

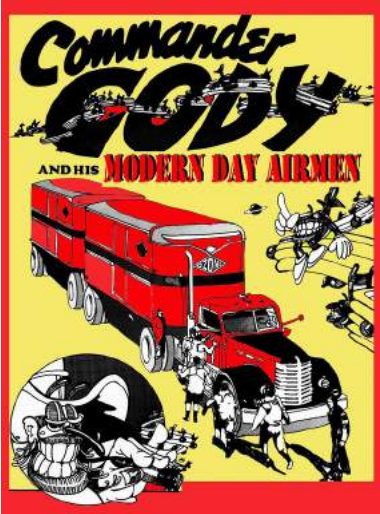
**ALWAYS
FREE**

September 2018



Lighthouse Peddler

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



The Legendary Commander Cody and his Modern Day Airmen Return to the Coast Friday, September 28 At Arena Theater

“When it comes to prime swing, Tex-Mex, boogie-woogie country rock, the name ‘Commander Cody’ pops up right beside Asleep at the Wheel and Dan Hicks.” wrote Mark Tucker in Folk & Acoustic Music Exchange and if you are a fan of country swing and boogie woogie rock ‘n’ roll you won’t want to miss the Commander Cody Band (aka Commander Cody and His Modern Day Airmen) perform its greatest hits live at Arena Theater.

Blues on the Coast and Arena Theater present Commander Cody and his Modern Day Airmen, Friday, September 28, 8:30pm, doors

8:00pm. Tickets are \$20. The theater’s bar and snack stand will be open.

Formerly known as Commander Cody and His Lost Planet Airmen, the group is known for “Smoke, Smoke, Smoke (That Cigarette)” and “Hot Rod Lincoln,” which reached the top 10 on the Billboard singles chart in early 1972. The band plays country-rock but with a twist, looking to the barroom country styles of Ernest Tubb and Ray Price for inspiration. The Commander Cody Band will perform many familiar tunes that made them favorites with so many fans. *(Cont’d on page 13)*

FOURTEENTH ANNUAL
**GUALALA
RIVER
RUN**
2018

Coollest Run in California

Saturday, October 13

5K & 10K Runs, 5K Fun Walk

NEW: KIDS DASH

and

Coastal Creations Brunch

Benefitting:

Action Network Family

Resource Centers

actionnetwork.info



Online: RunSignUp.com

Printable Form:

ActionNetwork.info

Visit Action Network’s website or Facebook for complete information on our current programs, activities and services or call (707) 884-5413

**"Into the Wild: Natural beauty of Mendonoma
Coast Highway Art Collective's New Show • Opens September 1**

A new art exhibit opens at the Coast Highway Art Collective in Point Arena on Saturday, September 1 from 5:00 to 7:00pm, featuring new and favorite works by local artists Brenda Phillips and Chris Grassano. Working with the theme "Into the Wild," Phillips and Grassano explore wildlife as art and inspiration.

Phillips is well known in the area for her beautiful functional ceramics and her technical skill with glazes. She often uses molds of animals and objects found in nature to add texture and contrast to her pieces. Creativity is a hallmark for Phillips, who created a mold

ing fish molds she designed herself. Phillips says "my favorite design is octopi on plates,



which are purple on a black background."

Sharing the opening with Phillips is Chris Grassano, who lives in Cazadero. Her life-like oil paintings of birds and animals are so realistic, viewers almost expect the creatures to fly or run right off the canvas. Grassano explains "My oil paintings of nature focus on the birds and animals I encounter near my home under the Redwoods and throughout the North Coast. My goal is to capture in paint, the feeling of excitement and wonder in the moment the I first see the animal. I hope my images translate my deep love of the natural world so that those who view these paintings get these same wondrous feelings."

Tasty snacks, wine and beverages will be available during the opening reception on September 1.

"Into the Wild" will be on exhibit from September 1 – 30 at the Coast Highway Art Collective, 284 Main Street, Point Arena, the little red building next to the Redwood Credit Union. Regular hours are Thursday through Sunday from 11:00am to 5:00pm. Visitors are encouraged to relax in the garden in the front of the building while enjoying the paintings, textiles, photography, woodwork, jewelry and greeting cards inside. For additional information, see the website at www.coast-highway-artists.com.



of an elephant from her mother's bookends and applied it to canisters and bowls. Using shells she has collected over time, Phillips created various molds and applied the results to larger bowls and platters, adding texture and interest. In addition, Phillips has designed a series of soup or salad bowls us-

**Chowder Under the Full Moon Dinner and Night Tour
Point Arena Lighthouse's Harvest Moon Tour September 22**

The Point Arena Lighthouse announces its first "Chowder Under the Full Moon Dinner and Night Tour" on Saturday, September 22. Gates will open at 5:30 p.m., dinner will be served at 6:00pm and the tour will follow dinner around 7:00pm.

The evening will feature sweet and savory snacks accompanied by champagne or sparkling juice, full chowder dinner, a special presentation about the Light Station's history and technology, and will be capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon. An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$60 per person or \$100 for two. Reservations must be made at least three days in advance of the tour. The Lighthouse is located at 45500 Lighthouse Road in Point Arena.

"Join us for the first Chowder Under the Full Moon Dinner and Night Tour!" invites Mark Hancock, Point Arena Lighthouse Executive Director. "Start the night with a glass of champagne or sparkling juice, cookies and salty snacks and move on to a dinner of rich and delicious Baby Tomato Lighthouse Clam Chowder, fresh organic and locally sourced salad and locally baked bread. This delicious clam chowder is lovingly made by Lisa Giacomini of Baby Tomato using only the finest ingredients. After enjoying your dinner you will be treated to a special presentation about the Lighthouse, and then the Lighthouse Guide will lead you to the top of the Tower under the (almost) Full Harvest Moon. Make your reservations early as this special event is limited to 20 guests and is sure to sell out."

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).

The Lighthouse will also offer its traditional Full Harvest Moon Night Tour on Monday, September 24. Gates open at 7:00pm, Tour starts around 7:30pm.

The etched champagne flute, champagne and sparkling juices, and sweet and savory snacks are part of this event. Tickets are \$60 per person or \$100 for two.

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 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.

**Acupuncture and Massage
Chi Kung Classes**

Call to schedule an appointment



The Tea Shop

Local Herbal Teas & Essences
See website for product information

707-291-5765

35590 Verdant View, The Sea Ranch
www.birdsongclinic.com
birdsongclinic@gmail.com

Part of being sane,
is being a little bit crazy.
Janet Long

Spirit Veterinary Services

Mobile Veterinary Services for Dogs & Cats

Dr. Jennifer L. Frankot, DVM, MBA

Monday - Thursday: 8:00am - 5:00pm
Friday: 8:30am - 12:30pm

In-Home Visits, Stewarts Point to Manchester



(707) 840-3410
Gualala, CA 95445

www.spiritveterinaryservices.com



Save The Date

**Dragons' Breath Theatre
September 8, 2018**

Somatic Awakenings

Expand your somatic intelligence through
Pilates, Meditation, Self Transformation
Private sessions and small classes
with Cheryl Mitouer

Somatic Agency
Private Sessions and Workshops
with Fred Mitouer

fred@somatagency.net
cheryl@transformationalbodywork.org
707-884-3138

ADVERTISERS INDEX

• 215 Main	12	• KTDE	18
• Action Network	Cover	• KZYX	19
• Anchor Bay Store	16	• Little Green Bean	18
• Arena Frame	4	• Loft, The	18
• Arena Pharmacy	15	• Mar Vista	4
• Arena Tech Center	14	• McCann, Peter P.T	5
• Arena Theater	7	• MendoViné	17
• Arff Feed and Pet	4	• MTA	17
• B Bryan Preserve	back cover	• Office Source	13
• Banana Belt Properties	19	• Oz Farm	13
• Bed and Bone	13	• Phillips Insurance	13
• Birdsong Clinic and Tea Shop	2	• Pier Chowder House&Tap Room	11
• Cove Coffee	18	• Point Arena Light Station	8
• Denise Green	6	• Red Stella	15
• Dream Catcher Interiors	,7	• Redwood Coast Chamber of Com.	12
• Four-Eyed Frog Bookstore	9	• Redwood Coast Democrats	20
• Garcia River Casino	11	• Rollerville Cafe	3
• Green Room, The	10	• Roots	10
• Gualala Arts	5	• Sea Trader, The	8
• Gualala Building Supply	3	• Spirit Veterinary Services	2
• Gualala Supermarket	6	• Transformational Bodywork	2
• Healing Arts and Massage	5	• Uneda Pizza	20
• Ignacio Health Insurance	7	• Village Bootery	9
• KGUA	16	• Wellness On The Coast	4
		• Zen House Motorcycles	13

Our thanks to September contributors Joel Crockett, Rozann Grunig, Mitch McFarland, Blake More, Paula Ray Power, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, and Karin Uphoff.

**Read the Peddler Online-
Its Free & In Full Color!**
www.thelighthousepeddler.com

Issue #203 September 2018

Lighthouse Peddler

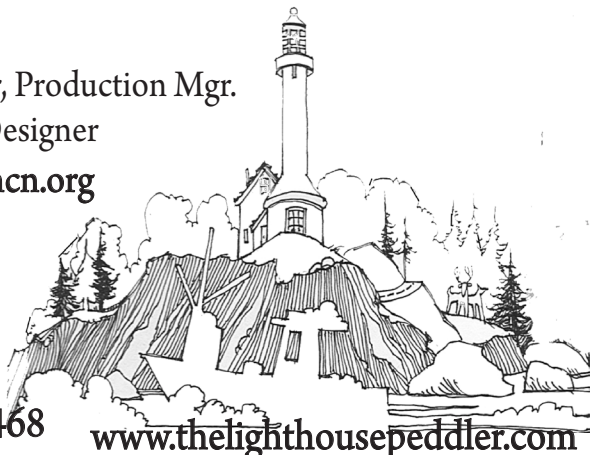
Dolly Steffen: Publisher, Production Mgr.
David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



FROM THE EDITOR'S DESK

- Commander Cody & His Modern Day Airmen, at Arena Theater, Sept. 28th. (Cover).
- Let's go "Into The Wild" at Coast Highway Art Collective in Pt. Arena, Sept 1. (Page 2).
- Chowder and a full moon? Perfect. At Pt. Arena Lighthouse, September 22. (Page 2).
- Full moon without the chowder. At Pt. Arena Lighthouse, September 24. (Page 2).
- 19th Annual Harborfest. Discover the Pt. Arena Cove (again) September 2. (Page 4).
- 26th Annual Studio Discovery Tour. September 1-3. (Page 4)
- The Coast Community Library has lots going on. And books too. (Page 5).
- RGB. She's notorious! From the Film Club, at Arena Theater, September 10. (Page 6).
- The Long Goodbye. (It's not about us, really.), at Arena Theater, Sept. 27. (Page 6).
- Feeling out of phase? Check the moon phases. (Page 6).
- Coast Community Library has a book sale for you. Lots of books. (Sept 2 & 3. (Page 6).
- Need something interesting and fun to do? Gualala Arts has some workshops. (Page 7).
- National Theater Live brings Julia to the big screen, September 29. (Page 7).
- Dragons' Breath Theatre Is Back. Variety is the word. Sept. 8. (Page 8).
- To vote you must registered. Find out how, where. September 1, 2, 15. (Page 8).
- Karin Uphoff reminds us of all the good things grapes can bring. (Page 9).
- Headed to Capistrano? Find out about Cliff Swallows. (Page 9).
- Meeting a grumpy dog while out with your dog? Cathy Sue Riehm helps. (Page 9).
- Mendocino County Pet Care-A-Van Returns October 10 & 11. (Page 9).
- Dolphin Gallery will draw you in for their September 1st Reception. (Page 10).
- Renoir Revered and Reviled. September 9. (Page 10).
- A double treat (art-wise) at Gualala Arts, September 7. (Page 11).
- Get some lessons on cooking from someone who knows. . . September 20. (Page 11).
- David Steffen takes a whirlwind tour of . . . California. (Page 12).
- Time on your mind? Joel Crockett reviews The Order Of Time. (Page 14).
- See what's selling at Four-Eyed Frog Books. (Page 14).
- Mine's bigger than yours (military, that is.) Read Scuttlebutt. (Page 15).
- Try your hand at our new Sudoku puzzle. (Page 15).
- Eric Wilder gets our attention: "Beings of the Kashia Pomo People", Sept. 15. (Page 16).
- Blues-Rocker AC Myles at Garcia River Casino. Rock the house Sept 22. (Page 16).
- Cajun and Zydeco music. A preview. (Page 16).
- The September crossword is waiting for you. . . . (Page 18).
- Mary Jane Schramm connects whales, commerce, and conservation. (Page 19).
- Redwood Coast Democrats' Barn Party returns September 15. (Page 19).
- 3rd Thursday Poetry has Susan Woolridge September 20 (a poem too. (Page 14 & 20).
- Happily, more live poetry, with Devreaux Baker, at the Coast Library, Sept. 9. (Page 20)
- Drew Fagan offers his take on a local barn September 1. (Page 20).
- Take a look at September's "Get Out! section. Then, get out (and enjoy). (back cover)

GUALALA

**BUILDING SUPPLY
& HARDWARE**

Lumber | Hardware | Tools | Decking | Railings
Paint & Supplies | Electrical | Weather Proofing Materials
Roofing | Cement | Tool Rentals | Delivery

Helping you build better.

38501 South Hwy 1
707.884.3518
GualalaBuildingSupply.com

Alysia Calkins & Dorothy Barrett's

**Rollerville
Cafe**

882-2077

Outdoor Deck

Delicious Caring Homestyle Fare
Monday - Thursday 8 a.m. - 2 p.m.
Friday & Saturday 8 a.m. - 7 p.m.
Sunday 8 a.m. - 2 p.m.

2 minutes north of Point Arena on
Hwy. One at Lighthouse Road

**19th Point Arena Harbor & Seafood Festival
Annual Fundraiser at the Point Arena Pier • September 2**

First-timers to the Point Arena Cove usually seem a bit overwhelmed. Having taken the turn off of Highway One (west, of course) and driven down to this bit of treasure on the Mendocino Coast, the usual reaction is "Wow", or "Beautiful" or "Holy Sh*t I didn't know this even existed." Like a deep breath, those of us who are fortunate enough to live on the coast take it in each time we come down here. For me, I always marvel at the giant cliffs somewhat reminiscent of white



(or white-ish) cliffs in other the parts of the world.

There's no better time of year to visit the cove, whether a repeat visit or a first timer, the annual (this year is the 19th) Point Arena Harbor and Seafood Festival gives you a chance to take it all in one afternoon. From Noon to 6:00pm, on Sunday, September 2, there will be music, food, friends, neighbors, and you. This is an event that you don't want to miss: a perfect setting with amazing food, stunning views, great company and all for a good cause – to raise money to keep our local pier operating all year long!

This year's "Harborfest" menu features oysters, albacore kebabs, salmon kabobs, fish tacos, abalone cakes, corn on the cob, and fresh French Fries. Libations include craft beer courtesy of North Coast Brewery, assorted wines, hard cider by OZ Farm and non-alcoholic beverages including homemade lemonade.



Live music includes Black Sugar Rose, Nelson Lunding Trio, Venganza and JJ Mulecat. The kids area hosts a bouncy house as well as hula hoop making sponsored by Action Network Partners in Education.

And here's a bit of icing on the cake (or tartar on the fish, or corn on the cob) . . . there is no entry fee and parking is free. Bring the kids, but please leave the dogs at home. (Bring them a doggy bag. They'll be bored anyway.) For more information or to get involved please call Point Arena City Hall at 707-882-2122.

**ARENA
FRAME**
Custom Mats
& Frames
Anna Dobbins,
APFA
882-2159

Mar Vista Cottages
Hwy. One - Anchor Bay
884-3522
www.MarVistaMendocino.com

ARFF FEED and PET SUPPLIES
Self-Service Bath
(707) 884-1832 • Mon-Fri 10-5 Sat 10-3
Hwy 1 and Pacific Woods, Gualala, CA

**26th Annual Studio Discovery Tour 2018: Labor Day Weekend
North Coast Artists' Guild's Self-guided Tour of Artists' Open Studios.**

The North Coast Artists' Guild 26th Annual Studio Discovery Tour continues Labor Day weekend with artists up and down the coast inviting guests to step into their studios and see how the magic happens.

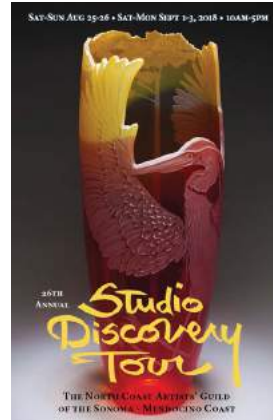
Enjoy the second weekend of this free, self-guided tour Friday, September 1 through Monday, September 3. Artists will keep their studios open from 10:00am to 5:00pm all days, with some exceptions noted in the catalog. Catalogs can be found at the Discovery Gallery, the Dolphin Gallery, Gualala Arts Center, and most galleries along the coast. Information and maps can also be found online at studiodiscoverytour.com.

The studio tour is the perfect way to spend a leisurely day or an entire weekend and the artists along the way are happy to demonstrate the making of their art and share their unique vision. Studios are sprinkled all along the coast and up on the ridge behind Gualala, tucked away in Anchor Bay, and throughout The Sea Ranch, Gualala, and Point Arena.

The free, full-color catalog, which contains a description of each artist, along with a detailed map and directions to each studio, will help you make the most of the tour. (The map is also available online at <http://studiodiscoverytour.com/maps/maps.html>.) While on the road, look for the bright yellow signs that indicate a studio is nearby. Directional signs are not allowed on The Sea Ranch, so a catalog will be necessary for that portion of the tour.

Thirty-three artists are participating in this year's tour, sharing their skills at painting, jewelry making, mixed media adventures, photography, fiber arts, ceramics, and much more.

Seeing artists at work in their studios is like getting a glimpse into their inner muse, says NCAG president Donnalynn Chase.



What inspires them? What is the view out their windows? Do they work secluded or in the middles of chaos? And, for aspiring artists, what can I learn? For many artists on the Sonoma-Mendocino coast, the weeks leading up to the Studio Discovery Tour is a very exciting time as they prepare to open their creative spaces and share their work with all who journey through.

**Artists open Labor Day Weekend
(With Map No. and Tour Location):**

- Becca Juvet Thompson (1, Fort Ross);
- Larain Matheson (2, The Sea Ranch);
- Mirka Knaster (3, The Sea Ranch);
- Barbara Poole (4, The Sea Ranch);
- Joyce Georg (5, The Sea Ranch)
- Keith Wilson (6, The Sea Ranch);
- Malene Samuelson (7a, Gualala);
- Ling-Yen Jones (7b, Gualala);
- Kathryn Weiss (7c, Gualala);
- Geraldine LiaBraaten (8, Gualala);**
- Discovery Gallery (9, Gualala);
- Andrea Allen (10, Gualala);
- Carol Frechette (12, Gualala);
- Miriam Owen (13a, Gualala);
- Emma Hurley (13b, Gualala);
- Joan Rhine (14a, Gualala);
- Jim Meilander (14b, Gualala);
- Bill Apton (15, Gualala);
- CC Case (16a, Gualala);
- Harald Nordvold (16b, Gualala);
- Lisa Lauer (17, Gualala);
- Paige Likins (18a, Gualala);
- Diane Cochran (18b, Gualala);
- Kelley Kieve (19a, Gualala);
- Cynthia Myers (19b, Gualala);
- Walt Rush (19c, Gualala);
- Dianne Neuman (20, Gualala);
- Jennie Lee Henderson (21a, Pt. Arena);
- Michael Henderson (19b, Pt. Arena);
- Cathy Sue Riehm (19c, Pt. Arena);
- Marla Sparkle Skibbins (21d, P. Arena);**
- Elizabeth Wright (21e, Pt. Arena);

**not open on Labor Day.

"Anything that is in the world when you're born is normal and ordinary and is just a natural part of the way the world works. Anything that's invented between when you're fifteen and thirty-five is new and exciting and revolutionary and you can probably get a career in it. Anything invented after you're thirty-five is against the natural order of things."

Douglas Adams (1952 - 2001)

ENHANCE YOUR HEALTH & VITALITY
www.WellnessOnTheCoast.com
See Our Website To Find
20+ Local Bodywork Practitioners and Teachers provide exceptional resources & services
MASSAGE • CRANIOSACRAL • YOGA
JIN SHIN JYUTSU • CHIROPRACTIC
FACIALS • REFLEXOLOGY • PILATES
ACUPUNCTURE AND MORE

Arena Theater Presents Buck-Thrifty A Labor Day Dance Party Swing Funk Blues Band

Arena Theater will host a Labor Day Dance Party with Buck-Thrifty, Saturday, September 1, 8:00pm; doors 7:00pm. 7:15pm free swing dance lesson at with Al and Mary. Tickets are \$15

The Swing Funk Blues music with Buck-Thrifty is infectiously eccentric Americana. Kickin' up a cocktail of the uniquely infused flavors of Folkly-Punky-Bluesy-Swing, this raggedy crew of streetwise fashionistas is ready to serve up some seriously poppin' grooves.

With a mobile musical menagerie of two to ten players and an enigmatic style that



commands any crowd, Buck-Thrifty knows no limits in perusing the progression (or dare we say, regression?) of the Pacific Northwest's festivale of folk fusions.

So what do we mean by all that? Simply that we promise to supply saucy sounds that set your boots to stompin' and your booty to sha-

kin'. Local swing dance teachers Mary and Al invite you to join them for a free swing dance lesson at 7:15 p.m.!

The Arena Theater bar will be open!

Fundraising Breakfast At The Manchester Community Center New Scholarship Fund To Benefit South Coast Students

The Manchester Community Center is having a very special breakfast Sunday, September 2, before the Point Arena Harbor Festival.

100% of proceeds (less the cost of the food) and any other donation thru the raffle, or any direct donations, goes to a new scholarship fund established by the Community Center. Please attend the breakfast or donate

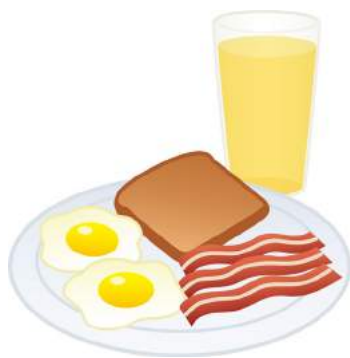
directly to the scholarship fund. We hope to raise enough to give a couple of significant scholarships this next Spring to South Coast students. Also, if anyone can help prepare food on Saturday between 9:00 and 11:00 am or anyone can help with any activity on Sunday morning

(cooking, serving, cleaning, etc) we would welcome it. Let's make this a tremendously grand community event and a fun morning.

The Manchester Community Center is located on Crispin Road just east of the Coast Highway (Highway 1). If you have any questions or suggestions, please call us (Susan & Gary) at 882-1750.

If you are mailing checks to support the scholarship program, please note on the check that it is for the "scholarship fund". Mail checks to: Manchester Community Center/Garcia Guild, PO Box 164, Manchester, CA 95459.

The phone number at the Manchester community Center is 882-3425.



HEALING ARTS & MASSAGE CENTER

JUDITH FISHER	SWEDISH
JOANN DIXON	DEEP TISSUE
ALISA EDWARDS	CRANIOSACRAL
NITA GREEN	HOT STONE
BILL SCHIEVE, L.AC, DC ACUPUNCTURE, CHIROPRACTIC	

CYPRESS VILLAGE, GUALALA
(707) 884-4800

PHYSICAL THERAPY

PETER McCANN, MPT	OSTEOPATHIC MANUAL MEDICINE
LUCINDA WEAVER, MPT	RESTORATION OF FUNCTION

MEDICARE • AARP • BLUE SHIELD
OTHER INSURANCE • PRIVATE PAY

Visit Your Coast Community Library In September! (It's a lot more than books. But they have those too.)

There's a lot going on this month thanks to the people at your Coast Community Library. Their regular activities include a Ukulele group (Mondays), Tai Chi, Quilting class, and Quilting Lab (Tuesdays), Preschool Story Time and Crafts, with Marilyn Alderson and Friends, and Book Club, (Wednesdays), and more. Check the calendar on the library's website for times. In addition, Friday, September 14 is the Friends of the Library Board Meeting, 10:00am-12:00pm; and the South Coast Stamp Club, Saturday, September 8, 12:30pm-3:00pm.

There will also be the Friends of the Library Giant Labor Day Book Sale (see article on page 6) and Sunday@the Library, featuring Devreaux Baker (see story, page 20).

And they have a simple reminder: Learn on, live long! Julia Larke, branch librarian, wishes to especially thank Beth Knoche who coordinates the Lifelong Learning programs at the library, and all of the volunteers who participate in facilitating the Great Courses classes. The upcoming fall schedule provides many learning options. All Classes are free and are at the Coast Community Library unless otherwise noted

"How to Listen to and Understand Opera"
Great Courses DVD lectures taught by Professor Robert Greenberg of San Francisco Performances. Learn to understand, appreciate and even love opera. Facilitated by music lover, Bob Schwein.

Thursdays, weekly, Sep 13 - Dec 6, and
Jan 10 - May 24 • 11:00am

"Ancient Civilizations of North America"
Great Courses DVD lectures taught by Professor Edwin Barnhart of the Maya Exploration Center. Third in a library series on archaeology, this course reveals the untold story of ancient North America's sophisticated cultures. Facilitated by Virgil Knoche who has had a lifelong interest in the many cultures of the world.

Thursdays, weekly, Sep 13-Dec 6 • 12:30pm

"Sensation, Perception, and Aging Process"
Great Courses DVD lectures taught by Professor Francis B Colavita, the University of Pittsburgh. These lectures address the role aging has on our sensory system, teach how we compensate for those changes and how to prepare for them. Facilitator is Pearl Watts, a U.S. State Department retiree and past president of Friends of Coast Community Library.

Thursdays, weekly, Sep 13-Dec 6 • 2:00pm

(Cont'd on page 16)

Gualala Arts

Since 1961
707.884.1138
GualalaArts.Org
46501 Old State Hwy.

Sat thru Mon 9/1- 9/3 10 am - 5 pm

26th Annual North Coast Artists Guild Studio Discovery Tour

Free! *Catalog and maps available at
Gualala Arts Center, Dolphin Gallery
Discovery Gallery & coastal galleries
or online at studiodiscovery.com*

Sat 9/1 **Nancy Burres, paintings** 5-7 pm
Barbara Harris, jewelry

Free! *Dolphin Gallery Opening
Summer Hours 10am-5pm, Wed-Mon*

Fri 9/7 **Exhibit Opening** 5-7 pm
"Galactic Oceanic"

Free! *Paul Stein, solo exhibit
Burnett Gallery
and*

"Old Painted Doors & Gates"
*Asha Carolyn Young
Elaine Jacob Foyer*

Fri 9/7 **JJ Mule Kat** 6-8 pm
**in the Redwood Grove
Music & Dancing**

*\$10 in advance, plus \$5 day of event.
Youth 7-17 free with paying adult.*

Sat 9/8 **10 am - 2:30 pm**
Still Life Oil Painting Demonstration

Free! *with Elio Camacho*

Sat 9/18 **NCAG Community Forum** 1 - 4 pm

*for upcoming Feb 2019 exhibit
"Crossing Boundaries: The Art of the Book"
\$15 participation fee*

Purchase Advance Tickets at
BrownPaperTickets.Com,
1.800.838.3006, The Dolphin Gallery
or Gualala Arts Center

**Open 10 am - 4 pm Weekdays
Noon - 4 pm Weekends**

Sometimes I've believed as many as
six impossible things before break-
fast.

Lewis Carroll (1832 - 1898),

D	V	O	G	S	R	H	P	E	T	B
E	L	G	S	E	R	V	A	R	T	U
P	O	R	D	S	E	V	E	N	U	T
O	C	E	D	A	R	T	A	E	E	N
N	I	V	A	T	E	R	I	G	E	M
E	D	R	C	N	O	R	I	M	E	G
R	E	N	O	G	D	E	R	I	M	A
E	T	H	I	D	I	M	I	H	S	D
T	H	T	N	V	I	G	S	S	V	A
T	O	N	N	E	A	E	I	T	E	E
O	I	D	E	M	R	E	G	I	T	E
E	R	E	V	E	N	V	A	T	B	S
E	S	B	E	G	V	E	N	O	S	E
E	T	O	N	N	E	A	E	I	T	E
T	R	E	F	I	T	K	S	A	R	T

Solution to Crossword:

New Moon



September 18

Full Moon



September 25

September Films Include **RBG** and **The Long Goodbye**

Arena Theater Film Club: a Supreme Documentary and Classic Chandler

The Calendar isn't always our friend and proof of that is that September allows only two films from the Arena Theater Film Club. On the positive side the club has two terrific films scheduled. They both deal with law and order but in two entirely different contexts with two radically different central figures.

First up this month is **RBG** (2015), an intimate portrait of an unlikely rock star: Justice Ruth Bader Ginsburg. The film screens Monday, September 10, 7:00pm. With unprecedented access, the filmmakers explore how her early legal battles changed the world for women.

At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming



an unexpected pop culture icon. But without a definitive Ginsburg biography, the unique personal journey of this diminutive, quiet warrior's rise to the nation's highest court has been largely unknown, even to

some of her biggest fans - until now. **RBG** is a revelatory documentary exploring Ginsburg's exceptional life and career from Betsy West and Julie Cohen, and co-produced by Storyville Films and CNN Films. The film is rated PG and has a runtime of 97 minutes.

Two weeks later, on September 24 the club offers a film with law and order running straight through and around its story. Writer Raymond Chandler was no "one-trick pony", but private detective Philip Marlowe always seems to be the character that is syn-

onymous with Chandler.

Marlowe has been the central character in Hollywood makes and remakes—Dick Powell in **Murder, My Sweet** (1944), Humphrey Bogart in **The Big Sleep** (1946), Robert Mitchum, in **Farewell, My Lovely** (1975) and **The Big Sleep** (1978). Elliott Gould's turn as Marlowe came during a prolific 1970s, which included starring roles for Gould in the original film **M*A*S*H** (1970), **Getting Straight** (1970), **Little Murders** (1971), **S*P*Y*S** (1974), **Nashville** (1975) **A Bridge Too Far** (1977) and others.

Applying his deconstructive eye to the "film noir" tradition, director Robert Altman updated R a y m o n d Chandler in his 1973 version of Chandler's novel, **The Long Goodbye** with Gould as Marlowe.



Private detective Philip Marlowe (Gould) is asked by his old buddy Terry Lennox (Jim Bouton) for a ride to Mexico. He obliges, and when he gets back to Los Angeles is questioned by police about the death of Terry's wife. Marlowe remains a suspect until it's reported that Terry has committed suicide in Mexico. Marlowe doesn't buy it but takes a new case from a beautiful blond, Eileen Wade (Nina van Pallandt), who coincidentally has a past with Terry. The film has a runtime of 111 minutes and is rated R. Films clubs screening are always scheduled for 7:00pm.

Coast Community Library's
Giant Labor Day Book Sale
Set For September 2 & 3

The Friends of the Coast Community Library announce the Library's Giant Labor Day Book Sale, set for Sunday, September 2 (10:00am to 5:00pm), and Monday, September 3 (10:00am to 3:00pm). Monday includes the \$5 per bag option from Noon to 3:00pm.

There will be something for everyone including books, audiobooks, DVDs, CDs, and more. Plenty of choices for both adults and children, and books—even gently-used library books, make great gifts for readers of all ages. Remember your first book? Perhaps you'll find it Labor Day weekend at the Coast Community Library.

The Coast Community Library is at 225 Main Street, Point Arena. Information is at (707) 882-3114.



Books to the ceiling,
Books to the sky,
My pile of books is a mile high.
How I love them! How I need them!
I'll have a long beard
by the time I read them.

Arnold Lobel, 1933-1987

JIN SHIN JYUTSU

Gentle and Powerful Relief for:
Pain

Stress

Allergies

Since 1981

DENISE GREEN, CMT

882-2437



Your FULL SERVICE Grocery Store / High Quality Fresh Meats & Vegetables

School Days... School Days...

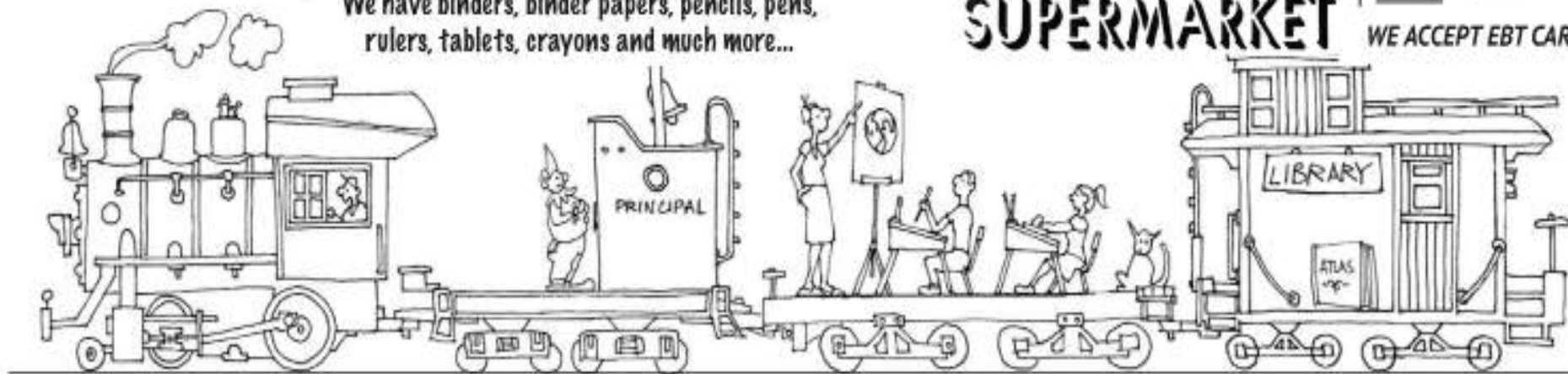
We have binders, binder papers, pencils, pens, rulers, tablets, crayons and much more...

GUALALA SUPERMARKET

SENIOR DISCOUNT EVERY MONDAY



WE ACCEPT EBT CARDS



SUNDSTROM MALL

884-1205

7AM UNTIL 8PM DAILY

Gualala Arts Workshops In September Something For Almost Everyone

The Gualala Arts Workshop Committee is currently accepting applications and ideas for 2019 workshops and classes across all interests and mediums. The committee will be meeting in the next few months to design a calendar of workshops for 2019, rather than rolling out workshops as they come through sporadically.

"We thought we would try a new way of doing things so that we can offer a solid schedule of classes that people can plan for in advance," said Gualala Arts Executive Director David "Sus" Susalla. "We are excited, as we get a lot of requests and we have a community so rich with talent, that we are sure there is something for everyone."

To propose a class or workshop, visit GualalaArts.org/workshops and scroll down to General Information. Download instructor guidelines, applications, and contracts from this link. If you still have questions, call 707-884-1138 for details about applying.

Upcoming workshops at Gualala Arts in September include the on-going "Creating Greeting Cards" class with Susan Schultz every third Thursday of the month from 1:00pm to 3:00pm. The next class will be September 20th. Cost is \$20 per class for Gualala Arts members and \$25 for non-members.

Paint & Pour! with instructor Whitney Badgett Hasan will be Friday, September 7, 6:00pm to 8:00pm. Follow along while you enjoy a glass of wine and go home with a completed painting. Gualala Arts members pay \$25 per class, non-members pay \$30. There is a \$10 materials fee to be paid directly to instructor.

On Saturday, September 8, join artist Elio

Camacho on the upstairs mezzanine for a painting demonstration from 10:00am to 2:30pm. This demo is free and is a preview of a class Camacho plans to teach at the Arts Center in 2019.



"Surface Design Play Day & Color Pop Quilt!" is the next Pacific Piecemaker's Quilt Guild workshop on Wednesday, September 19, 10:00am to 4:00pm and Thursday, September 20, 9:30am to 4:00pm. Cost is \$150 for Gualala Arts and PPQG members, \$155 if a member of either group, and \$160 for non-members. There is a \$15 materials fee for the first day of the class. Register by September 12.

Lisa Giacomini brings Gualala Arts "Cook & Pour" to life with an ongoing cooking series that is sure to be a fun night out for all involved. This class takes place on Thursdays in four-week increments for each series of classes.

The first series includes 12 hours of instruction and starts Thursday, Sept. 20 and continues through October 11, 6 to 9 p.m. Cost is \$250 for Gualala Arts members, \$270 for non-members, and there is a \$80 materials fee. Get a friend to sign up and receive a gift. Registration deadline is September 6. (see story on page 11.)



Saturday, September 29 and Sunday, September 30, enjoy a Paste Paper Workshop with artist Elizabeth Solomon. Cost is \$40 for Gualala Arts members and \$50 for non-members with a \$10 materials fee. Register by September 22.

Visit GualalaArts.org for more information about each workshop or to see what's slated for October. Call 707-884-1138 to register for workshops or for more information.

National Theatre Live • Julie At Arena Theater September 29

Once again, Arena Theater brings National Theatre Live from London with their production of **Julie** Saturday, September 29. The performance begins at 1:00pm, with doors open at 12:30pm. Tickets are \$18, \$5 youth, and are available online at www.arenatheater.org. (Please note that Julie will contain strobe lighting.)

Vanessa Kirby (The Crown, NT Live: A Streetcar Named Desire) and Eric Kofi Abrefa (The Amen Corner) feature in the cast of this brand new production, directed by Carrie Cracknell (NT Live: The Deep



Blue Sea) and broadcast live from the National Theatre to cinemas.

Wild and newly single, Julie throws a late night party. In the kitchen, Jean and Kristina clean up as the celebration heaves above them. Crossing the threshold, Julie initiates a power game with Jean - which rapidly descends into a savage fight for survival.

This new version of August Strindberg's play **Miss Julie**, written by Polly Stenham, remains shocking and fiercely relevant in its new setting of contemporary London.



"By placing Miss Julie, Strindberg's 19th century tragedy of infidelity and indulgence, at a sweaty, upmarket house party in London, Polly Stenham has made a classic for today."
London Theatre Co

ARENA THEATER
arenatheater.org
September 2018
Blues on the Coast
Commander Cody
& His Modern Day Airmen
Friday Sept. 28 8:30 PM

Mark Your Calendar
Manhattan Short Film Fest
Monday Oct. 1 7 PM

Arena Theater Live
Saturday Sept. 1 8 PM
Labor Day Dance
w/Buck-Thrifty
Monday Sept. 17 8 PM
3rd Monday Music
Exhibition on Screen
Sunday Sept. 9 1 PM
Renoir

Community Event
Saturday Sept. 22 7 PM
Ampage
Fundraiser for PAHS Triathlon Team

National Theatre Live
from London
Saturday Sept. 29 1 PM
Julie

Arena Theater Film Club
Mondays 7 PM
Sept. 10 RBG
Sept. 24 The Long Goodbye
214 Main Street Point Arena



Dream Catcher Interiors

We carry carpet, wood, tile, laminate, vinyl, window coverings, kitchen cabinets, and area rugs.

Monday To Friday 10 AM - 5 PM
Saturday 10 AM - 3 PM
39200 S. HWY 1 GUALALA CA
dreamcatcherinteriors@outlook.com
707-884-9655

INDIVIDUAL, FAMILY, & SMALL BUSINESS HEALTH INSURANCE PLANS



KEEP CALM

AND CALL

VANESSA



35512 S. Hwy 1, Anchor Bay

Across the street from the
Anchor Bay Store

Vanessa Ignacio
Agent / Broker

884-4640

Get Covered, Now!

vanessa@ignaciohealth.com
0K08156 | 0H53499

Dragons' Breath Theatre Variety Show & Art Walk September 8 The 19th Annual Event is Once Again Set for Anchor Bay

On Saturday, September 8th, Fred and Cheryl Mitouer of Transformational Bodywork Associates (with co-production assistance of Blake More), present the annual Dragons' Breath Theatre Variety Show & Art Walk. Gates open at 5:00pm, and the show starts at 6:00pm.

Now in its 19th year, the show lineup offers a mix of seasoned and first time performers, some local, others from the Bay Area and beyond. Surprises always abound; and so far, this year's acts include circus arts, dance, music, comedy, drama, poetry, flagging and storytelling. Out of town performers include Trapeze by Amanda Grace, dramatic comedy by Ed Holmes of the San Francisco Mime Troupe, comedy by Sherry Glaser, poets Hal Robins, as well as the return of New Orleans pianist Nelson Lunding and friends. This year's local talent includes musical performances by Ava Peterson, Jaren Hodder, Teo Abrams, Bryn Harris, Cassie Grossman and Wayne Harris, and Karl Young; spoken word by Jasper Henderson, Janet DeBar, Blake More, Ashlynn Okubo; dance by the TaptaTions, Natalie Aceves, Margaret Grace & Abby Stoner, Blake More; and of course, other special surprises.

The night will end with the artwalk and a DJ dance party with DJ DrumKit, who plays drums and loops to his own dj tracks.

Small bites and tapas plates provided by Tara Cooper and Sheralyn Kirby.

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, co-

founders of the Pacific School of Massage and Healing Arts and Transformational Bodywork Associates - Somatic Agency and long time community members. Incorporating their careers in Transformational Bodywork, organizational consulting, movement disciplines, holistic health counseling and massage, the pair started Dragons' Breath Theatre nineteen years ago as a forum for cultural experiments in consciousness and irreverent play.



The show also includes the Dragons' Breath Gallery "Art Walk", which this year will include David Allen (photography), Orbs by the Orb Goddess Andrea Corsick, Tina Kelly Green and Gail Horvath.

In Fred's words, "Dragons' Breath is just us folks - fun, creative and edgy performances under the stars with old friends and new connections. We love the mix of fresh talent and professionals and the soulful way the performers and audience interact."

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 8th. Pack a picnic and bring blankets. 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 Action Network and KGUA Radio. For more information, call (707) 884-3138 or email mitouer@mcn.org.

Voter Registration This Month, September 1, 2, & 15

Get ready for the November 6 election by registering to vote. There are multiple opportunities this month.

September 1 and 15 registration will be available at the Pay n' Take in Gualala (next to the Gualala Community Center) from 8:30am to 12:00noon.

There will be registration on Sunday September 2 at the Garcia Guild breakfast at the Manchester Community Center on Crispin Road from 8:30am to 11:30am; and then later that same day at the Seafood and Harbor Festival at the Point Arena Pier from Noon to 6:00pm.

One last option is to attend the Redwood Coast Democrats Annual Barn Party on September 15 at Kenny Jowers' ranch in Manchester (see separate story on page 6.)

Who can register? California residents (from any county) who will be 18 years old by Tuesday, November 6, 2018 and are U.S. Citizens are eligible to register to vote. The 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. The new, improved Voter Registration forms are easier and more user-friendly. If you are a youth 16 or 17 years old, you may now pre-register in advance of your 18th birthday. Please bring your Drivers License, or California ID card, and your Social Security number.

Voting rights are civil rights! Protect and exercise your right to vote! Information at: www.sos.ca.gov and 707-884-4703.



Gualala Arts Offers A One-Stop Evening September 7 With Two Art Openings, A Bit of Wine, And Some Great Live Music

Sometimes we're presented with too many options. Other times there's nothing going on. But then there are evenings when some thoughtful person puts it all together and creates an evening of one-stop enjoyment. September 7 is one of those evenings at Gualala Arts.

Gualala Arts has several exciting events converging on the Arts Center the evening of Friday, September 7, so pack your dancing shoes, paintbrushes, and a discerning eye and head on over for a night of fun!

"Every once in a while, the universe aligns just right and we have an exciting mix that makes for a great summer evening," said Gualala Arts Executive Director David "Sus" Susalla. "This is one of those nights!"

Opening exhibits include "Galactic Oceanic," a wonderful showing by Manchester master potter Paul Stein in the Burnett Gallery, and a quick turn and you'll be greeted by "Old Painted Doors & Gates" by artist Asha Carolyn Young in the Elaine Jacob Foyer. The opening reception is from 5:00pm to 7:00pm and will include appetizers and a no-host bar and it's free to the public.

In the upstairs classroom, "Sip and Pour" with instructor Whitney Badgett Hasan takes place from 6:00pm to 8:00pm. Bring a friend and enjoy a glass of wine from the no-host bar while learning a few painting tips. All materials are provided as part of the class and everyone goes home with a painting. The class is \$25 for Gualala Arts members, \$35 for non-members, and there is a \$10 materials fee due to the instructor at the time of the class. Call Gualala Arts at (707) 884-1138 to register for this class.

Finally, groovin' in the Redwood Grove is JJ Mule Kat with local musicians Tim and Paul Mueller, James Hayes, Jesse Hanna, and Katrina Coffman. The concert is \$10 in advance, plus \$5 the day of the event. Tickets can be purchased online at BrownPaperTickets.com or by calling (800) 838-3006. No-host bar and snacks can be purchased.

Make the most of these late-summer, early fall evenings. Get out of the house and stimulate your senses.

"I want all my senses engaged. Let me absorb the world's variety and uniqueness."

Maya Angelou (1928 -2014)

Point Arena Lighthouse

- * Tower Tours
- * Museum
- * Gift Store
- * Lodging

Open Daily
10:00am - 3:30pm
4:30pm Memorial Day to Labor Day

45500 Lighthouse Rd.
Point Arena, CA 95468
(707) 882-2809 ext. 1

PointArenaLighthouse.com

"Last night somebody broke into my apartment and replaced everything with exact duplicates. When I pointed it out to my roommate, he said, 'Do I know you?'"

Steven Wright (1955 -)

THE SEA TRADER
GUALALA

The Sea Trader is a fine emporium of delightful and heart-felt gifts including beautiful handcarved sculptures from Thailand, spiritual books, greeting cards, CD's and much much more. . . .

884-3248 Hwy. One, N. Gualala
Daily 10-5, Sun. 11-5

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

Solution to Sudoku:

Words on Wellness

by Karin Uphoff

As autumn approaches the east coast, hardwood forests display a fine palette of fall colors. In California, the change of season appears in the many rows of cultivated grapes, whose leaves turn yellow, orange and red when night air temperatures drop. Spanish friars found the native grape too sour, so brought grapes from Europe to graft onto the wild grapevine for making sacramental wine. In 1839 Kentucky-native William Wolf-skill planted the first table grape vineyard in California, and by the time 1869 rolled around, the first fresh table grapes were shipped to east coast markets. California's climate turned out to be ideal for growing grapes and today, more than 856,000 acres are

planted with table grape, wine and raisin vineyards, supplying 99% of U.S. commercially grown table grapes. Our native grapevine was always used as food and medicine. Native Americans made grape leaf tea for diarrhea, hepatitis, stomach aches and thrush. They used the root as a tonic and wilted grape leaves as poultices for mastitis, rheumatism, headaches and fevers. Farmers later put the leaves in their hats to keep their heads cool and also used the leaves to get fermented pickles and sauerkraut off to a good start. This is similar to how the leaf was being used in Iran and the Mediterranean where grape leaves are



now found canned or bottled for wrapping foods like rice, vegetables or meats. Fresh, young grape leaves are best consumed after they're steamed or blanched, while young tendrils can be added raw to salads. The leaves are high in vitamin E, K, A and manganese and are used in herbal combinations to detox the liver, lower blood pressure and reduce edema in those with chronic venous insufficiency.

The fruit is well-known for its powerful antioxidant polyphenols, especially resveratrol and quercetin found in the skin of red grapes. These chemicals are highly anti-inflammatory and help prevent or slow cancer and tumor growth. They can also reduce the risk of cardiovascular disease by preventing platelet build-up. Studies showed marked improvement in cardiovascular patients who drank three glasses of concord grape juice a day for two weeks, mirroring old remedies of grape juice fasts for cleansing the blood. Grapeseed oil is made with seeds from wine grapes and can promote skin repair, since it contains twice the Vitamin E as olive oil. What a gift the grape!

*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*

Cliff Swallow: Not Just In Capistrano.

If I glimpse a bird fly by that is a little more than 5 inches long, with a square tail, pale rump and white forehead, there's a good chance it's a Cliff Swallow.

Cliff Swallow wings are blue-gray, as are their crowns. The cheeks are rusty brown; their throats are dark.

These are the famous swallows of San Juan Capistrano whose return has been recorded around March 19 since 1775. They winter in Paraguay, Brazil, and Argentina. Cliff swallows eat insects, catching them in mid-flight with beaks that are surrounded by tiny bristles that help trap the bugs.

It's been suggested they could be renamed Bridge



Swallows because so many nest on highway bridges.

Historically, these colonial nesters chose cliffs and bluffs to build their gourd-shaped nests. Each nest is built by a pair and it has a small opening at the bottom. They "mason" their home with bead-like bricks of mud carried to the nesting site in their beaks. Some 4-5 eggs are incubated for only about

two weeks.

Interestingly, Cliff Swallows are parasitic nesters in their own colonies. Females have been known to carry an egg in their beaks to an empty nearby nest. When the neighbors return, they seem to accept them and raise the chicks as their own.

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: Barbara Fleming

Animal Care & Welfare • Canine Confrontation

By Cathy Sue Riehm

Rex got jumped at the beach a few weeks ago. As we arrived, I used the Chuck-it to throw his ball, and as Rex ran after his ball, from the far corner of the beach came a 150 pound un-neutered Mastiff. As Rex was bringing the ball back to me, the Mastiff approached Rex from behind and bit down on Rex's head, leaving bleeding wounds in his neck and ear.

What do you do in this situation?

Because there are so many possible scenarios when it comes to one dog attacking another, there are just as many advisable ways to respond.

Staying calm is easier said than done, but don't scream or create a shrill noise (like blowing a dog whistle) which just adds to the aggressive excitement. If you're able, create a 'shield' between your dog and the aggressive dog- twirl the end of your leash to create a 'windmill' in front of your dog or use something like a bag or umbrella to shield your dog and break the other dog's focus. You can step in front of your dog, and try to quietly steer your dog away, or you might need to add an assertive 'No!' or 'Go Home!' command. I talked to Sage, the Shelter Supervisor in the Animal Care Services Center in Ukiah, and she said one way to possibly prevent a dog attacking your dog is by using citronella spray, which is "harmless, but intimidating".

I asked Tintah, at Village Veterinary in Mendocino, what to do and she said, "If there is an active confrontational situation, call 911." What if you'd like to press charges, file a report or get financially reimbursed for the vet bill? Tintah says to call Animal Control out of the Mendocino County Sheriff's of-

fice in Ukiah at 707-463-4427. Your options depend on what information you have on the owner and the dog- are they willing to take responsibility or did you have to get a license plate number as they drove off?

In no way could I ever recommend intervening in a dog fight. It's never recommended to reach in and grab your dog by the collar. If two people are present, it might be possible to each grab one dog by the back legs to pull them apart, or even slip a leash around one dog's abdomen to pull it away from the other dog... but, of course, it's possible to be bit by one of the dogs yourself.

As for the Mastiff, I was able to step in between him and Rex. I extended my Chuck-it toward him and I delivered a very large and deep "NO!" Thankfully, the dog turned away and began evading the owner, who had run up and was trying to catch her dog.

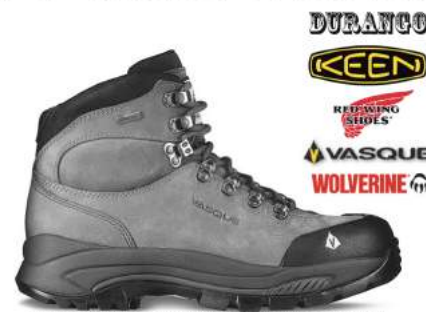


Mendocino County Pet Care-A-Van Returns to Manchester in October

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

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

WE HAVE BOOTS!



Village Bootery

Open Daily 11:30 - 6:00

Across from Seaciff

GUALALA 884-4451

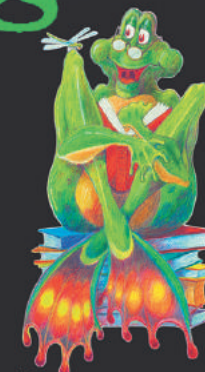


FOUR-EYED
Frog
BOOKS

Gualala
Cypress Village
Open 7 days
707-884-1333

Community
Owned
Bookstore

www.foureyedfrog.com



Dolphin Gallery's Opening Reception September 1
Nancy Burres' Paintings and Barbara Harris' Upcycle Jewelry

Both artists showing at the Dolphin Gallery through September have spent their lives making art. Painter Nancy Burres remembers her first oil painting kit when she was 12 years old and Barbara Harris taught graphic design and visual communications courses at Santa Rosa Junior College for over 25 years.

The opening reception for both— oil paintings by Burres and upcycled “found”



“learn the basics,” Burres says at some point an artist simply needs to keep painting, keep experimenting, until “you get it just right.” Burres has been getting it just right for a long time, showing her work in galleries in Napa, Sonoma, and Mendocino counties. Her work is displayed in the Dolphin Gallery and in the Mendocino Country Store. “I love painting with oil,” Burres says, adding that she also creates abstract images using acrylic: she chooses the medium that best suits her subject matter.

Burres especially loves landscapes, saying “when I look at a beautiful scene it gives me a sense of harmony and serenity,” which she then captures in her paintings. Her many paintings of redwoods, sunsets, high mountain wildflowers, water scenes, and old falling-down cabins show her attachment to the natural world. Her ultimate goal, she says, “is to create artworks of beauty and peace that nourish.

In addition to making remarkably memorable jewelry and teaching for 25 years, Barbara Harris is an illustrator, calligrapher, graphic artist, and arts administrator who currently serves as Communications Director for the Voigt Family Sculpture Foun-



dation in Geyserville. She also trains volunteer docents to lead tours at the famous Oliver Ranch and has worked as an administrator for a number of arts organizations.

jewelry by Harris—is the first Saturday of the month, September 1, from 5:00pm to 7:00pm at the Dolphin Gallery and is free to the public. Appetizers and a no-host bar will be served and visitors can meet the artists. The exhibit will remain through Sunday, September 30.

Burres says she still has the wooden box that oil painting kit came in. She also remembers her family taking her to a local art exhibit of Robert Wood's paintings, which only increased her commitment to drawing and to art. At Burbank High, Burres took all the art classes available and then took college art classes through Santa Rosa Adult Education and at the Mendocino Art Center over decades.

While classes certainly help artists to



Harris describes her jewelry as “sculptural assemblages created from copper, brass, rubber, and plastic repurposed from salvage yards or found on the ground and the beach,” along with whatever strikes her imagination, such as plumbing

washers, poker chips, glass fishing floats, and seed pods. As this description suggests, Harris’s work is inspired by what she finds around her: each piece she designs is one-of-a-kind and none are designed in advance. Rather, the materials themselves are the “initial inspiration” that leads to even more inspiration as she works her way through construction.

The earrings and necklaces that Harris creates are thus unique; they won't be duplicated or replicated since, as she says, “most materials will never be found again.” She sees her constructions as “spontaneous gifts” that surprise and delight as she constructs them.



Renoir: Revered and Reviled
Exhibition on Screen
Returns to Arena Theater
September 9

The “Exhibition on Screen” series has truly become our front row seat for the world's greatest art. This month the series presents **Renoir: Revered and Reviled**, at Arena Theater, Sunday, September 9, 1:00pm; doors open 12:30pm. Tickets are \$15 online at www.arenatheater.org and at the door. This film is based on the collection at the Barnes Foundation, Philadelphia.

Pierre-Auguste Renoir is known and loved for his impressionist paintings of Paris. These paintings count among the world's favorites. Renoir, however, grew tired of this style and changed course.

This stunning film - based on the remarkable collection of 181 Renoirs at the



Barnes Foundation in Philadelphia - examines the direction he then took and why it provokes such extreme reactions right up to today. Some claim they are repulsed by Renoir's later works and some claim they are seduced. What may surprise many is that among the many artists who sought Renoir's new works out and were clearly highly influenced by them were the two giants of the 20th century - Picasso and Matisse. The film is a fresh new biography of this artistic giant but more than that it uncovers a rarely told story that places Renoir as a critical link between the old and the new. The film was written and directed by Phil Grabsky. Run time is 90 minutes.

Filmed for cinema at the world's biggest art exhibitions and on location, this ground breaking series allows art lovers worldwide to enjoy, marvel and delight at the works of some of history's greatest ever painters by offering a front row seat for the world's greatest art.

Image: Pierre-Auguste Renoir, *Nude in a Landscape (Nu dans un paysage)*, c. 1917. © 2015 The Barnes Foundation

the green ROOM
Cannabis Wellness on the Mendocino Coast

NOW OPEN 7 DAYS A WEEK
RECREATIONAL SALES BEGIN IN APRIL
DELIVERY COMING SOON

CannabisMendocino.com
138 Main Street, Point Arena | 707.320.1918
LIC#M10-18-0000168-TEMP

Art is science made clear.

Jean Cocteau (1889 - 1963)

ROOTS
Roots Herbal Apothecary

Herbal Apothecary
Specializing In Healthcare
For The Whole Family

HRS: Mon. - Sat. 10:00am to 5:00 pm
240 Main Street, Point Arena
882-2699

Master Potter Paul Stein and Artist Asha Carolyn Young
A Double Treat at Gualala Arts • Opening Reception September 7

Master potter Paul Stein of Manchester opens a solo exhibit of his works in the Burnett Gallery of Gualala Arts Center this month while artist Asha Carolyn Young opens in the Elaine Jacob Foyer.

The opening reception for “Galactic Oceanic” and “Old Painted Doors & Gates” is Friday, September 7, 5:00pm to 7:00pm. The reception is free to the public, who will enjoy a no-host wine bar and appetizers along with the chance to meet the artists.

Stein rarely exhibits his work, so this is a great opportunity catch a glimpse of his past and present pieces.

Former curator Peter Flagg of the Crocker Art museum describes Stein’s ceramic works as a “fascinating mixture of Eastern sensibilities and California flair.” Flagg wrote that the ceramic vessels of Paul Stein closely parallel the effects of ceramics from the Chinese Song and Ming dynasties with their emphasis on perfection of color and



form and in the translucency of their thin bodies. Most of the forms of Stein’s porcelain vessels recall no specific shapes in the canon of Chinese ceramics, but rather appear to be loosely based on them. Similarly, his glazes—composed of brilliant rich or understated tones—have no exact equivalent in Chinese porcelain.

Stein is an American-born potter and studied with Richard Shaw at the San Francisco Art Institute and with Marguerite Wildenhain at Pond Farm. He now lives and

works on the coast in a contemporary classic style in porcelain. Much of his work is influenced by the coastal environment, according to a description by the Hubert A. Arnold Collection from the Crocker Museum in Sacramento.

In the foyer, Young displays mixed media “found” doors and gates that she has painted in various bright colors and designs.

“Doors and gates are, to me, beautiful, mystical symbols of transition and transformation,” Young said.

“Standing before them, they can evoke warmth and familiarity, anticipation and curiosity, excitement and trepidation—many emotions and imaginations. Old found doors carry a mystery regarding the history they hold with people who used them. They’re quite lovable.”

The artist started painting as a young child and attended Laney College and U.C. Berkeley, studying art and cultural anthropology. She also took lessons with a Japanese brush painting master for about seven years. Since then, Young says she has painted on her own, focusing mostly on plein air landscape and seascape painting, as well as media abstracts. And doors.



“Baby Tomato”, Lisa Giacomini, Brings Her Enthusiasm For Cooking to Gualala Arts’ For a New Series, Beginning September 20

Instructor Lisa Giacomini, also known as “Baby Tomato” to those on the coast, brings her brand of fun and exciting cooking to Gualala Arts’ on-going cooking series “Cook and Pour!”

A little wine, a dash of this and a pinch of that, and before you know it you’ve got a full-on four course meal and a small party for everyone involved!

This on-going course will be on Thursdays in the Gualala Arts professional grade culinary kitchen from 6:00pm to 9:00pm starting September 20 with the final class on October 11. Courses run in four-week increments. Cost is \$250 for Gualala Arts members, \$270 for non-members, and there is an additional \$80 materials fee. Register by September 6 by calling Gualala Arts at (707) 884-1138.

“Skydiving, Running of the Bulls, Master of the Zen art of dog petting,” are all prerequisites, Giacomini says, jokingly. “This class is meant to be fun and you must have taken “The Good Humor” class as a prerequisite!” Giacomini is offering an incentive to people who refer friends. For every referral that gets another person to register for a course, the person who refers will receive a kitchen tool or gadget valued at \$15 or more. Anyone who attends the class will receive a free kitchen knife.

This class is designed for couples or small

groups who wish to learn about creative thinking in their everyday cooking or special dishes, Giacomini says. Entrees prepared during the class will reflect locally available offerings and the main dish is subject to change depending on availability of specific ingredients but will be an equitable substitute.

“We call it “Cook and Pour” because we will be consuming food and wine together!” Giacomini says. The first glass of wine is free during the tasting portion of class with entrée and subsequent wine may be purchased from the instructor for a price dependent upon the wine offered. All alcohol at this event will be provided by instructor.

Each workshop is a dinner class that will include the consumption of a meal and each class will have an assignment of “One Little Thing,” where each person on the cooking team brings a designated item for the next week’s meal.

Visit GualalaArts.org/Workshops to find out more about this workshop and other upcoming classes.



SEPTEMBER AT GARCIA RIVER CASINO



BRAD WILSON'S
ROLLIN' BLUES THUNDER BAND
Saturday Sept. 1st, 8.30.PM

AC MYLES

“The Real Deal!!”

Saturday Sept. 22nd, 8.30.PM



22215 Windy Hollow Rd, Point Arena, CA 707 467 5300 TheGarciaRiverCasino.com

THE PIER
Chowder House
AND TAP ROOM

Open Every Day • 11:00am to 9:00pm
Serving Seafood, Burgers, and More!
In The Bar: Thirsty Thursday—\$2 pints, 6-8pm
Taco Tuesday: 5pm 'til we run out

Call For Reservations: (707) 882-3400

790 PORT ROAD (The Cove) IN POINT ARENA



Exploring Renewal by David Steffen

I remember my first trip to California. The year was 1972, I flew in from Chicago, as I was about to begin a new career. The fabled terminal at LAX was a fraction of the size it is today. The horseshoe design of the access road was already in place, but the terminals were one level in those days (vs. today's two and three-story buildings swallowing up departing passengers and spitting out the arrivals.) Over the dozen years I lived in Los Angeles, I occasionally drove south from Los Angeles to San Diego or north to Santa Barbara. But any other in-state travel was of the "fly-over" variety.

A few years ago I actually drove to Los Angeles from Mendocino County (mostly on I-5) to attend a memorial service for a dear friend. That Friday night I stayed with friends in the Hollywood hills. Saturday morning we all went to the memorial—in typical L.A. fashion—in numerous separate cars. As quickly as I arrived, Saturday afternoon I found myself back in my car and headed north on I-5. Neither the drive south on Friday or the return on Saturday motivated me to consider the beauty of this state's "agricultural engine", that enormous food-producing region covering the central part of the Golden State.

Perhaps it was my mood after the memorial, or the momentary enjoyment of seeing old friends, and exchanging small talk, hugs, and kisses and then leaving them behind, and taking some memories. Of course we all agreed that we'd make a point of getting together and not let too much time go by. That was four years ago and with a couple of exceptions, I've been a slacker on staying in touch.

For some reason, as summer 2018 began I felt the urge to make contact. I reached out to one of my friends from that October 2014 visit. Harold has been more than a friend. Hell, we worked together for a couple of decades. The call felt good and after a couple of months of trying to find the perfect moment we finally found a weekend that would work for us both.

Leaving Mendocino County on a Friday morning (again) I headed south, this time down the coast through Jenner, across the Russian River, over to Bodega Bay (where Hitchcock's *The Birds* was filmed), past Point Reyes Station, which I once described to someone as a "coastal town that time sorta forgot". I continued south through Olema and on to the Golden Gate Bridge. From there I drove past Golden Gate Park to Highway 92 and headed toward Half Moon Bay. Finally I was going to once again be enjoying the ocean views.

Part of my motivation for this route was

the wonderful news that a beautiful stretch of Highway One near Big Sur had been repaired, reopened, and ready for traffic. I should have expected that with the highway reopened, a few thousand of my closest friends would also be headed to Half Moon



Bay, Big Sur, Santa Cruz, Monterey, Carmel, and other points south..

Somewhere just north of Monterey my iPhone's GPS suggested—I guess most of these devices have learned to make suggestions to we puny humans—that I move over to Highway 101. It would be faster, and as it was now past noon, and I had hundreds of miles to go, I should get a move on.

In short order I found myself speeding down a wide-open 101, glancing left and right to take notice of the vast agricultural land I heretofore had only sped past at night or high above in a Boeing jet. It was sunny and beautiful (albeit 90+ degrees outside) and as I passed Watsonville I thought about the green vegetables and fruit often labeled as having come from this particular part of the state. When I read the highway sign that said "Soledad, 10 miles" I decided I'd had enough of the hot and dry ag-land and would go back to the coast. Once you're past Soledad, Gonzales, Greenfield or dozens of other towns you realize there is no quick and easy route back to the coast. Never mind. I still had my iPhone and even if this was miles from the coast, the drive might be worth it.

As I turned west from Greenfield, I navigated my way along a series of two-lane blacktop highways with names like Elm Road (no elms to be seen), Arroyo Seco (a dry creek it was), and Carmel Valley Road, which gave me some confidence that my general direction was west. Observing so many hard-working men in the fields and the vineyards, I knew (once again) how lucky I've been.

Some twists and turns (and perhaps 2 hours after leaving 101) I suddenly found myself in the charming town of Carmel Valley. It's about 15 miles from the coast and the parts of it I saw were just plain lovely. I quickly began reorienting myself from the dry roads, valleys, and hills and focused on this oasis. Clearly the real estate was well out of my league, but I had no interest in moving here anyway; and a stop after so many hours of driving seemed like a very good idea.

I turned right into the parking lot of the Corskscrew Cafe, with a sign telling me that lunch was served until 4:00pm. Glancing at my watch and seeing it was 3:30pm, the decision was easy. A glass of wine, a salad, and at 4:30pm I was back on Pacific Coast Highway. Sightseeing was becoming less and less of a motivation, as I knew I had many miles to go to get to Oxnard before midnight.

PCH became Cabrillo Highway, and I observed names and places that, had I not been so tardy getting this far, I would be stopping to take them all in. I looked up to see (in the distance) the great American cabin in the woods known colloquially as Hearst Castle at San Simeon. I waved to the ghosts and continued south traveling through towns like Harmony, Cayucos, Morro Bay, San Luis Obispo, and Pismo Beach. By the time

I reached the outskirts of Santa Barbara I was tired but feeling like I was actually going to make it to Oxnard.

Arriving at my Air B&B I can only say that it was better than the Alkistis Hotel in Athens (\$10 bucks a night in 1976 and way overpriced then),

but not by much. I won't bore you with my whiny accommodations story; perhaps another day.

Saturday morning my friend Harold met me at a local coffee spot and we spent the next ten hours catching up. Some wine, some food, a personally guided private tour of Oxnard—did you know it was founded by Henry Oxnard, or that the Navy not only maintains a base in Oxnard but there is a museum dedicated to the amazing work of the Sea Bees (navy Construction Battalions)? It's a nice place to live and I can see why Harold likes it. Close enough to greater Los Angeles to stay in touch but better air, and the beautiful Pacific.



215 main

— IN POINT ARENA —

BEER • WINE • FOOD
LIVE ENTERTAINMENT

707-882-3215

"Dizzy's bellows pumps.
Jazz balloon inflates,
floats high.
Earth listens, stands by."

James A. Emanuel.
Jazz from the Haiku King

**Redwood Coast
Chamber of Commerce**

*The Sonoma- Mendocino
Coastal Connection*

Visitor Center Hours 

Thursday & Friday 12p - 5p
Saturday 11a - 5p • Sunday 12p - 5p

39150 S. Hwy 1 in the Forte Gualala Bldg.
tel: (800)778-5252 or 884-1080
www.redwoodcoastchamber.com

Sunday Morning we had our breakfast, said our good-byes and I was on the road again. I drove straight back to Mendocino County, taking 101 most of the way. When I got home I didn't need anyone to remind me how much I like living up here. But I will say, reaching out was a great idea. Most importantly I renewed a friendship that I've treasured for 40 years. And I was reminded, along the way, what a great state California truly is. There is so much here to explore and discover, and none of us will live long enough to see it all or even half. But while you're busy making plans, take a turn. Stop in a small town. explore a museum. Gaze at the ocean. And visit with an old friend. It'll make you feel young again. Really.

COMMANDER CODY from cover

Artist, musician and pioneering bandleader commander Cody helped invent a whole new style of music during the early 1970s, a period regarded as the height of rock innovation. Commander Cody and His Lost Planet Airmen were one of the original groups to fuse divergent strains of American roots music---stripped-down basic rock and roll, rhythm and blues, jazz, bop, country, western swing and rockabilly---and create an innovative yet familiar and convincing sound.

Along with retro-revisionist bands like The Byrds, The Eagles and Poco, for whom the Airmen laid the groundwork, Cody and his crew played country rock, however, they usually rocked harder, making them the quintessential "bar band," much in the same vein as British pub rockers Brinsley Schwartz and Ducks Deluxe. And while many of the group's counterparts followed the bombastic trends of the day, the Lost Planet Airmen resisted overblown, pompous heirs. Instead they preferred a no-frills, back-to-basics approach and are best remembered for their biggest hit "Hot Rod Lincoln," a high-octane tribute to the legends of rock music, as well as a string of now classic albums.

Commander Cody and His Lost Planet Airmen were the precursor to the Austin, Texas, music scene of the 1980s. In fact, Austin's own Asleep at the wheel first moved to San Francisco under the influence of Cody, where they played in clubs as a satellite of sorts to the Airmen. Arena Theater is at 214 Main Street, Pt. Arena.

The Swallows Return to . . . Calabasas?

By Tony Stanol

We witnessed an enormous increase in the swallow population in Calabasas, CA a few years ago while we were living there. I first noticed them because of the shower of bird droppings on our cars on the front driveway in the spring. There was speculation that global warming drove the birds 85 miles north from the Mission at San Juan Capistrano to find an environment which resembled the climate of the San Juan Capistrano of old.

For the prior 10 years, residents of San Juan Capistrano had been scratching their heads about the pronounced decrease in the number of swallows there. Would it ruin the tourist trade to their annual swallow return celebration? They looked for solutions.

In 2007, Charles R. Brown, a professor of biological science at the University of Tulsa and an expert on cliff swallows, visited the mission and offered a few ideas to help bring the birds back - including installing ceramic nests. Others piped in recorded bird sounds to attract them. But nothing seemed to work.

In the mean time, 85 miles north, Calabasas

residents began experiencing a marked uptick in the swallow population as the winged creatures migrated and settled there. One spring, our house was infiltrated by a family of swallows building one of their signature mud nests in the eaves above our garage. I got out the power washer and quickly knocked down the first nest before they got too far along. But they started rebuilding immediately.

I washed away the next nest the following day, and the next, and the next. They

just were not giving up. Swallows are notoriously persistent builders. I wouldn't have become obsessed with getting rid of them except that their droppings were ruining the finish on our cars. We could have parked our cars in the garage of course, except that it was still filled to overflowing with useless junk from our basement when we had one in Connecticut.

After trying several remedies including a scary looking stuffed animal in the bedroom window just below the eaves, I finally found one that worked. It involved a sticky gel applied to their nesting area accurately named "Bird Repellent" made by, and I'm not making this up: Tanglefoot Manufacturing. This product discourages the birds from building their muddy structures because they have difficulty removing themselves from the eaves when they try to fly away for more provisions. After several frustrating attempts to build, the swallows finally gave up. A riot of swallow feathers stuck to the wall grimly warned future builders from even trying.

From then on, the swallows were gone from our house. Problem solved? Not exactly. Much to my chagrin, the winged terrors relocated to the eaves of a neighbor's house directly across the street. The droppings on our cars continued undiminished because we seemed to be directly underneath some swallow flight pattern. Or perhaps they were simply punishing us in revenge. But I still beat the swallows at their nesting game that spring.

I wonder how the missionaries at San Juan Capistrano kept their wagons clean when the swallows lived there.

*Tony Stanol is an occasional contributor.
He lives in central Florida.*



Hard Rock Band Ampage Returns To Arena Theater Fundraising Concert for PAHS September 22

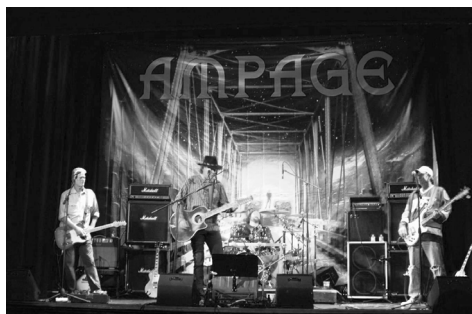
On the heels of the release of their 7th album, California-based hard rock band Ampage returns to Arena Theater for a performance and fundraiser to benefit the Point Arena High School Triathlon Team. The band will perform Saturday, September 22. Show starts at 7:00pm, doors open at 6:30pm.

The band's current lineup features Mark Mason on lead vocals and guitar, Mark Pearce on lead guitar and vocals, Bill Stokem on bass and vocals, and Jason Fish on drums. "Bridge of Souls" is dedicated to long-time Ampage drummer Michael Kroeger who died from Leukemia in January of this year, shortly after he had finished

his drum and backing vocals tracks.

Since its inception in the mid-eighties, the band has played in varied configurations but according to band leader 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."

Some of the legendary performers who performed with Ampage include Rick Allen of Def Leppard, Michael Monarch of Steppenwolf, Earl Slick of Bowie and John Lennon, John Easdale of Dramarama, and John Taylor of Duran Duran.



TheZenHouse.net

Point Arena
707-882-2281
Wed - Sat: 10am - 6pm Sun: 10am - 1pm

Lodging for Paws
Boarding Grooming
882-2429
PO Box 174 Point Arena 95468
www.bednbone.com

• CSA • Weddings • Retreats •
USDA ORGANIC
OZFARM.COM
707.882.3046
info@ozfarm.com
Certified California CCOF Farmers

Phillips Insurance Agency
Auto - Boats - Homeowners - Renters
Business & Commercial - Life Insurance
Annuities & IRA'S

Andrea Phillips
Agent
Lic# 0E29247
aphillips3@farmersagent.com
CYPRESS VILLAGE
39126 Ocean Dr., Suite C
Gualala

884-1740

The Local Top-15 Books
Early Fall 2018

"Without words, without writing and without books there would be no history, there could be no concept of humanity."

Hermann Hesse (1877 - 1962).

1. *Less* by Andrew Sean Greer
2. *Shaping The Sonoma Coast* by Thomas Cochrane
3. *Crazy Rich Asians* by Kevin Kwan
4. *The President Is Missing* by Bill Clinton and James Patterson
5. *Mendonoma Sightings Throughout/Year* by Jeanne Jackson & Craig Tooley
6. *Qh awala li: "Water running down place"* Annette White-Parks
7. *Pachinko* by Min Jin Lee
8. *The Nightingale* by Kristin Hannah
9. *Warlight* by Michael Ondaatje
10. *Manhattan Beach* by Jennifer Egan
11. *Woman In Cabin 10* by Ruth Ware
12. *Anything Is Possible* by Elizabeth Strout
13. *Hillbilly Elegy* by JD Vance
14. *Secret Scripture* by Sebastian Barry
15. *Eleanor Oliphant is Completely Fine* by Gail Honeyman

Bubbling Just Under the Top-15*

- *. *Luster Of Lost Things* by Sophie Chen Keller

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



arena technology center

monday thru friday

3:30pm - 7:30pm

(no tech center patrons allowed on school property until 3:30pm)

open to youth and adults for
free internet access, classes, online
learning, audio recording and digital projects

185 lake street
(located at south coast high school back building)

707.882.4173

arenatechcenter.org

(a subsidiary of the point arena schools)

The Order Of Time

A book by Carlo Rovelli, Reviewed by Joel Crockett

The concept of time, one of the greatest remaining scientific mysteries, fascinates me. In July, 2017, The Lighthouse Peddler ran my review of *Why Time Flies* by Alan Burdick*. I wanted to know more, so here we go again.

The Order of Time is divided into three sections: The Crumbling of Time, The World Without Time, and The Sources of Time. It's impossible to read about the subject as Rovelli describes it, though, without introducing other components: space, energy, heat, stuff that happens, stuff that doesn't, and most importantly, entropy.

Understanding the concept of entropy is central to Rovelli's theory of time. So, let's start with his definition. "The growth of entropy is nothing other than the ubiquitous and familiar natural increase of disorder." Entropy refers to the idea that everything in the universe eventually moves from order to disorder, and entropy is the measurement of that change. It occurs when heat passes from hot to cold; heat only passes from hot bodies to cold bodies, never the other way around.

The Order of Time tackles many of the questions posed in *Why Time Flies* and adds a number more. Provocative questions: How long is the present? Time is a measurement of change, if nothing changes does time stop passing? Does time even flow at all? Is only the present "real" with the past and future not being real? Or are they all equally real?

The laws of physics make no differentiation between past and future, cause and effect. Yet we remember the past; why can't we remember the future? Rovelli presents a strong case that it has to do with entropy. Only where there is heat is there a distinction between past and future. The past leaves traces of itself in the present because entropy was low in the past. That's the difference between the past and the future. The only difference, Rovelli asserts.

The Order of Time explores the aspect of memory that refers to the past. Rovelli helps us understand, for example, how we can enjoy music, remembering what we just heard and anticipating what's to come even though we are always only in the present moment.

The author suggests that we're better off and more accurate describing the world not as collection of things, but of events. Things "persist in time," events have a limited duration. "If by 'time,'" he says, "we mean nothing more than happening, then everything is time." In the study of time we are exploring the world as it happens, not as it is.

Rovelli suggests skipping chapters 9 & 10 if the technology intimidates you. It did me, but I read them anyway.

He opens chapter 12 by asking, "what are we as human beings? what, then, am I?" In chapter 13 he summarizes what we've

learned. And he closes the book with his personal spiritual philosophies. In its own way, this is a profound book. I encourage you to explore both books but suggest that you read *Why Time Flies* first.

Understanding and absorbing the concept, the machinations, the very existence of time is difficult... even for scientists such as Carlo Rovelli. Still he offers a thought provoking and interesting perspective. Burdick's *Why Time Flies* offers more insight into how we came to measure and experience time on a day to day basis. It's full of surprises without delving too deeply into the science.

How does time work? We don't know. Things are certainly not what they seem to be. But *The Order of Time* shares compelling, albeit sometimes difficult, theories that get my mind to spinning; so much so, that I'm looking forward to reading the book again. I'm not a scientist. And I didn't understand everything I read. But I found it fascinating and mind bending nonetheless.

For all that I don't quite grasp, I have to admire, applaud and feel encouraged by Rovelli's point of view. We humans are a curious bunch. In its own way, as the book concludes, *The Order of Time* offers an interesting and, for me, hopeful perspective. Not bad for a book on science.

By the way, there's a typo in my earlier book review that I didn't catch until now. The universe was created 14 billion years ago, not 14 million years. My mistake!

*see the archives section at www.thelighthousepeddler.com.

First Words
by
Susan Woolridge

First Words

The words came without their numbers.

At first they came two by two like animals onto the ark.

Tangerine came with hustle
splendor with taboo.

Some made a little electrical ping
when they touched the ground.

They hadn't been uttered
and were all still shiny and intact.
Nothing had been broken by them
yet.

Birds draped words over their bodies
like stars of Bethlehem,
saffron celestial surge surrender

Their colors were so bright no one,
had anyone been present,
could have looked at them directly.
As if they'd just come from the sun.

"I would be ignorant as the dawn."

Words like this kept falling from
somewhere.

Not like rain, though it was raining,
kangaroo flame
phosphorescent spin
words came and wouldn't stop coming,
imbue terrestrial seed soon

in a rush
in wildest light
that first
wet morning.

Susan Woolridge

Susan Woolridge has numerous books to her credit including her latest, "poemcrazy: freeing your life with words". Susan is the featured poet at Third Thursday Poetry, September 20, at 215 Main in Point Arena. See story on page 20.

Scuttlebutt

by Mitch McFarland

News organizations have become really good at creating click bait. I recently saw a headline that read "Is America's Military Big Enough?". I had to read and see who would ask such a crazy question. It turns out the article was about Trump's desire for a large military build-up and an analysis of what that would mean and why he would propose such a thing (other than to pour money onto the military contractors' profit column).

It turns out that there is no real justification for such an increase, proposed to be around \$54 billion, which, by the way, is a little less than what the feds spend in discretionary spending for the Dept. of Education. Meanwhile the EPA budget will decrease 24 percent.

U.S. military expenditures of \$596 billion are roughly the size of the next **seven** largest military budgets around the world combined. Next is China at \$215b, then Saudi Arabia \$87b, then Russia at \$66b. We have 1.3 million troops under arms, slightly less than India and China's 2.2 million. But we also have 865,000 trained reserves, Many service members are stationed in allied nations in Europe and northeastern Asia. Trump has criticized these alliances, saying the United States does too much to defend its allies, but he still wants to add 70,000 more army and marines, despite his call for defusing tensions with Russia. Meanwhile, we have 200,000 troops in 170 countries.

The United States has around 2,200 fighter jets, including about 1,400 operated by the Air Force. Mr. Trump wants to add at least 100 more fighter aircraft to the Air Force. Russia is second with less than 1200. The military already has plans to spend an estimated \$400 **billion** on new F-35 fighter jets.

This list goes on: The United States Navy has 275 surface ships and submarines. Mr. Trump wants to increase that number to 350, including two new aircraft carriers. The US has 10 large aircraft carriers. The rest of the world each have one (Italy has 2- why I don't know). Trump wants two more at several billion a piece. The Congressional Budget Office estimated that building a fleet of around 350 ships could cost about 60 percent more per year, with a completion date of 2046, when Trump will be 100 years old. We already have more cruisers, frigates, destroyers and submarines than any other nation.

Trump has said, "Let it be an arms race",

but who are we racing? We are already miles ahead. Mr. Trump has not articulated a new mission that would require a military spending increase. Erin M. Simpson, a national security consultant, called Mr. Trump's plans

"a budget in search of a strategy." Michael C. Horowitz, a University of Pennsylvania professor who studies military leadership states, "To the extent that tangible pieces of military equipment symbolize strength, those are things that I think the administration is interested in investing in." Shiny objects always fascinate the infantile mind.

And let us not forget the "Space Force". Mike Pence has declared space the "next battlefield" and a Space Force is needed to ensure America's "dominance" in space. Domination seems to be a big theme with this administration.

US Secretary of Defense Jim Mattis, who once opposed the proposal to create a new branch of military, has recently told reporters he supports the plan's goal to address "space as a developing war-fighting domain". In a moment of patriotic fervor Pence further stated "Since the dawn of the space age, America has remained the best in space." I guess that is why we are using Russian launch vehicles to get there. Trump wants Congress to appropriate \$8 billion to launch the effort. Where will that money come from- his tax cut?

Someone should mention to our President that in 1959 the UN General Assembly established the Peaceful Uses of Outer Space (COPUOS). Since that time there have been 7 treaties signed by Republican and Democratic Presidents to insure the peaceful use of space and prevent the introductions of weapons of mass destruction. Mr. Trump criticized the latest of those treaties, a 2010 agreement with Moscow called New Start, as "just another bad deal," according to Reuters. It must be—Obama agreed to it!

Although these treaties ban the placement of weapons of mass destruction in space, they do not prevent states from placing other types of weapons in space.

However, under the draft treaty submitted to the Conference on Disarmament (CD) by

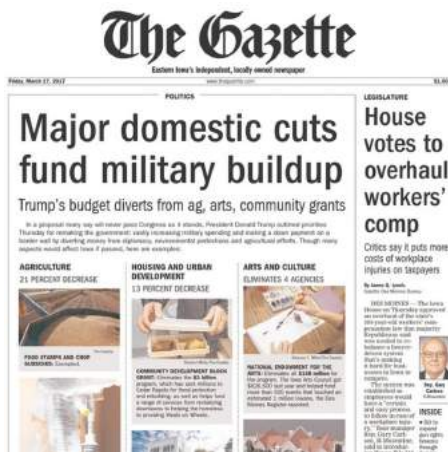
"To the extent that tangible pieces of military equipment symbolize strength, those are things that I think the administration is interested in investing in." Shiny objects always fascinate the infantile mind.

Russia in 2008, State parties would commit to refrain from placing objects carrying any type of weapon into orbit, installing weapons on celestial bodies, and threatening to use force against objects in outer space. The treaty would prevent any nation from gaining a military advantage in outer space.

On 4 December 2014, the UN passed a Russian draft resolution on banning arms race in outer space during the assembly's 69th session with 126 votes in favor and 4 votes against. Guess who was one of the countries that opposed the draft resolution. You probably guessed right. China and Russia have been introducing this resolution since 2008. With its large missile defense program and technical advantages in potential space weaponry, the United States has consistently refused to negotiate PAROS in the CD. More recently, in April 2016, the Russian Federation and Venezuela released a joint statement to the Conference on Disarmament declaring that they will not be the first to deploy any type of weapon in outer space. How long will they stick to that if we start deploying space weapons?

I know that logic and reason play no part in this administration, plus a frighteningly large part of the electorate, but how long are we going to tolerate this foolishness? The Trumpsters wanted to release a bull into our national china shop, but who gets to clean up all the broken glass?

Screen shot of page 1, The Gazette (Iowa), Friday, March 17, 2017. More at www.thegazette.com.





Natural
Cosmetics
Homeopathic
& Natural
Remedies
Available

MediCal
& Insurance
Cheerfully
Accepted

Arena Pharmacy
882-3025
9 - 5:30 p.m. Mon - Fri
Delivery Available
235 Main Street, Point Arena



Just in case you haven't noticed
We've moved "downtown"
come see our new home
hwy 1 in Gualala

red stella

open daily 11-5:30 • sunday 11-4
hwy 1 gualala • 707-884-1072 • www.redstella.com

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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)

Copyright 2018 by The Puzzle Syndicate

Point Arena Lighthouse Presents "Beings of the Kashia Pomo People"
Eric Wilder and Family Lead Discussion • September 15

On Saturday, September 15 at 4:00pm Eric Wilder and Family will present "Beings of the Kashia Pomo People" as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.

Join Eric and members of his family in a discussion about beings depicted in the stories of the Kashaya Pomo people and their application to life lessons on humanity, reciprocity and respect. Wilder and family will share stories and personal insight on some of their most memorable teachings passed down through the generations.

Eric is a member of the Kashaya Band of Pomo Indians and grew up on the Kashia



Reservation. He is the grandson of Essie Parrish, one of the most well-known spiritual doctors of the Kashaya Pomo people. Her influence has helped to shape Eric's professional career as an artist, storyteller, and former elected leader of the Kashia Band of Pomo Indians. Eric and his fam-

ily continue the tradition of educating the world about the Kashaya Pomo people for future generations. For more information



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



Top: "Pine Nut Giant";
Left: Rockman;
Above: "Slug Woman".

CONT'D from Page 5, Great Courses from Coast Community Library

"The Theory of Everything:
the Quest to Explain All Reality"

Great Courses DVD lectures taught by Dr. Don Lincoln, Fermi National Accelerator Laboratory. A detailed look at science's centuries long quest for a unified field theory, ending with an update on the most current research and its possible future. Facilitator is Karl Mellander, retired astrophysicist, University of California at Berkeley.

Thursdays, weekly, Sep 13-Dec 6 • 3:30pm

"Being Human: Life Lessons
from the Frontiers of Science"

Great Courses DVD lectures taught by Professor Robert Sapolsky, Stanford. A witty perspective on the nature of being ourselves. How we think, how we are affected by bad moods, nostalgia and dreams, all explained with descriptions of fascinating experiments and case studies. Facilitated by retired scientist, Gary Klein.

Wednesdays, weekly, Sep 26-Oct 31, 10am

"Meteorology: An Introduction
to the Wonders of Weather"

Great Courses DVD lectures taught by Professor Robert G Fovell, University of California, Los Angeles. Explore the complex interactions of the forces and factors of nature that create weather. Facilitator Larry Riddle, retired climatologist from University of California, San Diego, will teach attendees how to make and modify their own localized forecasts.

Wednesdays, weekly, Sep 26-Dec 19, 12n

"Screenwriting 101:
Mastering the Art of Story"

Great Courses DVD lectures taught by Angus Fletcher, Professor of English and Film, Ohio State University. Learn how to write your own scripts or gain a deeper appreciation of stories of TV and Movies. Facilitated by Paula Gann, who earned her MA in Theater Arts from San Francisco State University.

Wednesdays, weekly, Sep 26-Dec 19, 2pm

The Coast Community Library is at 225 Main Street (Highway One) in Point Arena. (707) 882-3114. Information online is at www.coastcommunitylibrary.org.

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way."

Doris Lessing (1919-2013)

Blues-Rocking Guitarist AC Myles Returns September 22
Garcia River Casino Presents Myles For One Night

"I want to see this guy." You hear that from time to time about someone a friend, acquaintance, or music reviewer seems to think is above the ordinary and worth our time (and our money). The next chance to see one of these "guys" is Saturday, September 22, when the Garcia River Casino presents AC Myles. Show time is 8:30pm.

Critical Jazz wrote that "'Blues-rocking guitarist AC Myles is putting the paddles to a genre that has certainly seen better days. As legends have continued to pass on and new talent simply doesn't seem to have the staying power, Myles is the perfect storm. Strong vocals and even stronger instrumental skills. . . ."

There are moments during an AC Myles set that you're amazed he makes it look so effortless. Like cranking out a classic version of Bobby "Blue" Bland's "I Wouldn't Treat A Dog (The Way You Treated Me)", a moment later shifting gears to a gospel flavored "Rock My Soul", or the classic R&B feel of "Reconsider Me", before letting it all

hang out in a song like "Three Ways To Fail". Myles can easily shift from hard-hitting guitar solos to a mesmerizing slide guitar. Whether he's ripping the music from a vin-



tage Fender Strat or Tele hardbody guitar, or his Oscar Schmidt "Rhythm King" semi-hollow body, AC Myles has a list of credits that belie his youthful good looks. He's played with Buddy Guy, Elvin Bishop, Te-

deschi Trucks Band, Sonny Landreth, and many more major players.

You may wonder in which part of Chicago, or Kansas City, or the Delta he grew up. Born in California, the only son of production workers, Myles grew up in the migrant worker rurals of the Central California town in which he was raised, later spending part of his teens and twenties touring with his own band eventually finding his way to the Bay Area and playing sideman to an array of acts. With a keen ear and sincere passion, AC has become a gifted entertainer and musician.

The Garcia River Casino brings Myles to the south coast Saturday September 22. Take a pen to your datebook, or add a note to your iPhone calendar. Get out to see Myles this month. His personal appearances reportedly have a 'take no prisoners' approach which, along with a healthy dose of humor, usually gets even the toughest audiences on his side. See you at the show.

Photo by Joe Lempkowski

ANCHOR BAY STORE
featuring a full line of
Organic & Conventional Foods
Beer & Wine Camp Supplies

MON- SAT 8-7
SUNDAY 8-6

884-4245

**FREE JUNKER
HAUL AWAY**



Want to get rid of an old car, truck, boat, RV or motorcycle taking up space on your property? Donate it to KGUA! Making a donation is as easy as clicking on the vehicle donation button at www.kgua.org or by calling and speaking to a live representative. If you have any questions, you may call one of our friendly service reps toll-free at 844-KGUA-CAR or 844-548-2227 seven days a week. We accept all kinds of vehicles and will even tow them away for free! Plus, your donation is 100% tax deductible. It's a win-win for everyone.

YOU ARE THE YOU IN
KGUA
88.3FM • MENDONOMA PUBLIC RADIO

September Music at 215 Main In Point Arena Americana, Irish, Jazz . . . And a lot more.

215 Main in Pt. Arena continues to bring a variety of entertaining evenings together for locals and visitors. September will see 215's usual mix of regional and/or national touring artists, at least one international band, and some just plain fun evenings, like Karaoke night (14th), open-mic night (5th), and Tango night (7th). There are enough live events at 215 that could help you occupy more than half of the September evenings on your calendar. That being said, four evenings, in particular, are worth a little more detail.

Want something familiar and original all at the same time? Why not enjoy some of Bob Dylan's music in a setting a bit closer to home. Highway One Revisited will bring some of Bob Dylan's music closer to home? They'll be performing at 215 Main on Saturday, September 1.

The group, Mendocino & Sonoma county musicians all, includes Eric Tamm on piano & guitar; David French on drums; Dan Albers on bass; and Eric Dahlhoff on pedal steel & guitar. According to the band's Eric Dahlhoff, "We play hits, we play obscure songs. Psychedelic political folk rock love reggae putdown story songs. We have fun with all of them!"

Appearing on stage September 15 is Ben Greenberg, an authentic Californian singer-songwriter. Whether standing as a solo performer, or mixing vocals and instruments with like-minded friends and neighbors, he brings a real authenticity to the music. For those people who grew up on the coffeehouse circuit, Ben will bring an evening of music worth your time. He's a seasoned songwriter with a continually maturing style, heavily influenced recently by bluegrass and new folk music. Showtime on the 15th is 7:30pm.



Later in the month, on September 24, 215 Main will present the Irish band Connla. These musicians are more than your average traveling band. Hailing from the cities of Armagh and Derry are Ciara McCafferty (vocals), Ciaran Carlin (Flute/Whistles) and Paul Starrett (Guitar) Emer Mallon (Harp) and Conor Mallon (Uilleann Pipes/Whistles). Labeled as the Hottest New

Group out of Northern Ireland, (Chicago Irish American News) Connla have been quickly making an impact on the folk/traditional scene.

Since the release of their EP in April 2015, and album "River Waiting" in July 2016 they have received fantastic reviews at home and internationally. Their following in the UK, Ireland, Europe is now being echoed in the United States. *Songlines Magazine* made Connla their "must see act" for the tour of the UK and stated "A band this young shouldn't be this good". Their sensitive and innovative arrangements of traditional and modern folk songs and tunes, have helped them create a sound which is very identifiable as Connla. Here's your chance to get in on the ground floor.

Rounding out the month on September 29 is vocalist Sharon Garner with the Dorian May Trio. These are four serious players: Vocalist Sharon Garner, Pianist Dorian May, Bassist Dorothea May, and drummer



Gabe Yañez. Their music is rich enough that seeing them perform their opening numbers you realize that it's essentially an aperitif. It gets your appetite going and you begin to want to hear more. By the end of the evening you're hooked. You know you'll be seeing and hearing them again.

Garner met the members of the Trio in 2014, when she began sitting in with their band, "Bongo Latte" (performing regularly at The Headlands Coffeehouse, in Ft. Bragg). In mid 2015, she approached the band members and asked if they would back her at North Coast Brewing Company's Jazz at the Sequoia Room. They agreed and a wonderful musical relationship and friendship ensued. And a gig at North Coast Brewing is already high praise, as the list of amazing players who go through the Sequoia Room gets longer and longer.

Take advantage of all the music options this month at 215 Main. It's just about the most intimate venue between the Russian River and Fort Bragg. Not a bad seat in the house.

Top: Sharon Garner with Dorian May Trio
Left: Connla

3rd Annual Cajun Zydeco Fest Set For Gualala Arts Good Music, Good Food, Good Fun • October 5

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

Meadows and his Tri-Tip Trio have become a crowd favorite with a concert in the grove, a buffet meal served beforehand, and pizzas available fresh from the FOPO wood-fired pizza oven during the concert. Pizzas will be sold during the concert for \$10 each



(separate from dinner).

Dinner will be served at 6:30pm with the concert at 7:30pm. Concert tickets are \$19 in advance, plus \$5 day of event; dinner tickets are \$20 if purchased by

September 28, plus \$10 after. Tickets can be purchased online at BrownPaperTickets.com or by calling (800) 838-3006.

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

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

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



Office Source

39150 Ocean Drive, Suite 2
in Gualala

PRINT • SCAN • FAX • EMAIL
Business Cards • Building Plans
Postcards • Flyers • Posters
Signage • Secretarial Services
Office Supplies • Tech Accessories

ph 707.884.9640
fax 707.885.0191

officesourcegualala@gmail.com

BUSINESS HOURS


Monday • Tuesday • Thursday • Friday
10am-5pm
CLOSED Wednesdays & Weekends

South Mendocino Coast Bus Service

Rt. 95 - Daily Service Between
Point Arena & Santa Rosa

Route 75 Now Running Saturdays
and weekday service between
Gualala, Fort Bragg & Ukiah



 800-696-4MTA



Crossword

by Margie E. Burke

ACROSS

- 1 They may be graphic
- 5 Stones' frontman
- 9 Ship renovation
- 14 Library item
- 15 Auth. unknown
- 16 Wax theatrical
- 17 Bond's business
- 19 Bad treatment
- 20 Anti-nuke pact
- 21 Avid
- 23 Zoo favorite
- 25 Doc
- 28 High-society group
- 30 Prayer ender
- 32 Part of DNR
- 33 Collect
- 34 California slugger
- 35 Primitive shelter
- 36 Gossip, slangily
- 37 Shrinking
- 38 Alan of a 60's sitcom

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20								21	22					
			23				24		25				26	27
	28	29					30	31				32		
33						34						35		
36					37						38			
39				40						41				
42				43					44					
45			46				47	48						
		49				50		51				52	53	54
55	56					57	58							
59						60					61			
62						63					64			

Copyright 2018 by The Puzzle Syndicate

- 39 Colony member
- 40 Pumped up
- 41 Lost cause
- 42 Ring thing
- 43 Golf bag item
- 44 Unrefined
- 45 Political fugitive
- 47 Finn's creator
- 49 Indigent
- 51 Like the Empire State Building
- 55 Jeer
- 57 Listen in
- 59 The "U" in UHF
- 60 Greek god of war
- 61 Look like a wolf

- 62 Clean up, in a way
- 63 His partner
- 64 Egg on

DOWN

- 1 Help, as a hoodlum
- 2 Kate's "Titanic" role
- 3 Motown Four
- 4 Easily startled
- 5 Get by somehow
- 6 Lacking substance
- 7 Gear tooth
- 8 Patella's place

- 9 Lab chemical
- 10 Plant firmly
- 11 Necktie knot
- 12 Computer pros
- 13 Golf gadget
- 18 Passing remarks?
- 22 Modify, as a bill
- 24 Attire
- 26 Grand ___ Dam
- 27 Playful swimmer
- 28 Slim Shady
- 29 Like some changes
- 31 J-Lo's "___" in Manhattan
- 33 Words of wisdom
- 34 Early copter
- 37 Beat
- 38 Elvis classic of 1956
- 40 Bug
- 41 Southern breakfast staple
- 44 Gentle stroke
- 46 Category
- 48 Be indecisive
- 50 Slangy assent
- 52 As a result
- 53 Fountain drink
- 54 Pundit's page
- 55 Soaking spot
- 56 Sinatra song, "___ The Way"
- 58 You-here link



Sandwiches - Cold Drinks - Smoothies - Organic Fair Trade Coffee & Espresso
Bait & Tackle - Surf Gear - Gifts
882-2665
at Arena Cove,
790 Port Rd Point Arena
Open Every day 7am- 3pm



Locally Roasting Specialty Coffee
In Small Batches & Delivering Often
For Freshness & Flavor
Available at Anchor Bay Market, Arena Market, Blue Canoe, Cove Coffee, Franny's Cup & Saucer, Lisa's Luscious, and Surf Super



Creativity Soars Upstairs
Quilting, Fine Yarns, 884-4424
Fabric, Arts & Crafts, 10-5 Mon. - Sat./11-3 - Sun.
Handmade Gifts Sundstrom Mall, Gualala

100.5 FM
KTDE -The Tide
Tune in
to Local Radio
38598 Cypress Way, Gualala
Office 884-1000
Studio 884-3000
www.ktde.com

Whales, Commerce and Conservation

by Mary Jane Schramm

Racing the incoming tide, the scientists propped a ladder against the smooth, slick flank of the 35-foot whale, and swarmed over it to make the first of many cuts that would provide clues to its death.

They are the necropsy team, trained to perform forensic examinations of beachcast whales. Using traditional whaler's flensing knives, they cut through skin, blubber and muscle to lay bare her fractured skull, ribs and vertebrae.

An exhaustive post-mortem examination would reveal the whale's condition – sleek, fat and healthy, up to the moment of her death. Quickly, deftly, the team carried out its somber task. The data they gathered will also provide important insights into these creatures, and how they are faring in a changing ocean.

This spring brought us abundant whales, but it brought tragedy, too. Onshore winds and currents, strong and persistent, were the likely cause of an unusual cluster of beachcast whales discovered on the shores of Greater Farallones National Marine Sanctuary and nearby waters, from early May to mid-June.

Five of the seven that stranded died from collisions with ships. Normally, dead whales remain floating offshore until they sink, never to be detected. This spring's cluster did not necessarily reflect an increase in ship strike rate; more likely, it reflected an increase in detection rate, due to currents and wind. Nonetheless, it was a grim reminder that our efforts to reduce this major cause of whale deaths must continue: three of the five fatalities were endangered blue and fin whales.

Despite federal protections and shipping

lane changes, several local species have still not recovered from the hunting that continued here until the early 1970s. Even now, their return to pre-whaling levels is not absolutely assured, since new threats, like fast-moving ships, debilitating ocean noise, pollution and other impacts have emerged.

Each year, ships weighing over 300 gross tons make an average of 8,000 transits through the Golden Gate. Our region's economy is largely based on activities that in some manner are connected with our ocean and estuaries. Manufacturing, petroleum refining, agriculture, fisheries, and other industries rely on shipping as an efficient and economical means of transporting goods to ports around the globe. Just outside the Golden Gate their routes take them through the feeding grounds of several still-endangered whale species.

Vessel-based commerce will continue, however. How, then, do we manage conflicts between wildlife and human activities? We know that whales suffer from changing environmental factors and human impacts. We cannot control the whales' behavior, but we can change our actions, and develop creative coalitions; lately, commerce has proven a promising partner.

Since 2014, in a spirit of "share the road," Greater Farallones and Cordell Bank national

marine sanctuaries have enlisted the shipping industry's help in preventing collisions by voluntarily slowing ships to 10 knots (about 11.5 mph) or slower in the busy vessel traffic lanes outside the Golden Gate, May through November. This collaboration between NOAA's Office of National Marine Sanctuaries, shippers, the Bay Area Air Quality Management District, and NGOs builds on decades of research by the sanctuaries' ACCESS cruises and other NOAA research cruises on the whales' distribution patterns during their foraging seasons, and vessel traffic patterns. Slowing ships may provide a critical

few more seconds for evasive action; and if a collision does occur, at slower speeds it is less likely to be fatal. Not only do whales benefit: ships run more efficiently at slower speeds, resulting in reduced greenhouse gas and particulate emissions, improving air quality for everyone.

To date, the results have been encouraging. Recently, the Cordell Bank and Greater Farallones marine sanctuaries recognized 13 shipping firms' cooperation in slowing their fleets while transiting key whale habitats. We hope to strengthen and expand such partnerships between commerce and conservation. Ultimately, other industries may follow suit, building into their corporate ethic sustainability -- not just for our own species, but for others as well.



Mary Jane Schramm • NOAA Greater Farallones • Nat'l Marine Sanctuary
 Maryjane.schramm@noaa.gov • Photo Credits: Top Left: Humpback whale and container ship.
 Credit: John Calambokidis/Cascadia (under NOAA permit); Top right: Blue whale in shipping lane. Credit: John Calambokidis/Cascadia Research (under NOAA permit); Far left: Necropsy team examining shipstruck gray whale, Marin County, 2018. Credit: TMMC.
 For more information:
<https://www.nbclosangeles.com/news/california/Rising-Number-of-Ships-Slowing-to-Avoid-Whale-Strikes-on-Bay-491073081.html>
<https://abc7news.com/pets-animals/shippers-slow-down-to-protect-whales-after-close-calls-in-the-bay/3976712/>

Redwood Coast Dems' 3rd Annual Barn Party Set For September 15.

We've been hearing a sincere and important refrain during the past year: election day, November 6, 2018 is the single most important election of—fill in the blank: our lifetime, your lifetime, my lifetime, everyone's lifetime. Perhaps that is why there is a renewed sense of purpose and drive among the members of the Redwood Coast Democrats. Their 3rd Annual Barn Party, dubbed Blue Wave 2018, is set for Saturday, September 15.

As with any event like this, there will be food, live music, friends, neighbors, strangers, politicians, entertainment, and voter registration. The party begins at 2:00pm at Kenny Jowers' Ranch in Manchester. Honored guests scheduled to attend include Congressman Jared Huffman, California Senate President Pro Tempore Emeritus Kevin De Leon, California State Controller Betty Yee, California State Senator Mike McGuire, and California State Assemblyman Jim Wood and Mendocino County Supervisor Candidate Ted Williams.

The food will include both BBQ and Mexican food, along with beer and wine; plus great door prizes. Live Bluegrass music will be provided by Vintage Bluegrass. For those needing even more reasons to attend, there will be an opportunity to smash some GOP elephant piñatas. And Blue Wave Tee-shirts will be available for purchase.

The ranch is located on Mountain View Road in Manchester. Whether traveling from the north or south on Highway One, turn east (the only way you really can turn) and look for the first gate on the left. Admission is free and everyone is encouraged to bring friends and family. Information about Redwood Coast Democrats and the event are at redwoodcoastdemocrats.org.



"Ridgetop Equestrian Estate"
 Superlatives will not suffice for the property of your dreams! 29.82 level acres, two homes, private lake with dock, meadows, orchard, large workshop w/studio & apartment, spa center w/hot tub & sauna, barns, greenhouse, dressage ring, stables plus extensive gardening area. Add top of the ridge location, banana belt micro-climate, once and future ocean view: it approaches perfection! Two-bedroom, one bath main house has old growth redwood barnwood siding, wonderful cook's kitchen w/office nook & breakfast bar, opening into a spacious light-filled living room with hardwood floors, cozy wood burning stove; step out to the patio and onto the boat dock. Older second home needs TLC, greenhouse has full power and irrigation system, orchard is full of ripening fruit. Ideal for family compound. **Reduced: \$945,000**

Banana Belt Properties
 J. Moloney Scott, Broker #00795487
 (707) 884-1109
 35505 SO. HWY 1 ANCHOR BAY
 E-MAIL: BANANA1@MCN.ORG

www.bananabelt.org

Good Idea! Support KZYX.
We Are Public and Community Radio For You.

Donate Online • Volunteer Your Time •
 Attend A KZYX Fundraising Event •
 Donate A Vehicle • Join as a Sustaining Member
 • Become a Business Underwriter.

On The Radio
 On Line
 On Your Phone

KZYX
 88.1 FORT BRAGG | 90.7 PHILO | 91.5 WILLITS & UKIAH

PO Box 1
 Philo, CA 95466
 (707) 895-2324

Poet Chico Susan Wooldrige September 20

215 Main Hosts Third Thursday Poetry

by Blake More

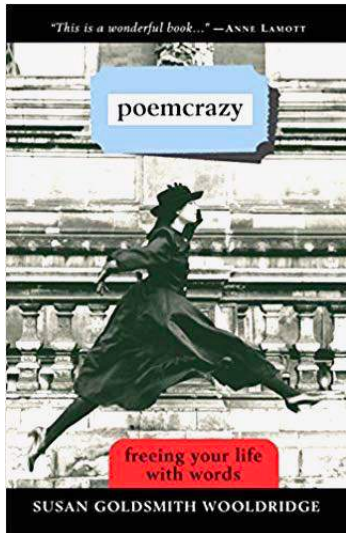
On Thursday, September 20, at 7:30pm The Third Thursday Poetry & Jazz Reading Series at 215 Main in Point Arena will feature Chico poet Susan Wooldrige. The reading will begin with live improv jazz, followed by an open mic with jazz improv; the reading will conclude with our featured poet and more live improv jazz.

Susan has a B.A. in anthropology from Barnard College and an interdisciplinary masters in art and writing from CSU Chico, Chico--where she developed a love for performance art as well as collage, printmaking and ceramics. She's held workshops on creative language and process with thousands of adults and children, including teachers and youth-at-risk. Her book *poemcrazy: freeing your life with words* was published in 1996 by Clarkson Potter/Random House, and is now in a 28th printing. Anne Lamott writes, "This is a wonderful book—smart, wide-eyed, joyful, helpful, inspiring. You're going to love it, and love writing poetry more for having read it."



Susan's chapbook of poems, *Bathing*

with *Ants*, was published in 2004 by Bear Star Press. Her book, *Foolsgold: Making Something from Nothing (and Freeing Your Creative Process)* was published by Harmony/Random House in 2007. Both *poemcrazy* and *Foolsgold* were Quality Paperback Book selections.



Susan is now writing a book about land and language from her hilltop office in The Bolt, a "canned ham" vintage trailer. For many years Susan has done a series of workshops in rural California libraries sponsored by Poets & Writers Org. and UCLA's Center for the Book. Susan has worked in over 70 libraries and her workshops have been featured in Poets and Writers magazine. For many years Susan held workshops with her beloved California Poets in the Schools.

Susan lives in a co-housing village in Chico, California, at the edge of Bidwell Park (or Sherwood Forest)--where Errol Flynn's Robin Hood was filmed. Check out Susan's website, www.susanwooldrige.com.

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

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

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

Poet Devreaux Baker to Read From Her New Book at Coast Community Library September 9

Poet Devreaux Baker will read from her recently released book of poems, *Hungry Ghosts*, at a September 9, 2:00pm, "Sunday @ the Library" event. Her book reflects a lifetime of meditation and examination of our interconnectedness and presence within our environment, our planet, our cosmos. Her poetry opens us to a wider consciousness and a deeper understanding of our world and our responsibility as stewards of that world, the space we inhabit and depend on for existence. As poet Katherine Hastings says, "A deep wisdom runs throughout Devreaux Baker's work—a reminder that we are not merely connected to nature, but that we are part of nature itself." It is a reminder that we all need if we are to survive these precarious and turbulent times.



Devreaux Baker has published four collections of poetry prior to this – *Light at the Edge* (Pygmy Forest Press, 1993), *Beyond the Circumstance of Sight* (Wild Ocean Press, 2009), *Red Willow People* (Wild Ocean Press, 2011) and *out of the bones of earth* (Wild Ocean Press, 2015). She is the recipient of numerous awards and grants, including the 2017 Joe Gouveia Outermost National Poetry Prize, the 2014 Barbara Mandigo Kelley Poetry Peace Prize from the Nuclear Age Peace Foundation, the 2012 Poetry Prize from the Center for Women's Global Leadership, and the 2011 Pen Oakland Josephine Miles award for poetry. For more information, please contact Julia Larke at Coast Community Library: 707 882-3114 or larkej@mendocinocounty.org.

"Drew Fagan's Ninth" His Ninth Solo Show At Spindrift Gallery in Gualala Opening Reception September 1

Drew Fagan's ninth solo show at Spindrift Gallery is set for Saturday, September 1, from 4:00pm to 7:00pm. On display will be 10 pieces exploring interpretations of the iconic Knipp-Stengel White Barn on The Sea Ranch (TSR), California, titled ABTSRACTIONS & INTSRPRETATIONS.

All of us who live on the coast know the barn well, as it sits in a beautiful spot just west of Highway One. As Drew states "you can't miss her: Large and Long. A bright white barn alongside Highway One. But what if she's more than that? A shape? A rectangle? An icon? I see her as all that and more. An abstraction and an inspiration." If by any chance you are in the area on Saturday, September 1, please join Drew at the opening.

Spindrift Gallery
39120 Ocean Drive
Gualala, CA 95445
(707) 884-4484
www.spindriftgallery.com.



BLUE WAVE 2018
REDWOOD COAST DEMOCRATS
3RD ANNUAL BARN PARTY AND 2018 ELECTION FUNDRAISER
SATURDAY, SEPTEMBER 15 • 2-6 PM
FREE BBQ AND MEXICAN FOOD
BEER AND WINE ON SALE
FREE ADMISSION
KENNY JOWERS' RANCH
43700 MOUNTAINVIEW ROAD IN MANCHESTER
HIGHWAY 1 ONTO MOUNTAINVIEW TO THE FIRST GATE ON THE LEFT

UNEDA PIZZA
at the Point Arena Cove
790 Port Street, Pt. Arena 95468
• open every day but Tuesday •
3:00pm to 9:00pm
• available for private parties •
• Catering Available! •
www.unedaeat.com
707-882-1960

Own A Business?
Love The California Coast?

Advertise in the Lighthouse Peddler.
Reach Your Customers!

HONORED GUESTS
CONGRESSMAN JARED HUFFMAN
CALIFORNIA STATE CONTROLLER
BETTY YEE
CALIFORNIA SENATE PRESIDENT
PRO TEMPORE EMERITUS
KEVIN de LEON
CALIFORNIA STATE SENATOR
MIKE McGUIRE
CALIFORNIA STATE ASSEMBLYMAN
JIM WOOD

LIVE BLUE GRASS MUSIC
FEATURING VINTAGE GRASS

BLUE WAVE T-SHIRTS

SMASH SOME GOP ELEPHANT PINATAS

FABULOUS DOOR PRIZES

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

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

- Saturday 01: 8:30am, Voter Registration at Pay 'n Take, Gualala Community Ctr
- Saturday 01: 10:00am, Studio Discovery Tour: Ft. Ross, The Sea Ranch, Gualala, Pt. Arena
- Saturday 01: 4:00pm, Drew Fagan, Opening Reception at Spindrift Gallery, Gualala.
- Saturday 01: 5:00pm, Reception: Phillips & Grassano at Coast Hwy Art Collective, Pt. Arena
- Saturday 01: 5:00pm, Reception & Art Opening at Dolphin Gallery (Burres & Harris)
- Saturday 01: 7:30pm, English Country Dance at Caspar Community Center
- Saturday 01: 8:00pm, Labor Day Dance Party at Arena Theater with Buck Thrifty
- Saturday 01: 8:30pm, Brad Wilson's Rolling Blues Thunder Band, at Garcia River Casino
- Sunday 02: 8:30am, Voter Registration at Garcia Guild Breakfast, Manchester
- Sunday 02: 10:00am, Coast Community Library's Giant Labor Day Book Sale, Pt. Arena
- Sunday 02: 10:00am, Studio Discovery Tour: Ft. Ross, The Sea Ranch, Gualala, Pt. Arena
- Sunday 02: 12:00pm, Point Arena Harbor & Seafood Festival, Pt. Arena Cove
- Monday 03: 10:00am, Studio Discovery Tour: Ft. Ross, The Sea Ranch, Gualala, Pt. Arena
- Wednesday 05: 6:00pm, BAKU performs at "Locals Night" at Timber Cove Inn
- Thursday 06: 8:00pm, FunkLuddites at 215 Main in Pt. Arena
- Friday 07: 5:00pm, Opening Reception (Stein, Young) at Gualala Arts
- Saturday 08: 5:00pm, Dragons' Breath Theatre in Anchor Bay
- Sunday 09: 1:00pm, Exhibition on Screen: Renoir, Revered and Reviled, at Arena Theater
- Sunday 09: 2:00pm, Poet Devreaux Baker at Coast Community Library, Point Arena
- Monday 10: 7:00pm, **RGB** screening at Arena Theater Film Club, Arena Theater, Pt. Arena
- Thursday 13: 6:00pm, Sunset & Jazz with H. Goldberg, D. Barca, P. Gealey, Sea Ranch Lodge
- Sunday 15: 2:00pm, Redwood Coast Democrats Barn Party, Manchester
- Sunday 15: 4:00pm, Eric Wilder, "Beings of the Kashia People", Pt. Arena Lighthouse
- Sunday 15: 7:30pm, Ben Greenberg with Sierra Reeves at 215 Main in Pt. Arena
- Thursday 20: 6:00pm, 1st of 3 Cook & Pour, cooking lessons w/ Lisa Giacomini, Gualala Arts
- Thursday 20: 7:30pm, Third Thursday Poetry with Susan Woolridge at 215 Main, Pt. Arena
- Friday 21: 7:00pm, Jazz at Mendoviné, with duo'Xplore, H. Goldberg T. Mueller
- Saturday 22: 5:30pm, Chowder and Full Moon Tour at Pt. Arena Lighthouse
- Saturday 22: 7:00pm, Ampage at Arena Theater, a fundraiser for Point Arena High School
- Saturday 22: 8:30pm, Blues-Rock Guitarist & Vocalist A.C. Myles at Garcia River Casino
- Monday 24: 5:30pm, Full Harvest Moon Tour at Pt. Arena Lighthouse
- Monday 24: 7:00pm, **The Long Goodbye** screening at Film Club, Arena Theater, Pt. Arena
- Monday 24: 7:30pm, Connla (Irish band) at 215 Main in Pt. Arena.
- Friday 28: 7:00pm, Jazz at Mendoviné, with Harrison Goldberg and Danny Barca
- Friday 28: 8:30pm, Commander Cody & His Modern Airmen at Arena Theater
- Saturday, 29: 1:00pm, National Theatre Live presents **Julie**, at Arena Theater.

AFRICA ON THE MENDOCINO COAST

B. Bryan Preserve in Pt. Arena

is a 110-acre conservation center dedicated to the breeding and preservation of African hoof stock. Not a zoo, but a private preserve housing endangered majestic African animals in large open fields.

Visits available at 9:30am and 4:00pm by reservation only. Stay with us in the comfort and style of one of our eco-friendly cottages.
(707) 882-2297 • www.bbryanpreserve.com

