally, they are planning to double their plastic recycling rates to 63% (compare to California 15%) and 90% for metal, glass, and paper. There are heavy fines for those who ignore the law and that includes importers.

Producer responsibility laws only make sense. Why should you have to pay to landfill that styrofoam packaging you receive, but didn't order and cannot recycle? Why should you have to pay to landfill #3, #4, #6 and #7 plastics when they are recyclable?

Studies are now showing that is very likely that you have micro plastics in your blood. Could that be a reason for more drastic action?



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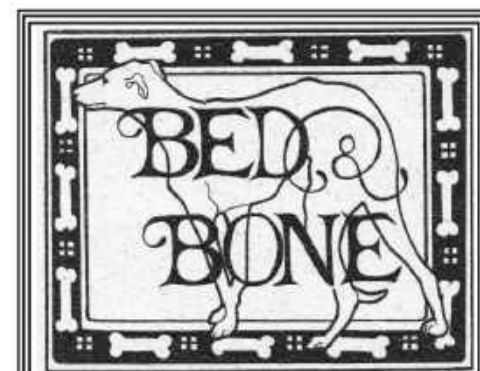
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HOW TO SOLVE:

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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How to Build a School Green Zone

by Warren Galletti, Point Arena Schools Superintendent

This summer, I attended the best education conference I've ever been to. There were about 1,600 educators at the New Tech Annual Conference for a week of training in Orlando, Florida.

Napa's New Technology High School (NTHS), which totally failed the first year, was the New Tech Project of the Year.

Napa's presentation began with the question many students ask, and which teachers hear over and over again: "Why do we need to learn this?"

Napa's students are challenged and engaged by projects that are relevant to their lives and interests. They talked about a student working with a local winery on soil composition, another designing an interactive game exhibit for a museum, and another creating documentaries about combat veterans' experiences.

Since 1996, Napa has used NTN's project-based learning formula because they believe project-based learning is effective in preparing students for their future careers — no matter the path they take.

Napa staff members also said that what makes their school different is its culture, which is founded on principles of trust, respect, responsibility, and professionalism.

For the record, this will be PAHS's 4th year working with NTN. But, as I learned at this conference, NTN didn't take off like a rocket anywhere else either! The bottom line is you can't parachute into a school with NTN, as we, and other schools tried to do.

Many shared stories of their poor NTN implementation processes.

I talked to San Jose's James Lick High School Principal, Marco Menendez. He said they had had huge staff turnovers — five principals in five years! This year would be their fifth NTN year, but they're actually in year one.

Others told me about totally failing in their first years of NTN implementation because of lack of community buy in, low levels of parent involvement, not enough adult mentors, and not really developing personal relationships with students first.

In workshops, I heard teachers say how they had to try to force their NTN projects on students. There were relationship barriers and breakdowns.

Teacher after teacher said, "Top down doesn't work!"

The schools that succeeded trained mentors and engaged community members to help with NTN. And, they developed cooperative personal relations with students prior to implementing NTN, besides giving teachers needed collaboration time.

The conference keynote speaker was Dr. Tina Payne Bryson. She researches interpersonal neurobiology, which investigates how human minds are developed and shaped by relationships.

She spoke about how to use social-emotional learning in our teaching strategies. The techniques she discussed included mindfulness, understanding the whole-brain child, and understanding we all have issues.

Most important to us, she talked about how students must feel safe to be successful. If they don't feel safe, they will fail.

She described three zones we all occupy, depending on our social situation and emotional state: a Green, a Red, and a Blue zone.

When in the Green Zone, the student's relaxed. Keeping students in the Green Zone is foundational for their academic success. Their brains are in a receptive state. They're learning!

When they become nervous or angry, they enter the Red Zone. They become reactive and may act out with defiant and aggressive behavior. In the Blue Zone, students collapse, becoming withdrawn and shutting down.

Students in the Red or Blue zones don't



PAHS Social Studies Teacher, Shawn McMahon

hear much of what their teachers are saying. They're not ready to learn.

Again, Green Zone is the key. It's where students listen and learn. The larger the Green Zone, the greater the possibility for learning. The larger the Green Zone at school, the better the culture. Our goal is to build the Green Zone at all of our schools.

Back to personal relationships. Dr. Bryson said, it's about understanding all individuals have issues. Understanding we all have issues is how we're going to build the Green Zone here.

Project-based Learning at PAHS

Starting slowly, with the intention of building trust, and enlarging the Green Zone, we've implemented an NTN period

at the end of the day. It's a 70-minute block period for all students to work on a project. Eventually, with community support, all students will work with a community partner.

So far, I've heard of a student who wants to learn how to resurface PAHS's basketball court. He's partnering with a concrete contractor. Another wants to build a surfboard, and another a musical instrument. I know of other kids who are doing automotive projects and one who wants to be a vet intern.

I asked PAHS Social Studies teacher, Shawn McMahon, who accompanied us to the conference, to share his insight on NTN project-based learning. In future columns, I'll follow his students and their NTN projects.

What drew you to Point Arena High School?

I grew up in a small coastal town near Half Moon Bay, and I've always wanted to teach and raise my family in a similar community: one where folks know and care about each other. I love the North Coast, the redwoods, and the ocean, so the fit seems natural.

What do you like about NTN?

I believe that project-based learning can act as an engagement point for a variety of learners.

What did you learn at the NTN conference?

I learned about the complexity of creating engaging projects and how it can differ from other pedagogical methods.

What are the NTN project goals, from your perspective?

The goal of implementing NTN projects at PAHS is to help students develop agency, resiliency, and a passion for life-long learning. Students can become active in their learning through the connection between academic content and their personal lives and interests.

When are the NTN projects due?

Due dates depend on the complexity of the projects. Some projects will last less than a semester, others will last a full year.

How will you grade them?

Students will be graded according to standards-based grading rubrics.

Will there be a community mentor for each student eventually?

Students are required to meet with a mentor.

Can parents help students with their projects?

To the best of their ability, parents/guardians should support their children by providing them with a suitable space to work and teaching them how to manage their time.

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A Sixth-grade Student's Poem, Inspired by the Emma Lazarus poem on the Statue of Liberty

"I will accept the poor,
the meek,
the ruthless and wild,
It is you that I will take in,
as my own child."

From the AJHS
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as reported in
the Washington Post
(August 14, 2019)

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Ampage Returns For A Live Concert At Arena Theater

With local favorites RaWisdom • September 28

Fundraiser for the PAHS Triathlon Team

On Saturday, September 28, California-based hard rock band Ampage will play a fundraiser concert at Arena Theater in Point Arena. Showtime is 8:30am. All proceeds are going to the Point Arena High School Triathlon Team.

Opening for Ampage will be local band RaWisdom, whose debut at the 2018 Harbor Fest wowed the crowd. RaWisdom is an alternative, reggae, ska punk, rock band of Point Arena friends

including Harlan Bailey, Jimi Bove, Zach Merlin, and Sky Walker. Tickets are \$20, available at the door or online.

Since its inception in the mid-80s, Ampage has played in varied configurations but according to band leader Mark Mason, "Ampage has remained strong and dedicated throughout the changes over the years to spite all the 'bumps' in the road of a touring hard rock band, bringing dynamic rock performances to our fans."

The current lineup features Mason on lead vocals and guitar, Mark Pearce on lead guitar and vocals, Bill Stokem on bass

and vocals, and Jason Fish on drums. Ampage has released 7 albums and 9 movie soundtracks, including the Disney movie "Brink". Over the years Ampage has toured, performed, and recorded with Def Lep-



pard, Tommy Shaw (Styx), Eric Clapton, John Taylor (Duran Duran), and just in the last 9 months Ampage has played with Vince (Motley Crue) Neil, Quiet Riot, Blue Oyster Cult, Berlin, Great White, Dokken and

Fog Hat! Ampage singer Mark Mason is still the only artist (except for The Beatles) to legally change lyrics in a John Lennon song. Free tickets: Later this year, Ampage will play at three concerts in Southern California, Thursday, Oct. 10, opening act for Bad Company, Friday, Nov. 1 with RATT, and Saturday, Nov. 16 with KISS Ace Frehley. Interested fans who would like to attend can ask for free tickets to these shows at the Arena Theater concert.

It doesn't get much better than hearing a world class hard-rock band, and feel good about raising money for a worthy cause.

Global Climate Strike Day

at Gualala Community Center Friday, September 20

Why is it important to attend this event at the Gualala Community Center on Friday, September 20th from 12 noon to 4:30 pm? Because the kids have asked us to back them up. Because the Earth is heating so fast. Because we need to stop the buildup of greenhouse gas emissions. Because we need a Green New Deal. Because Exxon knew way back when. Because solar power is so cheap now. Because young people who are least responsible will suffer the most. Because you want to show how concerned you are. Because, because, because...

The theme of this event, "The First Gathering of Keepers of The Coast" is to encourage the community to come together for an inaugural dialogue in light of future community gatherings -- as global warming will not be going away for a long time. The keepers are north coast groups and individuals that care for the Earth and its wildlife, including the land keepers such as Redwood Coast Land Conservancy, the whale watch keepers like Mendonoma Whale and Seal Study, and food keepers such as Oz Farm.

Speakers at the event include Richard Charter, Sr. Fellow at the Ocean Conservancy and coastal hero who has prevented oil drilling off of our coast for decades, Rieta Hohman of Greater Farallones Association, Ted Williams, Mendocino County 5th District Supervisor, Scott Mercer of Mendonoma Whale and Seal Study, Dean Fernandez of Oz Farm, and more.

Tables will be set up from noon until 2:00pm where you can talk with many of the keepers mentioned above and, in addition,

the Gualala River Park Campaign, ACORN Partners in Education, Friends of Pt. Arena-Stornetta Lands, Redwood Coast Med. Services, Anchor Bay Amateur Radio Club, and more.

A march will begin at 12 noon, meeting outside at the Farmer's Market area at 11:45am before the march starts. Signs will be provided, but you are encouraged to bring one of your own. The purpose of this peaceful march is to bring greater attention and awareness to the climate crisis, an existential threat to humanity.

The forum begins at 2:00pm inside the Gualala Community Center. Keynote presentations and voices of the community will tell how climate change and environmental harm have affected the Earth.

Learn what you might do to help slow this accelerating crisis through adaptation, transformation, resilience, relinquishment, and restoration. Sign up to participate in an ongoing community climate change dialogue to learn more about these concepts. And because many people are feeling helplessness, fear, and fatalism resulting in PTSD, anxiety and depression; RCMS will be there to gather names for a discussion group to cope with these feelings.

Show your concern for our planet and attend the Global Climate Strike Day event with the rest of the world on Friday, September 20 from 12 noon to 4:30 pm. It's where our community comes together and where community dialogue begins. But it doesn't end here. See you there.



"Our house is on fire — let's act like it. We demand climate justice for everyone."

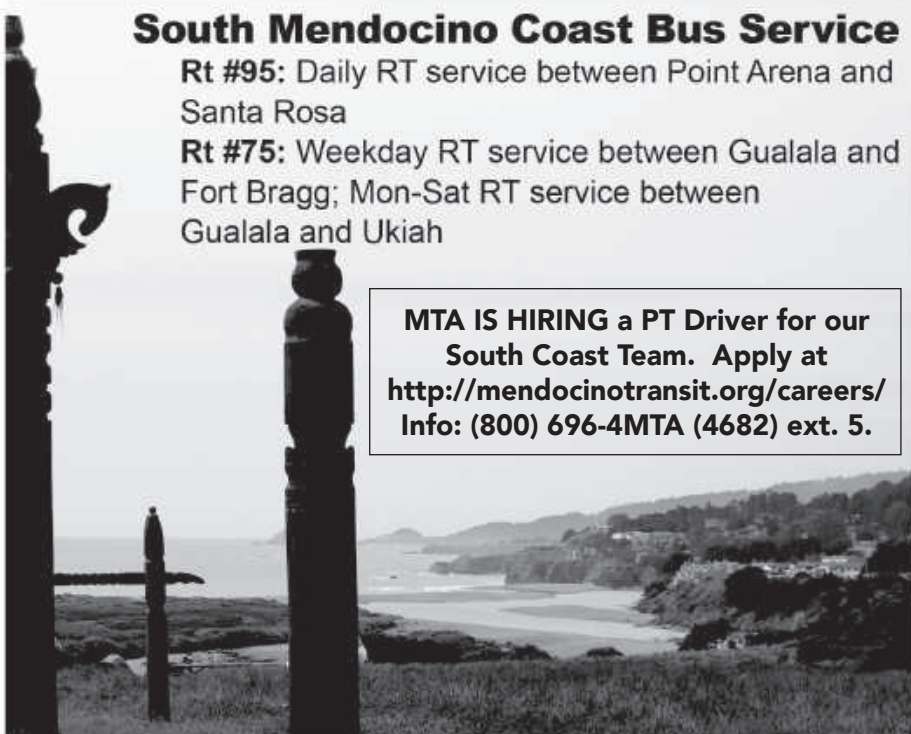
Global Climate Strike

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Mendonoma Health Alliance Offers Free Healthy Options in September.

A Matter of Balance: Many older adults experience concerns about falling and restrict their activities. If that's on your mind, or is the concern of a family member, "A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. MHA is offering the program in Manchester, beginning October 17. The program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Enrollment is open now. Thursdays, October 17 thru December 12 (No class Thanksgiving week) Manchester Comm. Ctr, 43970 Crispin Road, Manchester, CA 95459.

A Self-Management Workshop: MHA is offering a Self-Management Workshop for people with Chronic Conditions. It's based on the Stanford University Chronic Disease Management Program. This free six-week class—September 10 - October 15—meets Tuesdays, 1:30pm - 4:00pm in the Water Company Conference Room at 38958 Cypress Way, Gualala. Topics include: • Managing Symptoms • Healthy Eating • Medication Usage • Stress Management • Making informed Treatment Decisions • Setting Goals • Working with your Health Care Provider • Learn how to live a healthier life with chronic conditions.

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

NOTE: Don't miss the **Gut & Vagus Nerve** class. MHA presents Victor Briere, Ayurvedic Doctor and co-founder of Pacific Coast Ayurveda, Wednesday, September 11, from 5:30pm to 6:30pm in Gualala at the Bill Platt Training Center, 38901 Ocean Drive, Gualala.

Crossword

by Margie E. Burke

ACROSS

- 1 Farm youngster
- 5 Drink served with marshmallows
- 10 Kind of rock
- 14 Olfactory assault
- 15 To no _____
- 16 Bud holder
- 17 NASA scrub
- 18 Insignificant
- 20 Some pots and pans
- 22 Pencil part
- 23 Basketball position
- 24 Submarine detector
- 26 Poet Angelou
- 28 Empathizing with
- 32 Neighborhood
- 35 Bing, bang or boom

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- 37 Dove call
- 38 Pizazz
- 39 Jeweler's unit
- 40 Stern
- 41 Feel sick
- 42 Hotel employee
- 43 Like under-cooked eggs
- 44 Florida beach
- 46 Kind of grin
- 48 Expenditure
- 50 As a precaution
- 54 Be a snitch
- 57 Biblical son
- 59 Inconsequential
- 61 Aussie pal
- 62 Camping shelter
- 63 Present occasion
- 64 Like some proportions
- 65 Not had by
- 66 Like Neil Diamond's Caroline
- 67 Cost of living?
- 10 Bird sanctuary
- 11 Vehicles for hire
- 12 Archipelago part
- 13 Forest forager
- 19 Fireplace fixture
- 21 Whip mark
- 25 Morphine, e.g.
- 27 Like clocks with hands
- 29 Desktop item
- 30 Verb preceder
- 31 Like slasher films
- 32 _____ of faith
- 33 Mixed dish
- 34 Peaceful
- 36 Metal in rocks
- 39 Water carriers
- 40 American folk instrument
- 42 Olympics event
- 43 Watermelon waste
- 45 Chip source
- 47 Shade of purple
- 49 Express
- 51 Wide open
- 52 Gown material
- 53 Choose for office
- 54 "Jackson 5" member
- 55 Prayer ender
- 56 Foursome led by Leonardo, briefly
- 58 Marathon, e.g.
- 60 Column's counterpart

DOWN

- 1 Funnel-shaped
- 2 Love to pieces
- 3 Get connected
- 4 Jagger, to the Stones
- 5 He played Candy on "Bonanza"
- 6 CBer's term
- 7 Kennel structures
- 8 Texas tea
- 9 Psychiatrist, in a Caleb Carr novel

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"Ambassadors From The Abyss"

by Mary Jane Schramm

The Beach Watch surveyors met at Drake's Beach in the Pt. Reyes National Seashore. Shouldering backpacks filled with monitoring gear, they were prepared for the usual complement of seabirds, shorebirds, and perhaps a sea or sea lion, and whatever else the mighty ocean might cast up. Gordon Bennett had surveyed area beaches for the past quarter-century. Dominique Richard, for 16 years, both as highly trained volunteer Greater Farallones citizen scientists, community scientists intent on protecting our ocean and its creatures.

Just above the surf line lay a 9-foot cetacean (whale, dolphin, porpoise), badly scavenged and none too fresh. Among their arsenal of equipment were camera, tape measure, data sheets and other tools of the trade including identification guide; still, the team was stymied: it didn't match any dolphin or porpoise shown. They immediately notified Beach Watch staff at the Greater Farallones Association of their find (the association manages Beach Watch for the sanctuary), and sent photos. The conclusion: a beaked whale, one of over 22 small whale species about which practically nothing is known, a rare find. Some beaked whale species are known only from beached specimens, and have never been seen alive. A newborn Hubbs' beaked whale (*Mesoplodon carlhubbsi*) is the likeliest "suspect, probably orphaned. Genetic testing of samples that the California Academy of Sciences secured will reveal its exact species, in time. Still, what a find!



A MARINE MYSTERY: Beaked whales are among the planet's least studied mammals, despite being found in all the world's oceans. They are cryptic animals, difficult to spot at sea because of their small blow (exhalation) and shy habits, and elusive due to their very deep-diving capabilities. Since NOAA scientists have determined that several beaked whale populations are declining in the California Current Ecosystem, it's essential that the sanctuary and other scientists

obtain all data possible from each and every stranding event.

DENIZENS OF THE DEEP: Beaked whales are the unchallenged masters of the ocean depths, highly engineered to survive many atmospheres of pressure during deep dives that would kill us and likely any other



mammal. Cascadia Research Collective has tagged and logged Cuvier's beaked whale dives at 9,816 feet, lasting 137 minutes. Feeding is a near-toothless procedure (males have tusks, but mostly to impress females), sucking down small squid and other deep-dwelling prey.

In frequent, vertical feeding dives they exhale on descent and flatten their lungs, leaving special proteins, myoglobin in their muscles, and hemoglobin in their blood, to store needed oxygen, aided by a high blood volume-to-body mass ratio. Lung compression also prevents gas transfer to the blood, so they don't suffer from nitrogen narcosis, or from the bends upon re-ascent. The genius of evolution is unfathomable.

PROTECTING "PHANTOM" WHALES: Scientists at NOAA, studying them off California estimated that Cuvier's beaked whales, once numbering over 10,700 individuals in 1981, had declined to 7,500 by 2008. Why, is a mystery. NOAA scientists suspect potential causes could include changes in the deep-water food web; for example, prey-competition for small squid, their dietary preference, by elephant seals, and by "jumbo" Humboldt squid which now range farther north, drawn here by warmer sea temperatures.

Beaked whales are highly acoustically sensitive, and ocean noise has also been implicated. Beaked whale deaths have occurred during Naval sonar tests in the Bahamas, Canary Islands, and elsewhere; these tests are not conducted here in Northern California. Also of concern is the huge increase in world shipping traffic, whose noise pervades all ocean basins. Possible shifting population distributions has also been suggested.

To protect these secretive whales, we must learn their life-history parameters - how long they live, how often they breed, at what age; their habitat needs. From examination of beached specimens, and with sonar tracking and time-depth recorder tags, and remote acoustic listening devices suspended far below

the surface to locate them by sound, we have learned a little. But learning how to conserve them is complex, a puzzle of many pieces.

THE NEXT BIG "FIND:" Greater Farallones Beach Watch is a citizen/community science program currently recruiting new volunteers. Thursday, AUG 29 is the last time someone can attend an orientation. Contact Dru Devlin at Ddevlin@farallones.org. or call 415/ 530-5373. We can't promise you beaked whales ... just knowing you're an ocean steward.

Learn more about your sanctuary at <https://farallones.noaa.gov>.

Photo Credits:

Top: One species, a Blainville's beaked whale, breaching. Credit: John Durban/NOAA.

Bottom: Stranded beaked whale. Credit: Gordon Bennett/Beach Watch-GFA/NOAA

Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
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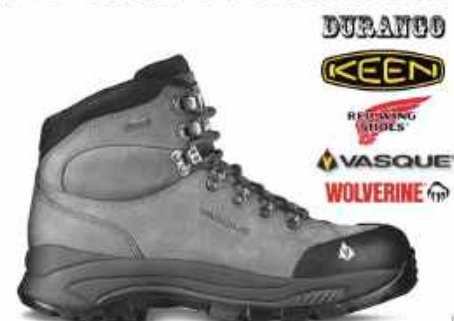
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-Benjamin Franklin (1706-1790)

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Carol and Steve Chell Featured At Artists Collective in Elk Reception Scheduled for Saturday September 14

Gualala's Carol and Steve Chell will be the featured artists at The Artists Collective in Elk for the month of September. Their watercolors and photographs will be front and center at an opening reception Saturday, September 14 from 3:00pm to 5:00pm at the Elk Gallery. The gallery is located next to the Elk post office at 6031 South Highway One. Come meet the Artists and enjoy some light refreshments.

"The love of beautiful art expressions always has been in my life," says award-winning artist Carol Chell, who earned a BA degree in art at San Jose State. "Watercolor is a passion for me. Though less forgiving than other media, it challenges me and gives me great pleasure. I consider myself always growing and evolving as I explore the many effects possible with watercolor."

In college Carol studied under Erik Oback, a widely recognized master of the medium. More recently, she has studied with Fred



Graf, Karen Bowers, Judy Greenberg, Susan Cornelis, and Dale Laitinen, all award-winning artists. Carol's work also is at The Dolphin Gallery in Gualala.

Steve Chell chooses to point his camera not always at landscapes but toward abstract shapes, textures, and colors at places seldom noticed by others. He calls it "painting a picture in pixels." His primary pieces also are presented in a unique manner using dye-infused photographic prints on metal that are adhered to a strip of gray mirror, then to a wood frame. In addition to being represented in the Elk Collective, Steve Chell's work is at the Panache Gallery and Artists' Co-Op (both in Mendocino), The Dolphin Gallery in Gualala, and the Nimbus Gallery in Ashland, Oregon.

The Collective features a wide range of media produced by 30 local artists. More information is at (707) 877-1128 and at Artists-Collective.net.

Local Naturalist Doug Forsell September 21 At Point Arena Lighthouse Lecture Series

On Saturday, September 21, local naturalist Doug Forsell will present "Birds and Mammals of the Eastern Aleutian Islands, or why Tufted Puffins are the Coolest Birds" as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented at 4:00pm in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.

Forsell will discuss surveys he did of birds and mammals in the Eastern Aleutian Islands over two summers. Navigating the islands by Zodiac boat he captured the diverse sea birds and marine mammals that inhabit them. He will be showing many pictures that he took during the survey along with the statistics from the survey and explanations of the unique natural history of the islands. One focus of the presentation will be the Tufted Puffins, which Forsell found to be "the coolest birds on the island" and he will share why he feels that way about these birds.



Doug Forsell first moved to Northern California in the early 1970's when he received his Bachelor's and Master's Degrees from Humboldt State University. He worked for the U.S. Fish and Wildlife Service from 1976 until his retirement in 2012. He now lives south of Point Arena, where he continues to pursue his passion for studying seabirds.

"I am so looking forward to Doug's presentation," says Mark Hancock, Point Arena Lighthouse Executive Director. "This will be a truly unique story that only Doug could tell, and his pictures are always fantastic. Our lectures have been very popular, sometimes being standing room only, so make sure you call ahead to make reservations or get to the Fog Signal Building early on that Saturday!"

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

MTA Seeks Part-Time Bus Driver

Mendocino Transit Authority (MTA), the county's public transit agency, wants to hire someone to join its able team of drivers on the south Mendocino coast. The position is part-time, a great opportunity for someone who loves to drive, and comes with full benefits.

MTA operates two public bus routes on the south coast: Route 75 leaves daily except Sunday from Gualala and goes to Ukiah via Anderson Valley and back the same day. Route 95 leaves Point Arena daily and heads south to Santa Rosa airport and other Santa Rosa stops before returning same day.

To learn more about this position and apply, mendocinotransit.org/careers/ or call Heather at (707) 462-1422 ext. 5.



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

- Sunday 01: 8:30am, Garcia Guild's New Orleans Breakfast scholarship fundraiser.
- Sunday 01: 10:00am, Studio Discovery Tour Continues, until 5:00pm. (Monday, 9/2 too.)
- Sunday 01: 11:00am, "Found Color". Images by Photographer Ellen Whatley at Red Stella.
- Sunday 01: 12:00pm, Pt. Arena Harborfest, at Arena Cove. (with voter registration too).
- Sunday 01: 1:00pm, Attila Viola & Bakersfield Boys. Honky Tonk at Gualala Hotel
- Friday 06: 5:00pm, Opening Reception for Bay Area Baskets, Eric Wilder at Gualala Arts
- Friday 06: 6:00pm, Barry Schrager, Solo Folk Guitar. Dinner show at Gualala Hotel
- Saturday 07: 5:00pm, Opening at Coast Hwy Art Collective. "Basketry, Masks&Photography"
- Saturday 07: 5:00pm, Opening Reception for Bill Oxford at Dolphin Gallery
- Saturday 07: 5:00pm, 20th Annual Dragons' Breath Theatre in Anchor Bay
- Saturday 07: 7:00pm, BAKU, Jazz at Gualala Hotel
- Monday 09: 7:00pm, ATFC presents the film "Blindspotting". At Arena Theater.
- Wednesday 11: 5:30pm, Mendonoma Health Alliance presents Victor Briere, AD. Gut Check.
- Friday 13: 6:00pm, The Casuals, Rock & Roll Trivia, Gualala Hotel
- Friday 13: 7:00pm, Harvest Moon Tour at Pt. Arena Lighthouse (and "Almost" on 14th)
- Saturday 14: 2:00pm, Redwood Coast Democrats 4th Annual Barn Party, Manchester
- Saturday 14: 3:00pm, Artists Steve and Carol Chell featured at Elk Gallery Opening Reception
- Saturday 14: 7:00pm, Almost Harvest Moon Tour at Pt. Arena Lighthouse.
- Saturday 14: 8:00pm, Fast Company, classic rock band at Gualala Hotel
- Saturday 14: 8:30pm, Mojo Green: Heavy Funk & Soul at Arena Theater
- Monday 16: 7:30pm, 3rd Monday Music, Open Mic Nite at Arena Theater.
- Tuesday 17: 7:00pm, Music on Film: "Chuck Berry, Hail Hail Rock n Roll" at Arena Theater
- Thursday 19: 7:30pm, 3rd Thursday Poetry with Dan Barth at Arena Market & Cafe
- Friday 20: 12:00pm, Climate Strike Day, Gualala Community Center
- Saturday 21: 1:00pm, National Theater Live: "Small Island" at Arena Theater
- Saturday 21: 4:00pm, Lighthouse Lecture Series with Doug Forsell, Pt. Arena Lighthouse
- Saturday 21: 8:00pm, Fargo Brothers, Classic blues rock at Gualala Hotel
- Monday 23: 7:00pm, ATFC presents the film "Disobedience". At Arena Theater.
- Wednesday 25: 7:00pm, New Film: "Anthropocene: The Human Epoch" at Arena Theater
- Friday 27: 7:00pm, Nelson Lunding Trio, New Orleans style jazz, at Gualala Hotel
- Saturday 28: 12:00pm, Oktoberfest—benefitting Rotary—at Gualala Hotel
- Saturday 28: 5:00pm, Pt. Arena Lighthouse Fundraiser at Gualala Community Center
- Saturday 28: 8:00pm, J3 Spontaneous groove rock at Gualala Hotel
- Saturday 28: 8:30pm, Ampage, Live Concert Fundraiser for PAHS. At Arena Theater
- Sunday 29: 4:00pm, Black Irish Band in Redwood Grove at Gualala Arts.
- Monday 30: 7:00pm, ATFC presents the Manhattan Short Film Festival At Arena Theater.

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