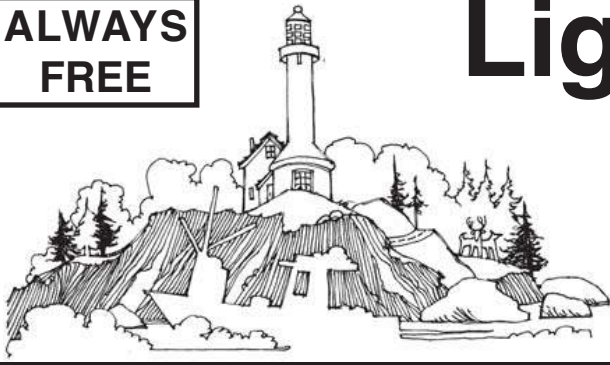


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# Lighthouse Peddler

February 2016

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Issue #172

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## Rick Estrin & The Nightcats Open 2016 Blues on The Coast

In their 2007 appearance at Arena Theater they were Little Charlie and the Nightcats, featuring Rick Estrin. With Charlie Baty's retirement, the Nightcat's master harp player Estrin stepped in and reinvigorated the band. Rick Estrin and The Nightcats return to the coast Saturday, February 20, at 8:30pm at Arena Theater. They'll open the five-part blues series sponsored by Gualala Chevron and the Pier Chowder House and Tap Room. Doors open 7:30 PM and the Arena Theater bar and snack stand will be open.

Singer, songwriter, and virtuoso blues harpist Estrin, who holds the 2013 Blues Music Award for Best Instrumentalist—Harmonica is, as the San Francisco Chronicle concluded "an amazing harmonica player, a soulful lead vocalist and a brilliant songwriter." Estrin ranks among the very best

harp players, singers and songwriters in the blues world. His work on the reeds is deep in the tradition of harmonica masters Sonny Boy Williamson II and Little Walter Jacobs, while at the same time pushing that tradition forward with his unforgettable original songs and his hipster, street-smart vocals are the perfect vehicle for driving those songs home. Estrin has



Rick Estrin and the Nightcats

jammed with the likes of Lowell Fulson and Travis Phillips. Since Baty's retirement, Estrin, along with the Nightcats' long-time rhythm section of J. Hansen and Lorenzo Farrell, and new guitarist Kid Anderson (and formerly with Charlie Musselwhite), kept the gig going

under the new name Rick Estrin & the Nightcats. Their latest album is a live recording of a 2013 performance at San Francisco's Biscuits and Blues which resulted in Rick Estrin & The Nightcats' 2014 release, *You Asked For It...Live!*.

*continued on pg 13*



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# FROM THE EDITOR'S DESK

We open with the return of **Rick Estrin & The Nightcats** as they help kick off the 2016 **Blues On The Coast** series at Arena Theater, February 20. (See cover page).

Arena Theater has many more events this month including their annual collective viewing of the **Academy Awards** with food, drink, desserts, and so much glam. (See page 3).

Health, Wellness, and Preparedness are covered with an **Emergency Preparedness Forum** on the 18th (see page 6), the **Community Wellness Resource Fair** on the 20th (See page 3); plus a profile of physical therapist **Lucinda Weaver** (see page 3).

Our colorful backpage features an opening at the Dolphin Gallery on the 6th, a look at surrealism on the 5th, and the screening of three films by the Arena Theater Film Club, including **A Hard Day's Night**, **Shadow of a Doubt**, and **The Sapphires**.

Poetry regularly finds an audience on the coast and February is no exception. On the 2nd, Arena Theater hosts the **Poetry Out Loud / Coast High School Poetry Slam** (See page 4.) Then there's the **Third Thursday Poetry**, featuring **Jennifer Swanton Brown** at 215 Main in Point Arena, February 18 (see page 5.)

If you're in the mood for a slightly longer drive, the folks at the Mendocino Film festival will be screening **Same Time, Next Year** at Matheson Performing Arts Center in Mendocino on the 13th. Filmed here in Mendocino County the classic story of a 25-year affair has big talent on the screen: The Mendocino Coastline, the Heritage House, and, oh yes, Ellen Burstyn and Alan Alda. (See page 6.)

Aspiring thespians will find their way to Gualala Arts on February 20 to look into contributing time, talent, or both to this summer's production of **La Cage aux Folles**. (See page 14.) And GAC hosts a **Murder Mystery Dinner** on the 27th (see page 4).

Speaking of acting, can't get enough National Theater from London? **Jane Eyre** will be on the big screen at Arena Theater on the 13th (See page 6.)

It's been 50 years since the the champions of Voting Rights found their way to Selma. The documentary film **Selma: The Bridge To The Ballot** will be screened at the Coast Community Library on the 7th, along with conversation with Herb Kohl. (See page 7.)

Contributor **David Steffen** reflects on his love of music as he highlights a number of artists he first *heard* in 2015 and encourages you to give one or all a listen. (See Page 14.)

Speaking of music, two performance events take center stage at Arena Theater with **Legends of the Celtic Harp** on the 6th, and the **Afrofunk Experience** on the 13th. (See page 9.) And a solo cello concert featuring **Zlatomir Fung** is on the 14th at GAC.

Local talent Bryn Harris performs in her first one-woman show on Valentine's Eve. **Bewitched, Bothered, and Bewildered** will likely be a music lovers delight. (See page 14.)

Making his debut in the Lighthouse Peddler, former Californian Tony Stanhol offers "A Message From the Other Side of the Country", his first column of insight on life since moving from California to Florida. (see page 10.)

**Mitch McFarland** finds something fishy to write about this month in **Scuttlebutt** as he looks into one of America's (and the world's, it seems) favorite foods: Salmon. (see page 11.)

Another first timer is contributor and nutritionist **Karin Uphof** with **Words on Wellness**. (See page 12.)

**Caitie Steffen** returns with an essay titled "The Hidden Agenda of My Seasonal Passtime". Her thoughts on a dark day for the NFL. (See page 13.)

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**Issue #172 February 2016**

## Lighthouse Peddler

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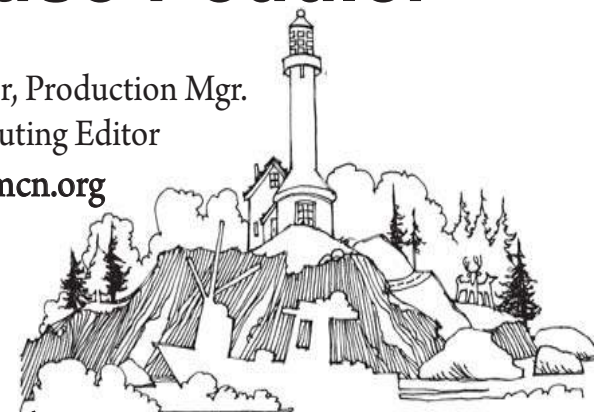
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## Arena Theater's Red Carpet Party 2016 Champagne, Music, Popcorn, And Live Broadcast Of The Awards Ceremony From Hollywood

Arena Theater will once again host its annual Red Carpet Party with a live broadcast of the Academy Awards ceremony from the Dolby Theatre in Hollywood with host Chris Rock on Sunday, February 28, at 4:30pm. Admission is free and donations are accepted. Arena Theater is located at 214 Main Street, Point Arena, California.

A no host bar including champagne, fine food and desserts will be available and attendees are invited to dress for the red carpet—or not. The event will be emceed by Steve McLaughlin, who will treat the crowd to his famous movie trivia quiz and participants with correct answers will win a popcorn pass, and a local photographer will be at hand to snap Red Carpet pictures of all the beautiful people.

Also included in the party entertainment is the competition to complete the most correct official Oscars ballot. Movie passes

and popcorn are awarded to those who succeed in guessing the greatest number of correct Oscar winners. Ballots will be available at the theater.

The Academy nominated eight movies for Best Picture this year: *Bridge of Spies*, *Mad Max: Fury Road*, *The Martian*, *The Big Short*, *The Revenant*, *Room*, *Brooklyn*, and *Spotlight*. The first three have already screened at Arena Theater and the remaining 5 will play during February and March You can check our website—[www.arenatheater.org](http://www.arenatheater.org)—for show times.

Arena Theater is a member-supported community theater owned and operated by Arena Theater Association, a 501 (c) (3) not for profit corporation. For additional information visit our website or call (707) 882-3272.

### Lucinda Weaver, MPT Joins Healing Arts

Lucinda Weaver is the latest addition to the local physical therapy practice, Healing Arts in Gualala. An Anchor Bay resident, Weaver received a Masters degree from USC's Department of Biokinesiology and Physical Therapy, and subsequently practiced in New York City at the Sports and Orthopedic Center of the Hospital for Joint Diseases, specializing in treatment of athletes and dancers, in affiliation with the Harkness Center for Dance injuries.

The latter work was not by chance as she is a dancer and choreographer and can easily identify with many of those rehabilitating from associated injuries.

Weaver moved to California in 2004

and continues her work with outpatients in the Post-Op and Rehabilitation area of Mendocino Coast District Hospital in Fort Bragg, while expanding her time to treat patients on the south coast from the Healing Arts practice along with Peter McCann, MPT.

Not sufficiently busy she also continues to be a member of the guest faculty at the Academia Teatro Dimitri in Switzerland, a physical theater university where she teaches dance and anatomy and provides physical therapy for students.

Appointments with Lucinda Weaver can be made through the Healing Arts office in Gualala: (707) 884-4800.



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**Solution to Crossword:**

*The moving finger  
 writes, and having  
 written moves on. Nor  
 all thy piety nor all thy  
 wit, can cancel half a  
 line of it.*

Omar Khayyam





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## Community Wellness Resource Fair February 20

Saturday February 20th a Community Wellness Resource Fair is set for Gualala Arts Center from 11:00am – 3:00pm. Understanding the variety of resources that we have in our small region of the coast is a good way to remind us that there really are a lot of things to do in our community.

Representatives from health programs, senior programs, youth coalitions, the humane society, wellness programs, public radio, arts education programs, Coast Community Library, State Parks and more will be available to meet and share their information and resources.

This will be a family fun event with activities for adults and youth, a performance from local Pomo Dancers, program and specialty topic discussions, and light snacks!

The Community Wellness Resource Fair is a FREE public event and we hope that you can join the fun on Saturday February 20th at the Gualala Arts Center 11 AM – 3 PM! This event was a joint effort made possible by several community organizations and community volunteers. For more information about the event please call 884-4005 x 140 or email kwilder@rcms-healthcare.org.

## Poetry Out Loud/Coast High School Poetry Slam At Arena Theater February 2

High school poets from Ukiah, Talmage, Point Arena, Mendocino and Fort Bragg will converge on Point Arena on Tuesday, February 2 at 4:00pm. Their arrival signals the Poetry Out Loud / Coast High School Poetry Slam. The poets will compete for the chance to become the Mendocino County representative at the State Finals of the Poetry Out Loud Recitation Competition in the State Senate Chambers in Sacramento February 28-29.

A collaborative effort of local teachers, the National Endowment For the Arts, the California Arts Council, the California Poets In the Schools and the Arts Council of Mendocino County, Poetry Out Loud encourages the nation's youth to learn about great poetry through memorization and recitation. This program helps students master public speaking skills, build self-confidence, and learn about their literary heritage.

After successful pilot programs in Washington, DC, and Chicago in 2005, the second phase of Poetry Out Loud was launched in high schools across America in the spring of 2006 with tens of thousands of students participating. Last year over 400,000 students competed, and this year—the program's 10th—Poetry Out Loud continues to grow and will culminate in the National Finals in Washington, DC, on May 2-4. At the National level, the first place student receives a \$20,000 award; second receives \$10,000 and the third \$5000, and 4-9th place finishers receive \$1000 each. Each of the top 10 competitors also receives a \$500 donation to their schools for the purchase of books.

The Mendocino County POL Finals begin at 4:00pm and are free and open to the public. It will be followed at 4:45pm by the

16th annual Coast High School Poetry Slam competition. High school poets from Point Arena, Fort Bragg, and Mendocino will share their original poetry at the MCOE/CPITS Coast High School Poetry Slam.

The Poetry Out Loud event is made possible by the National Endowment for the Arts, California Arts Council, The Poetry Foundation, California Poets In the Schools, The Arts Council of Mendocino County, and the Arena Theater. The slam is sponsored by the Mendocino County Office of Education and California Poets in the Schools with the generous support of the Arena Theater and the efforts of local schools and students.

For more information, contact Blake More at blake@snakelyone.com.

## Murder In Gualala A Mystery Dinner Theater

Feeling mysterious? On February 27 you can solve a local mystery while you dine! Put the clues together! Witness a thrilling story of crime with lots of twists and turns. In between scenes, dinner courses are served. While enjoying each course, the audience will have the chance to join the action by sharing their mystery solving skills and suggesting motive, villains and heroes to the cast. The actors proceed to the next scene, and so on, until the very end ... when?? ... just perhaps ... the insightful audience has discovered the truth of the mystery!

Directed by Karen Serratori, the cast includes Francie Angwin, Lynne Atkins, Phil Atkins, Diane Boeke, Jan Carter, Annan Paterson, Rich Schimbor, David Skibbins, and Sabina Walla. And, of course, the audience.

I've reached a point in my life where it's the little things that matter... I was always a rebel and probably could have got much farther had I changed my attitude. But when you think about it, I got pretty far without changing attitudes. I'm happier with that.

Veronica Lake

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## Cupertino Poet Jennifer Swanton Brown Featured At Third Thursday Poetry In Point Arena

By Blake More

On Thursday, February 18, at 7:30pm The Third Thursday Poetry & Jazz Improv Reading Series at 215 Main in Point Arena will feature Cupertino poet Jennifer Swanton Brown. The reading will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Jennifer Swanton Brown published her first poem in the Palo Alto Times when she was in the fifth grade. She has degrees in Linguistics and Nursing, and completed her Master of Liberal Arts at Stanford University in 2012, with a thesis on the domestic poetry of Eavan Boland. She served as the second Poet Laureate of the City of Cupertino from November 2013 through December 2015. During her term she hosted an "Unsung Holidays" reading series in coffee shops and at De Anza College's Euphrat Museum, judged a poetry contest as part of Cupertino Library's participation in Silicon Valley Reads, wrote a variety of occasional poems and read them at various city events, and celebrated the diversity in

her town with a yearlong series of International Cantos -- including poetry events for Lunar New Year, Persian New Year, and Diwali. She also hosted a Code Poetry Hack-a-thon and Slam -- a real adventure in cross-fertilization between high tech and the arts. Read all about her past activities on the Cupertino Poet Laureate blog: (<http://cupertinopoetlaureate.org>).

Jennifer has also been a poet/teacher with California Poets in the Schools (CPitS) since 2001 and served on their Board of Directors in between 2013 and 2015. Currently the CPitS Area Coordinator for Santa Clara County, and an occasional working poet/teacher, Jennifer also manages regulatory education for clinical researchers at the Stanford School of Medicine and blogs about these experiences at The Santa Clara County Poets in the Schools blog (<http://scc-pits.blogspot.com/>).

Through her relationship with CPitS, Jennifer has been privileged to sit at the judges table as the prompter for the California Poetry Out Loud state championship compe-

dition in Sacramento for the past two years (2014, 2015) and plans to be there again in 2016. Jennifer's personal blog, A Twirly Life, can be found at <http://twirlyword.wordpress.com>. Send her an email at [twirlyword@gmail.com](mailto:twirlyword@gmail.com).

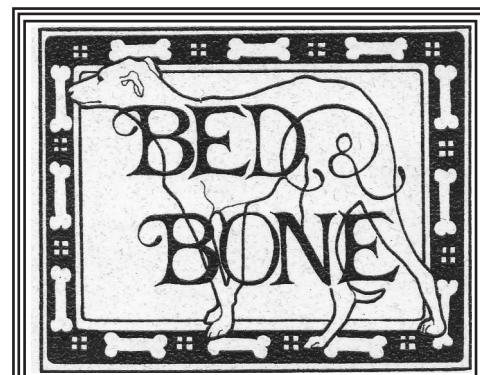
Third Thursday Poetry is supported by The Third Thursday Poetry Group, many anonymous donors, and Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.



By NatachaOHa (Taken in La Rochelle France) [GFDL (<http://www.gnu.org/copyleft/fdl.html>) or CC BY 3.0 (<http://creativecommons.org/licenses/by/3.0/>)], via Wikimedia Commons

### Listening to Lavender by Jennifer Swanton Brown

The first sounds have fallen away —  
a boy lugging a 2-gallon pot,  
tennis shoes patting pavement, his mumbles,  
mouth in the blossoms, then the sneeze, followed,  
after a pause, by a small oomph as he places —  
air leaving his lungs and lips, uhhpf —  
the black plastic can on your patio, a loud tap,  
the sprinkle of dry dirt sifting in a circle.  
I won't hear you plant it, chuck of shovel,  
thump or soil squelch, the solid sliding  
right-into-the-hole suck.  
You'll pat and tap, too, and then  
rush its new shoes with a watery lushing.  
Probably you'll speak to it, resting on your heels,  
your soft speech for its first planted breeze,  
your yard all around you contentedly sighing.  
Listen, my friend, to your lavender.  
To those sliver green needles that pierce with no sound,  
those stems bent by gusts that don't groan,  
those purple bloom-berries soundlessly nodding—  
Today the broad rippled sky lies silent,  
high above our unspeaking hearts.



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## Jane Eyre At Arena Theater Saturday, February 13 A National Theatre Production, Live from London

This month the National Theatre Live from London presents *Jane Eyre*, based on the novel by Charlotte Brontë. This telecast of the National Theatre Live co-production with Bristol Old Vic is set for Arena Theater in Point Arena on Saturday, February 13, at 1:00pm. The doors open at 12:30p.m.

Almost 170 years on, Charlotte Brontë's story of the trail-blazing Jane is as inspiring as ever. This bold and dynamic production uncovers one woman's fight for freedom and fulfillment on her own terms. From her beginnings as a destitute orphan, Jane Eyre's spirited heroine faces life's obstacles head-on, surviving poverty, injustice and the discovery of bitter betrayal before taking the ultimate decision to fol-



low her heart.

This acclaimed re-imagining of Brontë's masterpiece was first staged by Bristol Old Vic last year, when the story was performed over two evenings. Director Sally Cookson now brings her celebrated production to the National, presented as a single, exhilarating performance. Time Out writes "Sally Cookson's *Jane Eyre* is a joy to watch.

It has a vibrancy that captures the spirit of the novel, and the spirit of its heroine."

The runtime of the play is approximately 3 hours 20 mins including one interval. Tickets are \$18 general, \$5 youth (18 and under), online at [www.arenatheater.org](http://www.arenatheater.org) and at the box office.

## Emergency Preparedness Forum February 18

The Redwood Coast Chamber of Commerce is sponsoring an Emergency Preparedness Forum on Thursday February 18 from 5:00pm to 7:00pm. The forum will be held at The Community Center, 47950 Center Street in Gualala. Guests will include a presentation from Office of Emergency Service, speakers from ambulance, fire, RCMS, helicopter, and more. There will be time for questions and answers with the public. This is hopefully the first of many meetings the local Chamber will have to inform the community on what to do in case of an emergency. The public is encouraged and welcome to attend. Refreshments will be served.

Also as part of the evening The Redwood Coast Chamber of Commerce will have its annual meeting. Members of the Chamber are invited and encouraged to attend and vote for new Board Members or to become a Board Member. For questions about the Forum, contact Deb Kessler at 884-1080 or [info@redwoodcoastchamber.com](mailto:info@redwoodcoastchamber.com)

## Once Again, It's Same Time, Next Year

The Mendocino Film Festival plans a special Valentine's presentation of *Same Time, Next Year* at Matheson Performing Arts Center in Mendocino Village on Saturday, February 13. This 1978 classic film will screen at 7:00 pm. Attendees will have the opportunity to meet Lori Donnelly, the Festival's 2016 Program Director, at the screening. A portion of the evening's proceeds will benefit Mendocino High School.



This Academy Award-nominated film, which stars Alan Alda and Ellen Burstyn, was shot locally at Heritage House, which had served as the original inspiration for

Bernard Slade to write both the Broadway play and the eventual screen adaptation. Director Robert Mulligan also knew the region, having filmed *Summer of '42* on the Mendocino Coast in 1971.

The film garnered critical acclaim for its intimate portrayal of an unusual couple: two people who meet once a year to continue their 25-year-long affair.

Ellen Burstyn won a Golden Globe and received an Oscar nomination for her performance. The film was nominated for Academy Awards in three other categories including Best Original Song (for "The Last Time

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"I Felt Like This," performed by Johnny Mathis and Jane Olivor).

"Same Time, Next Year offers a nuanced representation of love and the passage of time," says Mendocino Film Festival Executive Director Michael Fox. "This is a great opportunity to see 1970s Mendocino and this unique romance on the big screen."

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cont'd on next column right

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## Selma: The Bridge to the Ballot Film & Discussion with Herb Kohl February 7 At Coast Library in Point Arena

History is no stranger to the Mendocino Coast. We often have the good fortune of meeting someone—new friend or old—and engaging in a conversation about some moment in our collective memory or our general knowledge. This is an event that's like one of those conversations, and everyone's invited.



On Sunday, February 7 at 2:00pm, Sunday@The Library presents the documentary film *Selma: The Bridge to the Ballot*, along with some wisdom from Professor Herb Kohl. Not to be confused with the recent Hollywood film *Selma*, this is *Selma: The Bridge to the Ballot*, an historic film produced by the Southern Poverty Law Center documenting the historic struggle for voting rights in the American South.

For some it's hard to believe that it's only 50 years since the 1965 Voting Rights Marches in the South. It was the days of police dogs, firehoses, assaults, and murders. And 50 years later it's important to recall the efforts of all those who fought for civil

rights, while in recent months we find hate speech is casually offered by some presidential candidates.

Point Arena resident Kohl is an educator and the author of over thirty books on education, including 36 Children, The Open Classroom, and The Discipline of Hope. He is known for his advocacy of progressive alternative education and founded the 1960s Open School movement and is credited with coining the term "open classroom." During the time of the voting rights marches he was teaching in Harlem, New York. He was educated at the University of Oxford, Harvard, and Columbia, and more. His awards include the National book Award for Children's Books, and the Guggenheim Fellowship for Social Science, US & Canada.

Many of us couldn't be in Selma then, but we can at least remember Selma now. The times require us to keep the information alive, and provide a counter-narrative to the nativist attitudes and hate speech so easily thrown around these days.

It was not enough to come and listen to a great sermon or message every Sunday morning and be confined to those four walls and those four corners. You had to get out and do something.

John Lewis

## SUDOKU

Edited by Margie E. Burke

Difficulty : Easy

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						1		2

### 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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Friday, February 5 5 pm

### Surrealism

Arts Center Opening Reception, exhibit runs through Feb. 28

Saturday, February 6 5 pm

### Barbara Sapienza & Susan Shaddick

Opening Reception at the Dolphin Gallery, exhibit through March 2

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There are a lot of people who are doing wonderful things, quietly, with no motive of greed, or hostility toward other people, or delusions of superiority.

Charles Kuralt



# Share the Music You Love\*

by David Steffen

\*blitfs

In those seemingly simpler days in the 1960s and 70s, the sources for discovery of music were reasonably limited: Top-40 radio, a few television programs (Shindig, Hullabaloo, American Bandstand, etc.) the evolving world of FM Radio, in-store play at a record store, and of course our peer groups. Today there are ever-expanding options, like browsing music sites or stumbling upon an artist online. And with social media our choices have become almost limitless, but today's artists who chart their own course to success (or anonymity) recognize that those choices are shaped by an infinitely larger pool of artists and music. Like a musical version of an online dating service today's musicians attempt to be the face—the music—that breaks out of the crowd. The sheer numbers of artists means we miss most.



The dawn of the hip record store was apparent in 1971; there were local stores popping up everywhere, and one could shop in a music-friendly environment. Lake Street Station, a small but comfortable record store in Madison, Wisconsin catered to music enthusiasts from the mega-campus known as the University of Wisconsin. While I browsed through the LP bins that year, the music on the store's turntable slowly and inevitably penetrated my brain. Like a creature from *Zombie Apocalypse* I lumbered toward the manager and asked what was playing. He brought me "River Man" by Nick Drake. I took the precious vinyl album home. Drake was mesmerizing, and his untimely death a few years later only increased his importance to me and many other fans. Thinking this week

about "River Man" I drifted back to my road of music discovery and reflected on discoveries that I've made this past year.

I'm a fan of The Graham Norton Show, an hour-long program (seen on BBC America here in the colonies) that's refreshing in so many ways. He eschews the American talkshow model of trotting guests out one at a time and instead brings his guests to the couch together for the entire hour, forcing or enabling them to interact with one another. Then there's his penchant for musical talent across a broad spectrum. In one eight-week stretch of shows last year performers ranged from Lenny Kravitz to Neil Diamond, and U2 to Olly Murs. And most of the musical guests perform live.

In early 2015 I watched a repeat of a 2014 episode. Norton's musical guest was London Grammar. Who? Exactly. Never heard of them. Yet the British trio—Dan Rothman, Hannah Reid, Dot Major—was on its way to platinum in the UK with the album *If You Wait*. Their performance of the single "Strong" demonstrated the group's cohesive yet ethereal sound, and the lead vocal by Reid was a stunner. (If it matters to you, she's a stunner visually as well). Reid's voice has a depth that belies her age. Her octave-plus range (occasionally aided by a transition to falsetto) moves between smokey and clear, always with emotion apropos of the lyric, and never losing the mood. "Strong" is a fabulous track.

Then there was an NPR interview one



Photographs: (left) London Grammar; (above) Lana Del Rey; (right) Whitehorse.

Saturday morning where I heard, quite by accident, music by the band Whitehorse. The "band" is Melissa McClellan and Luke Doucet recording alongside some talented studio musicians. While the interview itself was worth my time, discovering "Sweet Disaster" from the album *Leave No Bridge Unburned*, was an unexpected treat for the ears. Like Eurhythmics 30 years ago, here was a duo with the woman leading the way.



McClellan's vocals are a pure delight. And "Sweet Disaster" brings you into a world reflected in their lyrics.

*Galileo was bluffing, it's just a mess out here;  
There's no compass to guide us,  
Through the flashes of violence and fear . . .*

*Birthmark on a crow's foot,  
Kilimanjaro or bust;*

*There are no mountains to move here,  
You just do what you say what you must.*

*You will get the best of me. Worlds collide into  
recipe, for disaster, Sweet disaster.*

While the news confirms that it may be a mess out there with no compass to guide us, listening to music like this makes the journey a little easier.

My third discovery came *old school*. Browsing the CDs inside Ukiah's Dig! Music, the sound system delivered something darkly delicious. In less than 30 seconds I could only turn to the store owner and ask, "Mike, who the hell is that?" What I was listening to was the title track from Lana Del Rey's 2012 album *Born To Die*. As provocative as anyone these days (i.e., Liz Phair in her prime, Patti Smith, etc.) Lana Del Rey gets your attention rather quickly. For me it was the production values that first hit me, and then the lyrics, delivered solidly by Del Rey. This is a love song with potentially tragic consequences. And oh those lyrics:

continued on pg. 14

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## Legends of the Celtic Harp At Arena Theater, February 6

To some on the south coast, Celtic music has never gone away, what with public radio programs like KZYX's Oak & Thorn providing a weekly two-hour dose, and the increasingly frequent concerts on the coast. Clearly the genre has a regular voice in Mendocino County. But as most anyone will tell you, seeing a performance live is a whole different experience. It's not the somewhat passive notion of sitting back and listening. Much of the music dares you to keep your feet still, your body relaxed, and a to have a dispassionate experience.

On Saturday, February 6th we are faced with the Celtic dilemma: be dispassionate and cool, or acknowledge there is nothing so irresistible as being taken in by the music. Time to embrace the latter. With the *Legends of the Celtic Harp* tour, your moment of truth is at

hand. Three of the premier Celtic harpers in the world take you deep into the myths, magic and fabled history of this most captivating instrument. "Legends of the Celtic Harp is a blend of music and oratory, falling somewhere between concert and theater, it spans nearly the range of human feeling; from humor to tragedy, tenderness to rage, reality to mysticism, and more besides. The effects are powerful and exhilarating."



Patrick Ball, Lisa Lynne, and Aryeh Frankfurter will be at Arena Theater to challenge you to remain quiet, to be stoic, and to keep your feet

close together as if you're in a tiny snug in Ireland waiting for your ale. Give up. This trio of harpists will make the evening one of the most memorable of your concert year. Let go. You'll feel better.

## Afrofunk Experience At Arena Theater, February 13

Chunky rhythms mixed with tasty funk-to-metal guitar grooves and blazing horns create the deep soul sound of the Afrofunk Experience. Local rock band Cover Crop will open the evening and DJ DLT will entertain with his selection of hot dance rhythms.

Afrofunk Experience, a Funk music powerhouse, tours the West Coast delivering home grown AFROFUNK, AFROBEAT, REGGAE, AND ORIGINAL BAY AREA FUNK. The ensemble's well-balanced instrumentation of dual guitars, bass, drums, percussion, trumpet, and saxophone ensures a wide dynamic range.

Guitarist/Singer David James (Spearhead, The Coup, Beth Custer) brings his sinewy style to counter the funk-metal stylings of lead guitarist Ken House (H.P. Riot). The precise funk-rock drumming of Paul Oliphant (Afrolicious, Will Magid Trio) with Wendell Rand's (Afrolicious, Tracorum, Youssoupha Sidibe) muscular dance grooves keep the band tight, while saxophonist David Boyce (Broun Fellinis, The Supplicants) and trombonist Alan

Williams (Manicato, Katdelic) wail, their horns producing a sound that encompasses outward-bound jazz, classic reggae, afrobeat and R&B. Percussionist B. Lee contributes his beats to the mix, and the recent addition Sandy House adds her sultry voice and powerful stage presence. DJ DLT is a Vinyl & Serato DJ, who loves to mix modern Hip Hop/House beats with Old School Funk, Soul, R&B, Disco, Classic Rock, Reggae, and Latin tracks.

Influenced early in life by the incredible sounds of Pink Floyd, Santana, Led Zeppelin, and Stevie Wonder he transitioned into the 1980s with an equal love for Punk, Metal, Hard Rock (Slayer, D.R.I., Iron Maiden) and Electro-Funk (Afrika Bambaataa, Egyptian Lover, Zapp & Roger), then becoming fully involved in the House Music scene in the 1990s. "I am motivated by the energy of a crowded dance floor. Playing music that gets people moving really enlivens me and I am always working hard to mix music that allows people to "Get Down!" he says. The bar will be open for everyone 21 and over.



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Politics is the art of looking  
for trouble, finding it ev-  
erywhere, diagnosing it in-  
correctly and applying the  
wrong remedies.

Groucho Marx

## A Message From The Other Side Of The Country

By Tony Stanol

Lighthouse Peddler's Senior Florida Correspondent

My wife and I moved to Florida a year and a half ago after 10 years in Los Angeles. The contrast between the two places couldn't be greater. We went from "The City of Angels" to "God's Waiting Room."

I'm not retired but many people think I am. Virtually everyone we knew casually in Los Angeles and even some old friends did the retirement math: couple of a certain age + empty nesters + not being relocated by a company + moving to South Florida = retirement couple. No!

After 25 years as an advertising executive I still run a successful executive recruiting firm out of my home office. I have people working for me in Los Angeles. And the way this economy is going, I don't plan to retire any time soon.

Anyway, Florida certainly is a bizarre place. Ever wonder why every single episode of "Cops" is filmed here? It's America's Australia, like the place Britain used to send its criminals and misfits.

I called Directory Assistance the other day and the recording said, "If this is regarding an anaconda in your crawl space: press one. If a 60 foot sink hole has suddenly appeared in your living room: press two. For your nearest Early three."

In Los Angeles commercials are differ-  
teeth whitening and  
restaurants. In  
botched hip replace-  
torneys.

Back in LA,  
worst drought in 40  
to conserve, so they  
how long you can  
and the number of  
your lawn.

We're actually en-  
water in Florida. It could be pouring rain and the lawn sprinklers are still going off. We're  
actually told to use more water. I complained to the plumber about the hot water and he  
said to just let the faucet run for a few minutes. It'll come. I think that's wrong. There are  
poor, thirsty children who could use that water...in Beverly Hills.

And I feel like I'm sweaty here all the time. Just going outside to get the newspaper at the  
end of the driveway you break a sweat. Putting the Christmas lights on your house in the  
middle of December can give you a terrible case of "swamp ass". There's the new Miami  
baseball team called "The Humidity" so now sports fans can complain, "It's not the Miami  
Heat that's so bad, it's the Humidity."

But you still need to dress in extra layers here. It may be 95 degrees and 100 percent  
humidity outside, but walk into a movie theater and it's like a meat locker. The other day, I  
went to a movie and sat down right next to a penguin. I asked what he was doing at a movie  
and he said, "Well, I really liked the book..."

Maybe the biggest difference is the people. You go to LA to be discovered. It's the home  
of aspiring actress/models and the beautiful people. You go to Florida to just let yourself  
go. Flip flops, tank tops and baggy shorts are known as "business casual".

I saw this woman the other day just outside the Costco, sitting there in one of those  
Rascal scooters. She was big as a double-wide trailer, sweating, had huge pit stains under  
her arms. In one hand she had a 7-11 Big Gulp and in the other she had a Marlboro. Her  
mouth was going a mile a minute. All I could say to her was, "Mom! Thank God you gave  
up those nasty, unhealthy cigars."

\*\*\*\*\*

Tony Stanol is indeed a working recruiter and also an active participant in improvisational and  
stand-up comedy. He has performed from Hollywood to Sarasota. He met Dolly and David  
Steffen in Connecticut when their daughters went to the same pre-school program.



press two. For  
Bird Special: press

even the TV com-  
ment. They're for  
New Age Vegan  
Florida they're for  
ments and DUI at-

they're having the  
years. They need  
passed laws about  
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days you can water

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

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 and lavender, for luck. Fall in love  
 whenever you can."*

*Alice Hoffman, Practical Magic*

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There is an old TV commercial that begins with the line, "You can't fool Mother Nature". I don't remember the product being hawked. It was probably butter. It certainly wasn't hair dye.

That phrase sort of stuck with me as being somehow deeper than a mere TV tagline. The longer I live the more times I see that phrase as a simple, but profound truth.

I was reminded of that recently when I read about piscine reovirus. It is a newly-discovered virus that infects salmon. First identified in Norwegian fish farms in 1999, it has since spread to fish farms in Chile and British Columbia and has recently been identified elsewhere in Canada. Piscine reovirus (PRV) was identified in 2010 as the causative agent of heart and skeletal muscle inflammation (HSMI) disease in fish in Norway. The virus can kill up to 90 per cent of infected salmon, causing them to slow their swimming, lose their appetite and gasp at the surface. Infected fish may have grey gills, a swollen abdomen and areas of bleeding along their belly and sides.

The first scientific publication on the occurrence of piscine reovirus outside of Norway was published on July 11, 2013 in *Virology Journal*. Results of their study is bad news for the salmon farming industry. Norway and Chile have recognized the significance of this threat to their industry and they follow the European Commission's fish health regime. Amongst other measures, this requires the total eradication of the entire fish stock should an outbreak of the disease be confirmed on any farm.

The Canadian government and, in particular, the British Columbian government have not always reacted the same way. The Province of British Columbia does not accept that PRV causes HSMI. However, there is no published research supporting the province's theory.

Outbreaks in Eastern Canada in 2012 led to the destruction of 1.2 million farmed salmon, yet, responding to a different outbreak in Nova Scotia of 240,000 young fish, the Canadian Fish Inspection Agency (CFIA) allowed the fish to mature to market size after being treated for PRV and then permitted the fish to be harvested in early 2013 by the operator and processed for the consumer market.

Fortunately, the United States does not permit the importation of diseased animals, although I don't know if these salmon

would be classified that way. Indeed, The CFIA claims "Infectious salmon anemia poses no human health or food safety risk, and there is strong scientific proof of this."


Even though that may be true, I think I will continue to avoid farmed salmon anyway. Why, you may ask? Check this out from a study published in May, 2005, in *Environmental Health Perspectives*: "the research team reported that the levels of chlorinated pesticides, dioxins, PCBs and other contaminants are up to 10 times greater in farm-raised salmon than in wild Pacific salmon, and that salmon farmed in Europe are more contaminated than salmon from South and North American farms." In June 2013 Norwegian doctors advised strict limits on Norwegian farmed salmon consumption due to exposure to toxins.

Professor Jeff Hutchings, a marine biologist at Dalhousie University in Nova Scotia says, "It's the process of keeping salmon together at unnaturally-high densities ... that creates conditions that are perfect for producing this highly lethal and infectious virus," he said.

So you say, thanks, Mitch, I won't eat anymore farmed salmon. If it were only that simple. Those wild salmon that most of us crave in the summer are also at risk because many of the net pens used to raise salmon are adjacent to the migration routes of wild salmon. Transmission of the virus has been demonstrated to occur by contact with infected fish or their secretions. Also infestations of sea lice are common in salmon farms and there is evidence in British Columbia and Scotland that the infestations have had negative impacts on wild juvenile salmon that swim near the net pens as they migrate out to sea. It is possible that the sea lice may also carry the virus.

If you really want to get freaked out, Alexandra Morton, a marine biologist, says infectious salmon anemia is an influenza-type virus and can mutate in unpredictable ways, especially if it comes into contact with another flu virus in a human being. The Canadian Food Inspection Agency considers her a wacko (as well, I imagine, as a big threat).

The only containment of PRV possible would be to cull infected farmed salmon and to end the practice of using net pens to raise Atlantic salmon on wild salmon migration routes. This would be a significant risk to the viability of the 98% Norwegian-owned industry operating in British Columbia. The



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economic and social consequences of both the disease and the measures used to control it are thus very far reaching. Obviously, this is a major reason why the British Columbian government is reluctant to address this problem in a meaningful way.

Unfortunately, the very existence of these fish farms leaves those of us who only eat wild salmon at risk of eating farmed fish. A recent study, for example, of fish purchased in markets and restaurants around the nation by a nonprofit ocean protection group, Oceana, found that about a third of the samples tested were mislabeled. My guess, however, is that much of the mis-labeling occurs in places away from the West Coast where wild salmon would be more rare and consumer knowledge (and interest) may be less.

This basically gets me back to that saying, "You can't fool Mother Nature". Others prefer the phrase "Mother Nature bats last", but it all boils down to something as simple as knowing that the only way to long-term survival as a species on this planet is to learn from nature and don't do things Mother Nature doesn't do.

There is a whole new science called bio-engineering that is premised on that notion, but that is a column of its own.



*A salmon in Støvelsfossen in Stordalselva, Åfjord, Sør-Trøndelag, Norway. The fish ladder can be seen in the background.*





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Saturday Feb. 13 9 PM

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From London**

**Jane Eyre**

Saturday Feb. 13 1 PM

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**3rd Monday Music**

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## Words On Wellness

by Karin Uphof

This time of year, many favorite herbs have disappeared from view and are hiding underground. A few of us have disappeared too, if only to enjoy a little 'down time' as the cool, dark, rainy weather beckons us inward. Shifting our activity levels with the change of season helps us adapt to the unfolding of the year and its energy requirements. Even as roots are living off of stored minerals, they are also gathering nourishment and 'rest' for the growing season soon to follow and it is a good time for people to do the same!

In many healing traditions, winter rules the kidneys and adrenal glands - storage roots for our physical energy. These organs enjoy rest. Sleeping more (or at least slowing down) and eating root vegetables are a great way to rejuvenate. There are plenty of roots available at your natural grocer, including: celery root, turnips, yams, radishes, rutabaga, parsnips, sun-chokes (also called Jerusalem artichokes), burdock root, beets and carrots. More condiment-type roots available are garlic, ginger, turmeric and horseradish, all of which have powerful medicinal value.

Raw garlic is highly antimicrobial, for keeping cold and flu bugs (and perhaps a few folks) at bay, while cooked garlic serves to help loosen plaque and lower cholesterol. Both ginger and turmeric are highly anti-inflammatory and cleansing, so work well as a team. Ginger is warmer and stirs up circulation and promotes sweating (which expels toxins) while turmeric is a

strong liver detoxifier. Small peeled nubs of each of these roots can usually be pushed through a garlic press into sauces, dressings and stir-fry'. For an easy instant ginger tea: grate it fresh into the bottom of your cup, pour in the hot water and stir in your favorite raw honey. Then there is horseradish root



with its upward moving energy which many of us have experienced eating too much wasabi paste! There is no better root for clearing the sinuses and stimulating the flow of lymph, plus, it's anti-fungal.

Take this season to replenish your body, mind and spirit. Drinking root decoctions (from your local Roots, herb shop!) and eating roots with winter greens, mushrooms and sea veggies will help re-mineralize your bones and keep you grounded for the coming spring.

Karin can be reached at [karin@rainbowconnection.net](mailto:karin@rainbowconnection.net)

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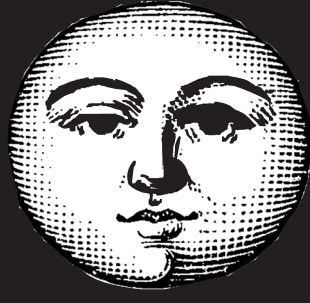
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New Moon



February 8

Full Moon



February 22



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## The Hidden Agenda of My Seasonal Pastime

by Caitie Steffen

Just what was I doing on the evening of January 9, 2016? I was enjoying a nice glass of wine and watching the Bengals-Steelers wild card game. As a hard-core Packer fan (yes, I'm a cheese head) I watch other NFL teams for pure love of the sport. Professional football is a mental and physical game that demonstrates extraordinary athleticism. I'm sure you've heard the buzzwords that players, coaches, owners and even commentators use to describe the game: football is aggressive, emotional, physical, competitive, a tough game, and on and on it goes.

Saturday night's game, however, was just ugly and made me hate the sport. I hated football in that moment because the poor sportsmanlike behavior demonstrated by numerous players that evening would ultimately go unacknowledged. Yes, in the immediate aftermath everybody and their mother were talking about Vontaze Burfict and Adam 'Pacman' Jones. Some were chastising their actions, others were defending them but in the end nothing—except perhaps some fines and a suspension or two—will result in what happened. And Burfict is no stranger to sketchy tackles and thousands of dollars in fines.

The problem I foresee is that his history of poor sportsmanlike behavior, late tackles, helmet drives and ankle twists are not unknown to anyone who follows college and professional football. Burfict's personal fouls while at Arizona State ranged from head-butting OSU's quarterback after the play was over to throwing punches and using his helmet to line drive into a wide receiver. What bothered me most about these plays was that so often the commentators called the personal foul penalty "dumb" or excused the tactics because many linebackers use their helmet on a tackle.

Bart Scott, who is a former linebacker, was interviewed on CBS Sports Network about what he thought of Vontaze Burfict. He laughed and mentioned how he "loves the way he plays football, [but] disagree[s] with the technique." He discussed the ankle twists of Cam Newton and Greg Olsen for which Burfict was fined \$25,000, and scolded him gently for that, but ultimately ended his comments by saying "it's funny." This is the trend of how people respond to Burfict. Burfict's hit on Antonio Brown Saturday evening left Brown limp on the field,

knocked out and ultimately diagnosed with a concussion.

I recently saw the film *Concussion*, so in the back of my mind I'm thinking, Brown just doubled his risk of acquiring Chronic Traumatic Encephalopathy (CTE). According to Boston University's CTE Center, CTE can only be diagnosed after death but is a degenerative brain disease caused by repeated head trauma with symptoms of memory loss, depression, aggression and confusion. In September 2015 The Department of Veteran's Affairs and Boston University released information showing that 96% of NFL players they examined were diagnosed with CTE. Now, you would think that a National Football League team that had an active player diagnosed posthumously with CTE would be more conscious of late tackles and helmet collisions.

Chris Henry was a wide receiver who played for the Bengals from 2005 to 2008 and died at the age of 26 after falling out of the back of a pick up truck. He was found to have had CTE after his death but was never diagnosed with a concussion during his college or professional career. Taking a look at Henry's off field character, he had repeated

this article for a newspaper). Presently, the NFL network is jibber jabbering about the two personal foul calls that resulted in a total 30 yards in penalties and ultimately cost the Bengals a win. Maybe Mike Brown and Marvin Lewis (Bengals Head Coach) spoke directly to Burfict, before the game, telling him to keep his emotions in check. But let's be honest, telling Burfict to "be a good boy" is equivalent to telling a dog not to eat a treat that you put on its nose. Maybe Burfict is a wonderful boyfriend, father, friend, son etc. off the field. But history has shown that football changes him and he gets angry and turns green, so to speak.

Either Brown has a heart of gold or he sees money and publicity in controversy. I am highly skeptical of the bleeding heart persona with which people paint him, especially considering the lengths he went to have the Paul Brown Stadium funding voted on in 1996. The measure was approved in Hamilton County whose residents voted and passed a one-half percent sales tax increase. Mind you, Brown threatened to move the Bengals to Baltimore if they did not get this new stadium. The costs to build both the Bengals and Reds new stadiums totaled

approximately \$540 million after all was said and done (the initial budget was \$280 mil-

lion). And the Bengals have thanked the county by winning 3 out of the 11 seasons since the stadium opened . . .

Both Mike Brown and former County Commissioner, Bob Bedinghaus, to put it frankly, screwed the Hamilton County taxpayers who alone paid \$29.9 million in 2008 and \$34.6 million in 2009, since the state or surrounding counties did not offer to ease the financial burden. I doubt Bob Bedinghaus is losing sleep over this deal since he is now the Director of Business Development for the Cincinnati Bengals after not being reelected as County Commissioner. The unending blow to county citizens came from the terms of the lease which require Hamilton County tax payers to pay for upgrades to the stadium that have yet to be a reality, like "stadium self-cleaning machines and holographic replays." Way to go Bengals, you screwed the pooch on this one and your fans were able to watch your demise on that brand new \$10 million dollar scoreboard, which they literally paid for.

**"The NFL fined four players and two coaches a total of \$83,665 for their actions in the Pittsburgh-Cincinnati Wild Card Game."**

*New York Times, January 15, 2016*

### NIGHTCATS from cover page

*Living Blues* calls Estrin's music "infectious, captivating, powerful blues....Intense Chicago-style harp playing, witty songs and tough-as-nails grooves." Tickets for the show are \$20, available at The Four-Eyed Frog Books and Sea Trader, Gualala; Arena Market and The Pier Chowder House and Tap Room, Point Arena, and Twist in Mendocino; online at www.arenatheater.org.

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## Solo Cello Concert Features Zlatomir Fung

Solo cello comes to the south coast on Sunday, February 14. Sixteen-year old cellist, Zlatomir Fung, brings his music to Gualala Arts Center's Coleman Auditorium in an afternoon performance, beginning at 4:00pm. Fung won gold medals at the 2015 Johansen Competition, the 2014 Stulberg String Competition and the 29th Irving Klein Competition, as well as a long list of other prestigious awards.

Fung has appeared on NPR's *From the Top* four times, as well as *Performance Today*. He has performed in concert as a soloist with orchestras and groups from New England to California. He lives in Westborough, Massachusetts.

## Gualala Arts Theater Announces Auditions for La Cage aux Folles February 20.

Aspiring performers and support crew are invited to attend a casting call for the upcoming production of *La Cage aux Folles*. Preliminary evaluations will be at Coleman Auditorium Saturday, February 20 from 6:00pm to 8:00pm and Sunday, February 21, from 1:00pm to 3:00pm; Callbacks and Casting Announcements are scheduled for Sunday, February 28 at 2:00pm. Directed by Teo Ariola with musical direction by Don Krieger; scheduled performances are July 22-24, and July 29-31.

Auditions are open to anyone interested in playing a role: singing and non-singing roles for women, men and older mature

youth. Production crew is also needed including set designers, builders, artists, painters, costumers and backstage crew. No previous experience is necessary.

*La Cage aux Folles* is a musical with a book by Harvey Fierstein, lyrics and music by Jerry Herman and is based on the 1973 French play of the same name by Jean Poiret.

Those interested in working on stage or back stage can contact Sophia Mitchell for cast or production crew information, scripts, and music. Her email address is [sophiatheater@gmail.com](mailto:sophiatheater@gmail.com). Her phone number is (619) 559-2460. All applicants are asked to review script and music in advance of auditions.

### STEFFEN from page 8

*Walking through the city streets, Is it by mistake or design,  
I feel so alone on a Friday night. Can you make it feel like home, if I tell you you're mine?  
Come and take a walk on the wild side.  
Let me kiss you hard in the pouring rain. You like your girls insane.  
Choose your last words. This is the last time. 'Cause you and I, we were born to die*

The album is uneven. I would have preferred 12 tracks that were similar to or clones of the title track, at least in tempo, imagery, and production, giving me 40 or 50 minutes of atmosphere. To her credit, Del Rey takes chances and I applaud her for that. And purchasing the CD, if only for "Born To Die", my investment was made with no regrets.

The final entry from my 2015 "discovery tour" is *The Lion's Roar* by First Aid Kit. The music, which fits easily into the Americana genre, has external origins and yet needs to be appreciated on its own. I first heard this duo on KZYX radio's *Audible Feast*, a weekly program that's a feast for the ears, and for the gray matter between them. The album spent weeks in the CD player in my car. Track after track, it's a delight, but I warn you, one listen to "Emmylou" and you too will fall under its spell. In a week when a massive snow storm has hit the east coast, the lyrics speak easily to any listener, including one who, like me, spent a dozen years in New England:

*Oh the bitter winds are coming in, And I'm already missing the summer.  
Stockholm's cold but I've been told, I was born to endure this kind of weather.  
When it's you I find like a ghost in my mind, I am defeated and I gladly wear the crown.  
I'll be your Emmylou and I'll be your June, And you'll be my Graham and my Johnny too.  
No, I'm not asking much of you Just sing little darling, sing with me.*

Relationships are not easily distilled down to one or two words, but First Aid Kit does just that. Emmylou Harris and Gram Parsons had a thing, as did Johnny Cash and June Carter. For anyone oblivious to the personal history of these artists, it's part love, part affection, part emotion, and part infatuation. With Cash and Carter it was a long term thing. With Harris and Parsons it was a passing thing. The duration doesn't matter. The passion does. First Aid Kit is a duo; sisters Johanna and Klara Soderberg who are not from Nashville, but their music, in some fashion, clearly is. The pedal steel work of producer Mike Mogis adds Americana authenticity, but the sisters sound as if they were born and raised next door to Cash, Carter, Harris, and Parsons. Consider their phrasing of "Stockholm" in the track "Emmylou". A casual listener might hear "Stockton" and assume their roots are California Country instead of Tennessee. In fact their roots are in Sweden, but who cares. "Emmylou" is like artisan popcorn. You can't stop after one bite.

I still love discovering good music. When you find something worth savoring, treat it like the gift it is.. Music is like that. It can soothe the savage beast, become a backdrop to an evening, or make a drive from here to there much more pleasant. Share it.

Note: A more detailed version of this is available at [jazzdavid.wordpress.com](http://jazzdavid.wordpress.com).

## Bewitched, Bothered and Bewildered February 13

Bryn Harris'  
Valentine's Eve Cabaret  
with Don Krieger and Teo Ariola  
at Gualala Arts Theater

Bryn Harris returns to the area, performing her first one-woman show at Gualala Arts, bringing in a musical Valentine's Eve with Broadway musicals, Jazz classics, pop and R&B. Harris's Cabaret comes to the Coleman Auditorium at Gualala Arts Saturday, February 13, 7:30pm.

The first of two acts will focus on Broadway songs and jazz, with Bryn accompanied by Don Krieger on piano. Duets will include one with Tony Ariola and another with her father, Wayne Harris.


The Second Act is filled with rhythm and blues and popular favorites, including the music of Adele. Accompanists in this act will be Wayne Harris on guitar and harmonica, Jeremiah Mayer on drums and percussion. Bryn will also showcase tap dancers from the Point Arena class she teaches.

Wine and beer will be on sale, as well as deserts made by local students, with proceeds going to Point Arena High School. Musical repertoire includes "Someone Like You", "Bewitched, Bothered and Bewildered", "My Funny Valentine", "Anything You Can Do, I Can Do Better", "This Magic Moment", "Fever", "At Last" and more.

A Point Arena High School 2000 alumna, Bryn Harris studied performing arts at SRJC, Pacific Conservatory of the Performing Arts and at University of North Carolina School of the Arts, where she received a BFA cum laude in Directing in 2010. Harris has been looking forward to the opportunity to share this bewitching, bothersome and sometimes bewildering holiday named after St. Valentine, and thanks everyone for their love and support.

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# The Crossword

by Margie E. Burke

## ACROSS

- 1 Bridge feature
- 5 Stringed instrument
- 9 Jane Fonda film, "Monster \_\_\_\_\_"
- 14 Make a bundle
- 15 Arabian bigwig
- 16 Green
- 17 Cybercafe patron
- 18 Take for a bride
- 19 Not bold
- 20 Beat
- 22 Gym tote
- 24 Itsy-bitsy biter
- 26 Ogler's look
- 27 Formula \_\_\_\_
- 28 Chester White's home
- 30 Understandable
- 33 Kind of photograph
- 35 Folklore fiend
- 39 Part of MADD
- 40 It may be flared
- 43 Carry on
- 44 Energy drinks, perhaps
- 46 "Carmen" highlight
- 49 Drone, e.g.
- 50 Cleopatra biter
- 53 Shipping hazard
- 54 Donations
- 56 What a slow runner may need
- 59 "Ciao!"
- 62 Arise
- 63 Armoire feature

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69						70					71			

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- 65 Bat's home
- 66 Bloodless
- 67 Coin since 2002
- 68 Analogous
- 69 Gave out
- 70 Erupt
- 71 Lash mark
- 10 Catch
- 11 Pole-lowering dance
- 12 Winged
- 13 Golf club
- 21 Breakfast sizzler
- 23 Charge
- 25 Get rid of
- 28 Identifying mark
- 29 Forum wear
- 31 Top 40 lists
- 32 \_\_\_\_ bag
- 34 Core
- 36 Prospector's funding
- 37 Opportune
- 38 "If all \_\_\_\_ fails..."
- 41 Gumbo pod
- 42 Like some talk
- 45 Clique
- 47 Out
- 48 "Wanna \_\_\_\_?"
- 50 Coming up
- 51 Taste, e.g.
- 52 Ottoman title
- 55 Avian chatterbox
- 57 Face-off
- 58 Dashed
- 60 Dastardly doings
- 61 It may be due on a duplex
- 64 Propel a boat


## DOWN

- 1 Adjoin
- 2 Itch cause
- 3 Religious leader
- 4 Graceful bird
- 5 Cut down
- 6 During
- 7 Small stream
- 8 First choice
- 9 Apprentice doc



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## Barbara Sapienza and Susan Shaddick

### at Dolphin Gallery in February

Barbara Sapienza's Painting and Susan Shaddick's Sculpture & Clay will be front and center at the Dolphin Gallery in February. There's an Opening Reception Saturday, February 6, 5:00pm to 7:00pm, and the exhibit continues through March 2.

The Dolphin Gallery is at 39225 Highway One in downtown Gualala

Many artists wonder just where to begin.

Sapienza

explains, "I love that moment—when facing the blank page where all is possible. This moment leads me to the intersection of matter and inspiration. With my tools—brushes, rags, palette knives, oil, and solvent I strive to stay present, maintaining the initial zest and freshness of expression." In her case, Sapienza uses vivid color to emulate a feeling or spiritual expression.



She attempts to lead the viewer to a spontaneous insight"

The Japanese concept of wabi-sabi is a focus for the works by Susan Shaddick. Wabi-sabi—a Japanese aesthetic centered on the acceptance of transience and imperfection.

As a long-time student of meditation and an artist who has worked with natural materials and

minimal processes, Shaddick feels that this concept describes her work most clearly, and some of the works in this exhibition will include sculptural and functional forms using clay, kelp and other materials that are sustainable or recyclable.

(Above image: Myanmar (l), and Blue-Bagan (r)

## Beatles, Sapphires, and Creepy Uncle Charlie

### at Arena Theater Film Club In February

This month the Arena Theater Film Club offers three films, and all three are mid-twentieth century pieces.

The first is *A Hard Day's Night*, the classic 1964 film, directed by Richard Lester. There are four central characters, but you knew that. John, Paul, George, and Ringo find themselves on a mission to rescue Paul's grandfather, played by Wilfrid Brambell—a face you'll probably recognize but the name, well, not so much. Beyond the film's good humor and great music, there is the lasting impact Lester had on film and television editing. If you don't believe there was any impact, spend a half an hour during one of MTV's infrequent programs with music videos, or consider the 1960s series, *The Monkees*. No less than director Paul Mazursky credits *A Hard Day's Night* with inventing both the Monkees and MTV. Monday, February 1 at 7:00pm. 87 minutes of fun.

The second piece of the Club's February trilogy is Alfred Hitchcock's *Shadow of a Doubt*. Filmed in 1943, it's a classic and Hitchcock himself considered it one of his best. Those of us living on the Mendocino coast—and some of you visitors—may know that there was a local backdrop to the film. The cynical, film-noirish, war-time drama was shot on location in the small, story-book town of Santa Rosa, California - a representative place of sacred, whole-

some, middle-American values where dark corruption is hidden within a family.

Dimitri Tiomkin's original musical score, including the haunting Merry Widow waltz, adds a degree of mystery to the tale about Uncle Charlie, a psychotic killer whose namesake niece, an adoring teenager-heroine named Charlie, is excited by the arrival of her worldly uncle, but her opinion of him slowly changes as she probes into his evil, murderous secrets - and her life becomes endangered. Keep your eyes on the screen for the drama, and of course for the almost ever-present Hitchcock cameo. February 8, 7:00pm. The film is 107 minutes in length.

The final offering is a film with its share of great music, storyline, and controversy. *The Sapphires* is an Australian production centered around a 1960s female singing group. Inspired by a true story, the film follows four indigenous Australian women as they seize a risky, but irresistible, chance to launch a professional career singing for U.S. troops in 1968 Vietnam. With the help of an R&B-loving Irish musician, Dave Lovelace, their manager, the women transform themselves into a sizzling soul act and set out to make a name for themselves hundreds of miles from home. If you've heard about the controversy surrounding the cover, ignore it—at least until after you see the film. *The Sapphires* is 99 minutes and rated PG-13. February 22, 7:00pm.

## February at Gualala Arts: It's Surreal



Above: *Flaming Nuclear Waste*

When we think of surrealism—assuming we think of it at all—our minds may go to Rene Magritte or Max Ernst or Joan Miro. My reality is thinking about a personal discovery of Salvador Dali. My wife and I were walking past a gallery in Paris in the early 1980s and noticed an exhibition of prints and posters of Dali images. The official poster in the window promoting the gallery's event was that of Dali's Christ of St. John of the Cross. It's been a fond memory ever since.

Art often creates memories, and surrealist art may often take us to unexpected places as well. This month Gualala Arts will offer an exhibit titled, appropriately, Surrealism, curated by Bruce Jones and Doric Jemison-Ball. The Opening Reception is Friday, February 5, 5:00pm to 7:00pm, and the exhibit

will remain through February 28 at the Burnett Gallery & Elaine Jacob Foyer. The evening is free.

If you're not familiar with the term surrealism, one look at a compelling piece and you probably grasp the intent. That is, to reach beyond reality through visual images. Perhaps your subconscious mind will speak to you the loudest.

One of the pioneers, Giorgio de Chirico said "Although the dream is a very strange phenomenon and an inexplicable mystery, far more inexplicable is the mystery and aspect our minds confer on certain objects and aspects of life." While not an absolute certainty, we're told that it was Freud who first articulated that "sometimes a cigar is just a cigar." If we're listening, the February exhibit at Gualala Arts will give each of us the opportunity to examine what our minds have to say. Enjoy.



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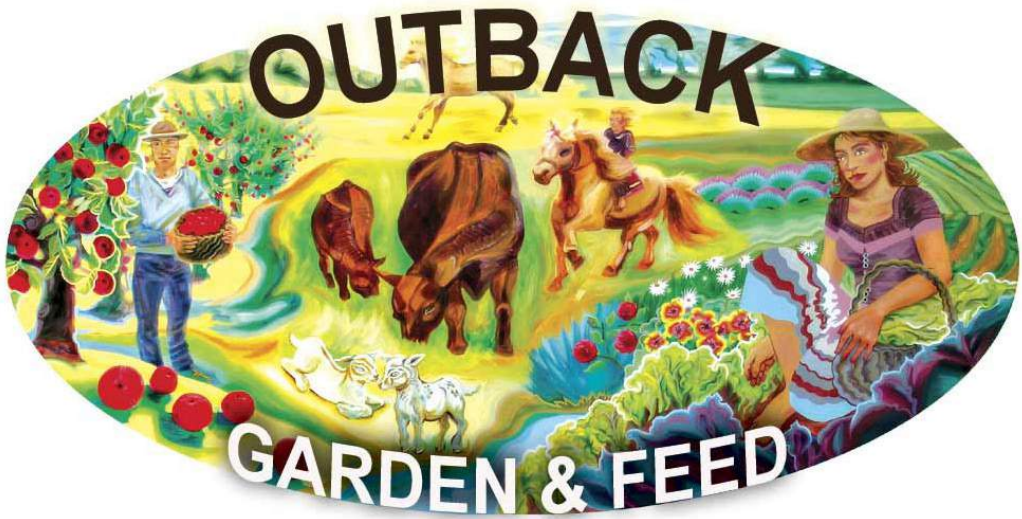
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