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JANUARY 2023



Mendocino Coast's **Lighthouse Peddler**

The Best Original Writing, plus the Guide to Art, Music, Events, Theater, Film, Books, Poetry and Life on the Coast



Take Your Pick In January!

**Art, Live Music,
Film, Poetry, Opera
And Much More!**

One of the wonderful surprises for those visiting the Mendocino Coast is the wealth of things to do, see, participate in, or simply enjoy. January appears to exemplify that idea (as our multi-event cover image suggests). And all you have to do is look through this issue of the Lighthouse Peddler for the details.

The Beo String Quartet will fill Gualala Arts' Coleman Hall with a dynamic chamber music performance on January 15. Berklee College of Music's Andrew List offered this: "The Beo String Quartet is one of the top new ensembles performing today. . . . Their virtuosic playing displays a wonderful balance of rhythmic vitality and crystal clear articulation paired with a highly sensitive sense of legato, nuance and phrasing." And composer Richard Danielpour wrote, "This is an ensemble whose music making speaks to the heart as well as the mind." Tickets are . . .

. . . continues on page 2

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Welcome to the Coast Highway Art Collective in January

Ever Changing, Always Interesting

At the Coast Highway Art Collective, the members strive to create an ever changing and dynamic space for visitors. Art displays change regularly as works are sold and replaced, new artists join the group and artwork is moved to new locations to better group complimentary pieces. Members leave from time-to-time for various reasons,



but their influence on the group and the space lingers long after their works are gone.

The Collective will not be hosting an opening reception in January but will be featuring the work of its two newest members, Perry Hoffman, photography, mosaic maker, tile maker; and Nicolette Kailebe, painted leather goods. The next opening reception, "Insight into Love," a tribute to Valentine's Day, is on Friday, February 3 from 3:00pm to 7:00pm.

Hoffman studied art at California Insti-

tute of the Arts in Valencia before moving to the San Francisco in 1975 (Perry notes that his art education actually began in the first grade, but he got into trouble for drawing a nude.) In the Bay Area, he created color Xerox collage and mail art, photography and clay, as well as small backyard gardens. In 2000, Hoffman moved to the Mojave Desert, near Joshua Tree National Park. From 2000 to 2008, he created The Tile House, covering an entire house, both inside and out with mosaics. He says he was "inspired by my first visit to the Watts Towers when I was

10-years old, and currently, by the wild-life, huge skies and magic of the desert." In 2005, he collaborated (and later married) artist Douglas Smith. The house now features Hoffman's mosaics and Smith's furniture.

Kaliebe, best known for her repurposed leather handbags and wallets, has created the "LOVE trumps ALL" product-line to empower women with an entire wardrobe of repurposed, personalized flare, including leather coats, shoes, boots, and accessories.

Each piece is restored and customized with painted designs, then sealed for protection, creating a one-of-a-kind line of unique products, allowing each owner to express their individuality.

Her current line includes up-cycled hand bags, wallets and briefcases. Since 2015, The Nicolette Collection has been exhibited in coastal galleries, including The Discovery Gallery, Coast Highway Art Collective and the Gualala Arts Center. Kaliebe has sold her work at retail shows from Saratoga to Mendocino, while also creating local wholesale and commission accounts, including the Point Arena Lighthouse, Timber Cove Inn, Anabel's Boutique and The Green Room. She has also established local, national, and international relationships with clients for commission work.

The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, located next to the Redwood Coast Credit Union. Regular hours are Friday through Sunday, 11:00am to 4:00pm. Visit the website at www.coast-highway-artists.com for information about the collective's artists, upcoming events and how to join. To find out more about becoming a member of the Collective, contact Ling-Yen Jones via the website above.

Photo: Coast Highway Art Collective artists celebrating at their annual holiday party.

TAKE YOUR PICK from cover story . . .

. . . available now. Read the article on page 6 of this issue of the Peddler.

When it comes to visual arts, longtime resident Lauren Sinnott has established herself in multiple artistic styles, with art that can be found in homes and commercial spaces in the west. Sinnott will be at the Point Arena Lighthouse January 21 for their monthly lecture series and will likely spend some time talking about her outdoor mural gracing the Ukiah Convention and Visitors Center. Read the story on page 8.

The amazing musical talent that is Harrison Goldberg will delight your ears at a performance of his Trio Zingaro at the Sea Ranch Lodge January 12 (and again on the 26th). Known for his innovative style, Goldberg is most comfortable when he invites musicians from the coast and the Bay Area to join him in performance. The Trio includes jazz guitarist Greg Blunt and percussionist Phil Montalvo. Read the story on page 16.

Rounding out the cover images is a sample from the 22nd Annual Animation Show of Shows, screening at Arena Theater on Monday, January 23. This collection looks amazing on the big screen, and features nine new animated short films, and the reintroduction of the 1987 animated classic "The Man Who Planted Trees" by Frédéric Back, restored to its original glory. Read the story on page 16.

There's much to do. Explore our coast!

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The Seriousness of Purpose

A February Exhibit At Gualala Arts

"Artistic temperament sometimes seems a battleground, a dark angel of destruction and a bright angel of creativity wrestling." Madeleine L'Engle

A new exhibit is set for Gualala Arts in February. "The Seriousness of Purpose", is being curated by Ling-Yen Jones. "I respect and am inspired by the artist's temperaments, and the products of their angels wrestling. Sarah Alice Britton, Jeweler, Richard Kennedy, Sculptor, Ann Langston, Painter and Anthony Rees, Sculptor are four artists who have sparked me with their creative processes. I am inspired by the flow of process from idea to finished work.

In exhibiting these works I enjoy the elegance of the paint, the fun of the jewelry the single mindedness of the aluminum sculpture, and the robust yet evocative nature of the steel sculptures. Each of these artists express ideas and esthetic through their very clear and well-defined marriage of technique and materials. Making and creating and even reinventing their work as well as themselves. We all continue this creative journey and make it what it is. Enjoy.

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Our thanks to January contributors including
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 David Steffen, Karin Uphoff, Jennifer Bort Yacovissi and
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Issue #255 January 2023

Lighthouse Peddler

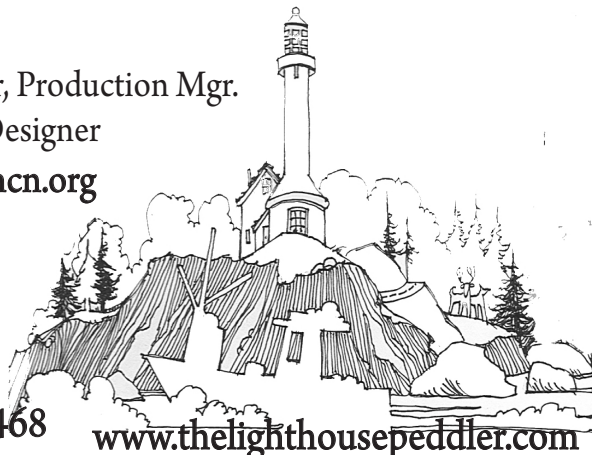
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FROM THE EDITOR'S DESK

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"Thanks for the joy that you've given me,
 I want you to know I believe in your song
 And rhythm and rhyme and harmony
 You've helped me along, Makin' me strong
 Oh, give me the beat boys and free my soul
 I wanna get lost in your rock and roll and drift away

From "Drift Away" by Mentor Williams

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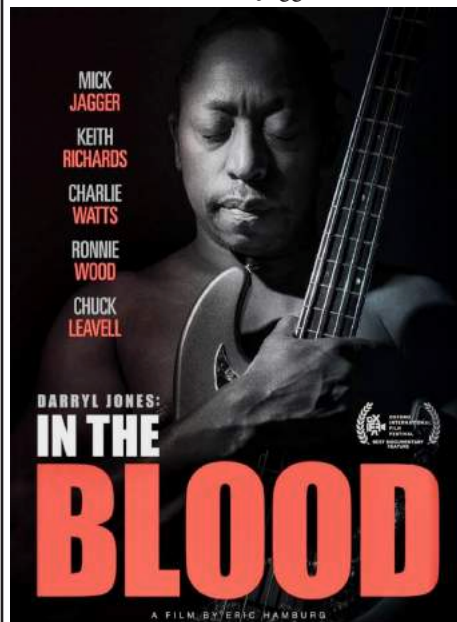
"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul."

John Muir (1838-1914)

**Arena Theater's
Music on Film Nite Presents
"Darryl Jones: In the Blood"
January 16**

Arena Theater's "Music on Film Nite" series starts off 2023 by screening "Darryl Jones: In The Blood" on Monday, January 16, at 7:00pm. Admission is \$12.

The documentary looks at the life and career of the legendary bass player who replaced Bill Wyman in the Rolling Stones. The 2022 film was directed by Eric Hamburg in his directorial debut. Darryl Jones' story has never been told like this, examining different aspects of his life: from race, music, and politics to growing up on the south side of Chicago, all of which play an essential role for him as an activist and musician. "Darryl Jones: In the Blood" features interviews with Mick Jagger, Keith Rich-



ards, Ronnie Wood and the late Charlie Watts in one of his last filmed interviews. "If you want to talk about guitar gods, look up Darryl Jones" (from the Chicago Sun-Times), and Guitar World added "A force of nature, with a stage and session career that is second to none."

**"Uncomfortable"
A New Exhibit at
Gualala Arts Burnett Gallery
Opening January 13**

Last year, in 2022 Gualala Arts extended a call to artists to participate in a unique new exhibit. That exhibit, titled "Uncomfortable", is scheduled to open Friday, January 13, in the Burnett Gallery at Gualala Arts. A reception is scheduled from 4:00pm to 6:00pm.

Each of us has some preconceived ideas (or experiences) that we've determined make us uncomfortable. That idea was extended to artists, who were encouraged to become part of this exhibit, designed to push the artist and the viewer outside their comfort zone. "What makes you uncomfortable? A person, place, thing, feeling, artistic medium, memory, food, animal?" The list of possibilities is endless and varies from person to person.

The "Uncomfortable-ness" for example, could come from any area including, but not limited to physical, psychological, emotional, societal, political and more. Consider the possibility that the artists have always wanted to try their hand at ceramics or oil painting but haven't gotten up the courage. Maybe they had been doing artwork for years but have been too uncomfortable to share it with others. This show invited all of them to embrace the unease and bravely share this at Gualala Arts. Artists were invited (but not required) to submit Artwork Narratives to be displayed with the artwork that describes their concept, inspiration, or backstory.

This exhibit may be uncomfortable for some artists and/or for the visitors viewing the art, but that is the point. You're encouraged to explore this new exhibit. "Uncomfortable" in the Burnett Gallery at Gualala Arts. The exhibit will continue through Sunday, February 5, 2023.

**Marshall House Project
with Funkosaurus
At Arena Theater January 14
"Blues, Rock, Funk & More"**

Arena Theater presents Sonoma County funk band Marshall House Project with Funkosaurus, Saturday, January 14 at 8:30pm. Tickets are \$22, \$10 youth, online and at the door.

Marshall House Project grew their roots on Marshall Drive in Santa Rosa, and formed as the current band in 2012. That's when they began defining their sound, blending blues, rock, funk, reggae and loads of soul. Performing extensively in the Bay Area and along the West Coast, the 5-piece outfit is steeped in the tradition of funk and soul while exploring contemporary styles with a sound the band describes as "somewhere between Jimi Hendrix and The Funky Meters. Our goal is to create an uplifting dance experience spun full of twists and turns, interlaced with conscious reflective lyrics, expanding, contracting and alive, like a universe unto itself."

Founder, guitarist and primary singer and songwriter, Sam Cole, is known for sizzling solos and writing "with a message in mind," he said. The rhythm section includes Matty Tucker on drums, "serving up a plethora of cutty beats," and Luis Garcia on bass, delivering booty-shaking bass lines. Trombonist



Jason Thor brings a wealth of experience to the group, having toured with the Brian Setzer Orchestra for seven years and played with the likes of Peter Gabriel, Arturo Sandoval, Poncho Sanchez and more. Percussionist Mingo Lewis Jr toured extensively with Sonoma County's reggae band Groundation through the mid-2000s and 2010s and provides a distinct Latin flare with his congas, timbales, and other assorted percussion instruments.

Funkosaurus creates an irresistible urge to dance in those who hear it..." The musicians include Paul Mueller on ten-sax/keys/vocals, Chris Doering on guitar, Katrina Coffman on baritone sax/flute/vocals, Sean Case on baritone sax, AJ Purcell on Rhodes, David French on bass, and Jesse Hanna on drums.

More at ArenaTheater.org.

**Prescription Take-Back Event January 12
At Mendonoma Health Alliance in Gualala**

Many of us (if not most) accumulate prescription and non-prescription medicines—Over The Counter, and often we simply forget about them. Now is the opportunity to do some house-keeping in your home medicine cabinet.

The Mendonoma Health Alliance will be accepting all of these prescribed and OTC medications at their Gualala office



on Thursday, January 12, from 1:00pm to 4:00pm. The Mendonoma Health Alliance office is at 39251 South Highway One, Gualala.

Swing by their office and drop off your unused, expired and/or unwanted prescriptions. This drop off program is done in conjunction with the

Mendocino County Sheriff's Office. More information is at (707) 412-3176.

Steve Trenam Featured At Third Thursday Poetry At Shindig At Sea Ranch, January 19

On Thursday, January 19, at 7:00pm, Third Thursday Poetry & Jazz Reading Series will feature Petaluma Poet Steve Trenam. The reading will take place at Shindig (as well as virtually via Zoom), an emerging new tea and wine salon located on Verdant View off Annapolis Road at the Ranch Center in The Sea Ranch. The reading will begin with live improv jazz, followed by a featured reading with Steve Trenam, then an open mic with jazz improv, and finally the reading will conclude with more live improv jazz.

Steve is a Santa Rosa Junior College Instructor of poetry writing in their Older Adults Program. He is also a founding member of Poetic License



Sonoma which collaborates with the Sebastopol Center for the Arts in conducting poetry readings on the fourth Tuesday of each month, featuring such headliners as Prartho Sereno, Maya Khosla, Elizabeth Herron, and Megan Merchant. Steve was the recipient of a Randolph Newman grant which brought the 24th U. S. Poet Laureate, Ada Limón, to SRJC in November. Steve's book of poetry, *An Affront to Gravity*, was published recently by Blue Light Press and can be ordered through your local bookstore or Amazon. Some of his poetry and ceramic art can be found in an ekphrastic poetry book, *Canyon, River, Stone and Light*, and *Pandemic Puzzle Poems*, both published by Blue Light Press, 2021. Other poems appear in *Crossroads*, the Redwood

Writers poetry anthology, May 2022; Jerry Jazz Musician: A Collection of Jazz Poetry—Fall/Winter, 2022-23 Edition; and Poem for the Day with Larry Robinson, in multiple publications online.

Steve Trenam's mother owned a bookstore from 1962 to 1985 in Petaluma, California. It was called Alta's Old Book Shop, and its value lay not in glossy modernity, but in being a dusty delivery room for the birth of ideas. It was for Steve, a source for answers and insights which enlarged his personal life and gave it meaning. It also generated the impulse to write.

As far as his poetry is concerned, Steve feels neither sure-footed nor clear. Metaphorically speaking, he is out on a leafless limb with just spider webs and moss, listening to the silken slip of water over stone.

More information about Steve's work is available at <https://www.sebarts.org/literary-arts> and <https://poeticlicense-sonoma.com/>. Shindig is located next door to Birdsong Clinic & Tea Shop (directions at birdsongclinic.com), and more information on Shindig can be gathered by emailing shindig.searanch@gmail.com. Third Thursday Poetry is supported by The Third Thursday Poetry Group, many anonymous donors, and Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

Romping with Bears by Steve Trenam

I want to romp with Charlie Musselwhite and other big blue bears who blow emotion into the universe. Sonny Rollins, for instance, who shambles toward an audience with notes so big his paws can't hold them. One needs room to confront such bears.

Maybe an old tavern in Marshall with the sea lapping at the bar-room floor, bikers beguiled by Charlie's harmonica. Perhaps a bridge after midnight will do, or a smaller New York Five Spot.

At the Russian River Jazz Festival, Sonny once blew leaves off trees in June, stopped all river traffic and antics on the beach with the first nine earth-shaking notes from his tenor sax. A jazz critic shook his head and said, "That's why they call him 'The Man.'"

Without their harmonic progressions above the pull of gravity, I would expect these behemoths to be eating berries, rolling down hills, and gathering no musical moss.

But when they improvise, they cast their shadows across the moon, and on some cloudless nights we can hear them blow cadences that runnel through our bones and Be Bop our blues away.

Arena Theater Film Club Presents "Fisherman's Friends" • January 9

Arena Theater Film Club presents a film based on a true story. "Fisherman's Friends" screens at Arena Theater Monday, January 9 at 7:00pm. The title characters are a group of fishermen from Port Isaac, Cornwall (UK) who were signed by Universal Records and achieved a top 10 hit with their debut album of traditional sea shanties.

Danny, a fast living, cynical London music executive, reluctantly heads to Cornwall on his colleague Henry's stag weekend, where he's pranked by his boss, Troy, into trying to sign a group of shanty-singing fishermen. Danny becomes the ultimate 'fish out of water', struggling to gain the respect and enthusiasm of the unlikely boy band that consists of Jim, Jago, Leadville and Rowan,

who all value friendship and community over fame and fortune.

Attempting to overcome the fishermen's skepticism about the music business, Dan-



ny finds himself drawn into the community, has his integrity tested and ultimately

is shown the meaning of loyalty, love and friendship. This forces Danny to re-evaluate what really matters in life, ultimately giving him the chance of a different kind of success which leads to him falling in love with Jim's daughter, Alwyn.

"Fisherman's Friends is a British comedy that is full of laughs and may even make you shed a few tears. Teaches that it is never too late make some changes and to re-evaluate your life. To prioritise what is most important and that you are never too old to do something different. Who knows? Perhaps your hobby may lead you onto something more.

Film Club screenings are preceded by film trivia quiz, and followed by audience discussion. Season tickets \$60, \$10 for guests.



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New Exhibit at Dolphin Gallery
"Lost & Found" featuring the art of Geraldine LiaBraaten, Janae Kelly, Ray Pearson
Opening Saturday, January 7, 2-4 pm

3 New Exhibits at Gualala Arts
"Light and Dark: The Pulse of Life"
Art from Visionary Realist Doug Volz
in Coleman Hall

"Paper Legends"
Paper-based creativity by more than a dozen artists, in the Elaine Jacob Foyer

"Uncomfortable"
In Burnett Gallery, Various Artists Explore
What Makes Them Uncomfortable.

All three exhibits open Friday, January 13



The Beo String Quartet Our First Chamber Music Event of 2023

Sunday, January 15, 4 pm

"This is an ensemble whose music making speaks to the heart as well as the mind."

Gualala Arts Theater Presents
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February 17, 18, 19 & 24, 25, 26
Fri. & Sat. Performances at 7 pm
Sun. Performances at 2 pm

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Available soon at Gualala Arts,
Dolphin Gallery, and EventBrite.com



Calls To Artists/Mark Your Calendar

- "Sculpture in the Gardens" Exhibit: Opens April 14, 2023. Register by Jan. 1, 2023.
- "High Off The Land" Exhibit: Opens July 14. Register by March 24, 2023.
- Art in the Redwoods Returns August 17-20. Contact Gualala Arts to Become a Sponsor or to get more information.
- Create an exhibit in 2024. Proposals now being accepted (thru April 1, 2023).

Gualala Arts: Open daily, 11 - 4

Dolphin: Open Thu-Tue, 10 - 4

Gualala Arts and Dolphin Gallery
respectfully require all visitors to follow
posted mask guidelines.

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Solution to crossword:

Full Moon



January 6

New Moon



January 21

“So many people still wearing masks. I just want to ask you. If a pair of underwear, really thick ones, high quality cotton, can't protect you from a fart, then how will a mask protect you from covid?”

Marjorie Taylor Greene

The Beo String Quartet Performs at Gualala Arts January 15
The First Chamber Concert of 2023

The Beo String Quartet comes to the Mendonoma Coast for the first chamber music event of 2023. The concert is Sunday, January 15 at 4:00pm in Coleman Hall at Gualala Arts. “This is an ensemble whose music making speaks to the heart as well as the mind,” offered Grammy-award winning composer Richard Danielpour.

The group includes founding member and violinist Jason Neukom; Andrew Giordano, violin; Sean Neukom, viola; and Ryan Ash, cello.

Beo String Quartet embraces the breadth and depth available to a string quartet in the 21st-century. By crafting original music and projects, engaging listeners through entertainment and thoughtful demonstration, collaborating with living composers, performing quartet masterpieces in a wide array of settings, and exploring technology's capacity as a musical and social tool, Beo is expanding the role of chamber musicians in today's



global culture. Now in its seventh season, Beo has performed over 100 concert works in the US and Europe— including over 45 world premieres.

In addition to its many recordings, videos, and covers, Beo regularly performs original works and projects – repertoire you cannot hear any other ensemble perform. Works such as Haydn Recycled and Projection1: Triple Quartet combine virtuosic quartet writing and staging in various forms that employs the use of electronics, pre-recorded music, video projections, live sound processing, and spatial audio manipulation. Beo's newest original works, such as 19-20 and triggerLand, use video and animation to place a strong narrative focus on social issues.

Tickets are available at Gualala Arts, the Dolphin Gallery and online at EventBrite.com.

Arena Theater Presents "Fedora"
Met Opera Live, January 14

Met Opera returns to Arena Theater Live in HD with "Fedora", Saturday, January 14, 10:00am. Tickets \$26, \$24 senior, \$18 youth (18 and under). The Run time is 161 minutes, with one intermission.

Umberto Giordano's exhilarating drama returns to the Met repertoire for the first time in 25 years. Packed with memorable melody, show stopping arias, and explo-



sive confrontations, Fedora brings a cast of thrilling voices to take flight. Soprano Sonya Yoncheva, sings the title role of the 19th-c Russian princess who falls in love with her fiancé's murderer, Count Loris, sung by star tenor Piotr Beczala. Soprano Rosa Feola is the Countess Olga and baritone Lucas Meachem is the diplomat De Siriex. Maestro Marco Armiliato conducts. Director David McVicar delivers a dramatic staging. Like a Russian nesting doll, there are three distinctive settings—St. Petersburg palace, fashionable Parisian salon, and a picturesque Swiss villa.

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Words on Wellness • "Buddha's Hand"

by Karin Uphoff

Many holiday traditions across the northern hemisphere include oranges or tangerines as table décor, in favorite recipes or in the Christmas stocking. The primary species and root ancestor of the citrus fruits we know today is citron (*Citrus medica*), also called 'Buddha's hand' and food in traditional medicine formulas. The citrus family of fruits is native to the warmer and more humid parts of Asia. The current theory is that six million years ago, one parent of all citrus varieties splintered into separate species, and three citrus fruits spread widely: the citron, the pomelo, and the mandarin. Later oranges, lemons and pomelos were introduced to the west from Asia and became a treasured commodity around the world. Grapefruits are the only citrus fruit that originated in the Americas from an accidental cross between pomelo and sweet orange (a hybrid of pomelo and mandarin), that occurred in Barbados in the 1600's. Citrus hybridizes so easily that there are undoubtedly thousands of separate varieties of citrus in the wild and in cultivation. Citrus adds the perfect zest to nearly every meal, but it's more than a pretty face with culinary aspirations - it is a powerful medicine for our continued health and well-being.



Most people know the story of penicillin growing on an orange – the gateway antibiotic of the twentieth century. There has been plenty of press about grapefruit juice reducing the efficacy of medications (because it helps clear the liver), but a daily dose of citrus is healthy for a few reasons. The juice is packed with vitamin C which protects our cells from damage and helps us absorb minerals like iron. Rutin (vitamin P), a powerful anti-inflammatory bioflavonoid that strengthens blood vessels, is found in the peel and thin white membrane that surrounds every slice. The peel of citrus has essential oils that combat intestinal parasites and provide immune protection. One of the oils, D-limonene, gives citrus its characteristic aroma and used clinically to dissolve gallstones and treat cancer. Lemons and limes have treated treat colds/flu, skin conditions, gout, scurvy, bladder infections and can improve gut bacteria. The soluble fiber in citrus fruits helps lower cholesterol and regulate glucose levels.

Winter is the season to enjoy these sunshine fruits available from lands south. Make your food good medicine by adding them liberally to your foods and beverages.

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 at: www.karinuphoff.com. Photo by Bruna Branco on Unsplash

Hermit Thrush: "The American Nightingale"

The ethereal, flute-like song of the Hermit Thrush has inspired poets such as Whitman and Burroughs. It has been called the American nightingale. This shy forest dweller sings at dawn and dusk. Its song stops me in my tracks, gives me goose bumps, and reminds me how truly blessed is my life. All the *Catharus* genus - the brown thrushes - look alike. They are about seven inches long with brown backs and brown- or black-spotted chests. The Hermit Thrush is identified by its complete white eye ring and reddish rump and tail. Its behavior makes it easy to identify. When it lands, it slightly lowers and raises its tail and gives a soft chuck note. It also habitually flips or twinkles its wings. Its song is distinguished



from other thrushes by the way it begins with a long, single note.

The Hermit Thrush is the only *Catharus* thrush commonly seen here in winter but I was surprised to learn that our winter birds migrate north to breed. Others arrive in spring, to breed here, migrating from Central America so different birds are present in winter and summer.

They build cup-shaped nests in small trees or shrubs. The female lays four green-blue eggs and incubates them. They normally have two broods per season. They forage for bugs, largely beetles, ants and caterpillars, either on the ground or gleaned from plants. They also eat elderberry, mistletoe, raspberries, and the occasional salamander.

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Heron. Each month, the Lighthouse Peddler features a bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Image by Hans Toom from Pixabay

'Vaccinating' Frogs May Or May Not Protect Them Against A Pandemic – But It Does Provide Another Option For Conservation

by Andrea Adams, Researcher in Ecology, University of California, Santa Barbara

When the COVID-19 pandemic first emerged, many wildlife disease researchers like me were not too surprised. Some were intrigued it hadn't happened sooner; after all, it is our job to observe, describe and study pandemic dynamics in animals.

Amphibians, for example, have been undergoing a global panzootic – the animal version of a pandemic – for decades. In the late 1990s, researchers identified the amphibian chytrid fungus, which causes the often-lethal disease chytridiomycosis, as the probable culprit behind frog and salamander declines and extinctions from Australia to Central America and elsewhere that began 10, 20 or even 30 years before.

Scientists have found this pathogen on every continent that amphibians inhabit, and the extensive global amphibian trade has likely spread highly lethal strains around the world. The amphibian chytrid fungus is widespread in some geographic regions, and, like the virus that causes COVID-19, it can mutate rapidly and take new forms that cause varying disease severity.

Conservation translocation is an increasingly popular way to recover species that have experienced extensive population declines. It involves moving organisms to reestablish populations that have gone extinct, supplement existing ones or establish new ones in areas where the species was not previously present. However, when the amphibian chytrid fungus is prevalent in the landscape, frogs are likely to get sick again,

hampering the success of translocation.

To avoid the setbacks of disease, researchers are using a tool often employed against human pandemics: inoculations akin to vaccines.

In our recent study, my research team and I inoculated threatened California red-legged frogs against chytrid fungus before translocation by exposing them to the chytrid fungus in the laboratory. We wanted to see if we could activate their immune systems and give them an advantage over the fungus once they are released. Our



results were unexpected.

Nothing a cocktail won't cure

Since 2017, Yosemite National Park has been actively translocating California red-legged frogs to Yosemite Valley, where the chytrid fungus is already present. We used a small subset of these translocated frogs in our study.

We collected wild frog eggs at a place where the species is thriving, about 100 miles northwest of Yosemite Valley, then raised them in captivity at the San Francisco Zoo. Once they metamorphosed into juvenile frogs, we bathed 20 in a "cocktail" of four live, active strains of the fungus. After three weeks, they were given a bath of an antifungal drug to halt the infection. Another 40 frogs that were not exposed to the fungus were also given a bath of an antifungal drug.

Then we reexposed the 20 previously infected frogs to the fungus . . .

Continued on Page 13



The Lighthouse Lecture Series Features Lauren Sinnott At the Point Arena Lighthouse January 21

The Lighthouse Lecture Series at the Point Arena Lighthouse in January features Lauren Sinnott presenting "A working artist's life and how one magic intersection birthed a living-history mural painting full of portraits of people you know!" The lecture will be presented on Saturday, January 21 at 4:00pm in the Fog Signal Building Museum, 45500 Lighthouse Road just north of Point Arena. Admission is \$5.

Sinnott is an artist, historian and former politician who loves western boots. It all started in Wisconsin's dairyland, where she was raised by an artist mother and poet father. Her mom supported them on graphic design, and as a toddler she worked at a little table alongside her. Their house was filled with paintings and books. It was the Age of Aquarius and she knew she was supposed to be at Woodstock, but it was impossible. She was ten. Her senior year was spent as an AFS exchange student in Belgium, speaking only French and learning to take class notes in perfect outline form. She discovered the art of conversation, four-hundred year old homes and good coffee. At Rice University in wonderfully hot Houston, Lauren earned a BA in Art and French, a BFA in painting, and an MA in Art History. The subject of her thesis was a stroke of luck, a mysterious depiction of two men from Renaissance Venice, which is likely a double portrait of the famous artist Giovanni Bellini, together with his long-time assistant who painted the panel and may have been his lover.

In 1999, she and her young sons left Texas and headed west in a school bus outfitted with beds and a woodstove. They lived in their bus on the ridge for a year. When they moved into Point Arena, she paid the mortgage with jobs ranging from business signs to ornate murals, from tombstone design to painting a high school mascot on the basketball court floor. Lauren sewed a life-size torso with female reproductive parts for a doctor and created the Velvet Vulva line of purses for feminists, therapists and brides. She painted curbs and hemmed pants. The house was teeming with the boys and friends, and yes, it is full of paintings and books.



Her career crown jewel, the huge historical narrative mural on the north wall of the Ukiah Valley Conference Center, is the result of these threads interweaving. Lauren used all her fine art training, knowledge of narrative art through the centuries, and experience as Point Arena City Council member and Mayor. This is a public work for everyone and about everyone. It contains over 200 portraits, and tells many stories of people who live here now.

But how it came about has to do with a particular intersection and how life and art entwine. The presentation tells that story, beginning with a baby saying goodnight to the Capital before bed. It contains an edible portrait, a marriage proposal, and art as a way to get through loss, tell the truth, honor its subject, and keep memory alive. See the whole project at historymural.com.

Information about all Lighthouse events is at PointArenaLighthouse.com.

Image: Baby Aiya admiring Sinnott's work at Ukiah Valley Conference Center.

Write Up The Coast! A Next Step Writing Workshop January 28 & 29

Due to popular demand January is another opportunity to participate in a new version of the original workshop that our community is talking about. All new material and additional processes for generating and finding your story. Open to everyone including returning writers who want to keep exploring. The workshops are lead by Mark Sanford Gross.



For those who have not yet participated in a Writing Workshop, here's a quick overview: This two-day workshop will focus on finding the story inside of us waiting to be told. Our different method of introduction to each other will be the first approach starting us off in the writing process. We will then be using a series of focused prompts to build our story

Each step of the way will include comfortable, trusting and effective discussions on our individual writing. This method will help us learn how to enhance our writing, and more.

For those who wish to plan ahead, additional workshops are scheduled. For example:

Write-Up-The-Coast: SEQUEL! is a workshop for those who have taken any of the Write-Up-The-Coast workshops. Now being familiar with the dynamics of the program and wanting to continue exploring techniques—including genre, dialogue, tense, voice, and new forms of storytelling (along with continuing where you left off.) There is one more workshop (in the works) to be scheduled: Write-Up-The-Coast: My Story! This workshop (now in the works) will continue to hone in on the story and its objective and audience. We will put together a locally published collection of Write-Up-The-Coast Writers. This component of Write-Up-The-Coast is under construction.

For more information on the upcoming workshop (or the future workshops) please contact Mark Sanford Gross with any questions or seeking additional information:

writeupthecoast@gmail.com.

"Paper Legends" Opens at Gualala Arts' January 13.

"Paper Legends" features the art of a dozen artists: Donnalynn Chase, Ruth Downes, Jackie Gardner, Paula Haymond, Polly Hutcheson, Mirka Knaster, Susan Lewis, Sharon Nickodem, Janet Self, Elizabeth Solomon, Shayla Workman and Amethyst Widner (age 4). The exhibit opens Friday, January 13, with a reception from 4:00pm to 6:00pm. The exhibit is curated by Polly Hutcheson and Elizabeth Solomon.

A striking feature of this show is 6' paper bag kimonos, each made from 11 paper grocery bags and decorated according to the whim of the artists. These will be literally hanging from the rafters in the foyer. Other recycled and reconstructed objects will include handmade books such as paper bag books, accordion books, star books, letter press books, triangular prism book, folded sculpture books, flag books, sewn books and miniature books. Wall art will display collages using vintage and reclaimed papers and cardboard. Styles will vary from traditional to pop art and everything in between.

The plasticity of paper allows endless possibilities of form, and combined with stories and messages in writing and images the



artists delight in communicating their ideas to you, the viewer. For example, the work "Metamorphosis of Self" is a study of personal transformation while experiencing grief, joy, and change. It's a creative journey to "eldering" with an emphasis on listening and receiving. "Yayoi Kusama kimono" is a tribute to the ground-breaking Japanese contemporary artist.

This art show is a wide-ranging demonstration of paper metamorphosis. Serious and humorous, casual and painstaking, legendary and factual, huge and tiny ... young and old artists have come together to delight you with paper.

"Paper Legends" continues through Sunday, February 5, 2023.



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**"Lost & Found"
A New Exhibit Opening
at the Dolphin Gallery
January 7**

"Lost & Found" is a new exhibit opening at the Dolphin Gallery in Gualala on Saturday, January 7. The exhibit features three artists: Geraldine LiaBraaten, Raymond Elbert Pearson and Janae Kelly. LiaBraaten is an active and successful photographer, Kelly is a successful and creative painter, and Pearson is an illustrator, painter and animator. Opening is January 7 from 2:00pm to 4:00pm.

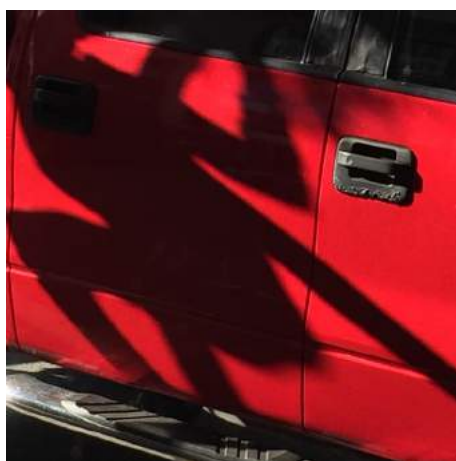
The creative works in this exhibit are from three related individuals. Geraldine LiaBraaten and Janae Kelly are, respectively, birth mother and daughter who found one another 19 years ago. Since then they have enjoyed a relationship like no other with a shared creative spirit and talent. Ray Pearson, is the biological father of Janae Kelly. he has since passed and been lost in some respects. Nevertheless, he left a legacy of artwork.

According to Kelly, "My art is centered around the human figure. I intentionally draw the figure without much detail of the models face or exclude the face entirely. Something about the anonymity of the poses I draw is



alluring to me. I use color straight out of the tube, no blending of or creation of different color or hues. Using color as it comes, not changing it or altering it in all its vibrancy makes my Synesthesia ignite! Each idea manifests in its own individual style and story.

LiaBraaten is very direct. "Color is my life. If I lived on the island of the colorblind, I

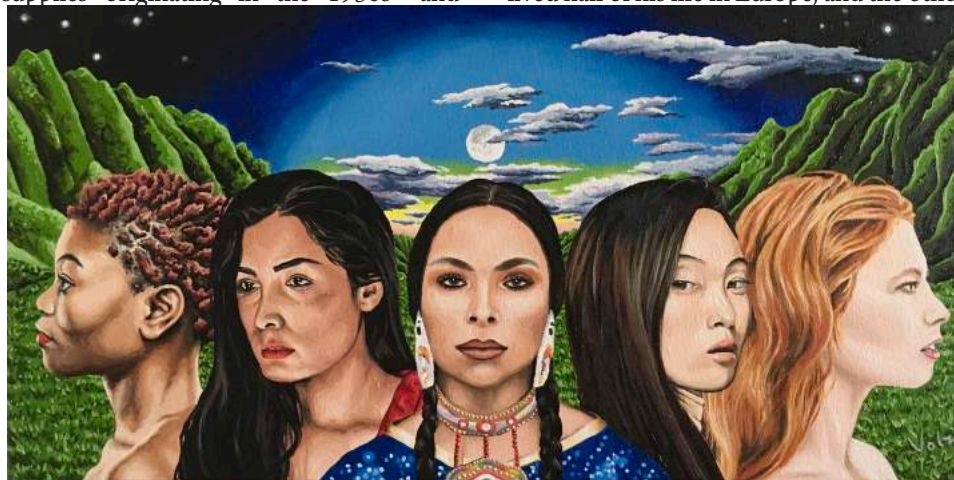


would fade away to gray. This exhibit marks LiaBraaten's golden anniversary as a photog-

**"Light and Dark: The Pulse of Life" at Gualala Arts
New Exhibit Opens in Coleman Hall, January 13**

"Light and Dark: The Pulse of Life" brings the art of Doug Volz to the coast with an exhibit opening at Gualala Arts' Coleman Hall Friday, January 13, with a reception from 2:00pm to 4:00pm.

Doug Volz is a Visionary Realist oil painter, although he also works with Prismacolor pencils—a brand of professional visual arts supplies originating in the 1930s—and



with acrylics. He comes from an artistic family, and has been painting all his life. For this exhibit, Volz presents two different sets of 12 paintings each, the first called "The New Light Show", and the second, "Dark and Light". "My work is spiritually motivated; I seek to portray both the struggle of life, and the awakening into Higher Consciousness, brought on by work done on the Earthly Plane. It is the interplay of dark and light, which brings us the beautiful colors of the spectrum. I am in love with Life, and Color, and Dance and Elevation of Spirit. Welcome."

Color is clearly central to Volz's Art. As he tells us, "For many years now, I have been intrigued with the Spectrum, sometimes called the Sacred Octave, for it is the fabric of our lives, with 7 colors of the rainbow, 7

rapher. "I've done it all: newspaper assignments, stock photography, traveling art fairs, weddings and portraiture, gallery exhibits. Lots of travel, lots of cameras and film." There are many origins for the images in this exhibit: poetry, architecture, cars, reflections, all can make me grab my camera." Most will find themselves taking a moment to wonder, to ponder, and to have that "aha!" moment when recognition strikes.

Since Ray Pearson died at the age of 54, Kelly and LiaBraaten have chosen to speak for him. "He was an artist, animator, illustrator and painter whose artistic output spans the decades from the 1950s to 1980s. He was one of the



musical notes, 7 divisions of the Table of Elements, and 7 chakras in the personal energy system; I am a trained clairvoyant, and have long been entranced with the interplay of Light and Shadow.

When Volz was young, he travelled extensively with his mother, Jan Volz, who is also a professional artist. By the age of 20, he had lived half of his life in Europe, and the other

half in the States. He decided to stay here, and work to perfect his craft. "I was influenced very early on by all the amazing art I had seen all over Europe, especially the Louvre and the Prado museums, and was drawn especially to the Impressionists. I love color, and the interactions between colors, and light, and shadow.

Volz lived in Mendocino County for more than 30 years, and 5 years ago moved to Lake County. He is the Creative Director for the main showroom of Main Street Gallery, in Lakeport, which is slowly evolving into a place where fine quality, professional art can be found. Volz is hoping to initiate a yearly show of Visionary Art there, as it is an art form whose time has finally come. "Light & Dark" continues through Sunday, February 5.

first Black animators for Walt Disney Studios in the mid-'50s. Ray liked to draw and paint the everyday person or scene using vibrant colors and definitive lines that invite the viewer to see his work in a voyeuristic way. His work showcases the everyday goings on that he encountered during his travels, hanging with friends and fellow artists or visiting local night clubs." Most of Pearson's work to be shown in "Lost & Found" has never been viewed by the public.

The exhibit continues through Sunday, January 29, 2023.

Images: Upper left: "Anguish" by Janae Kelly; Far left: untitled by Geraldine LiaBraaten; Near left:

"Polish" by Raymond Pearson.



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Clay Aiken (1978-)

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"Saying Goodbye Ain't Easy" • The List Of 2022. by David Steffen

As the new year begins it's appropriate to take a look and remember those we lost in 2022. This is not about mourning. This is about celebrating what each of these people gave us.

The singer Marvin Lee Aday died at age 74. We came to appreciate rock n' roll's operatic voice delivering Jim Steinman's lyrics. "I want you, I need you, but there ain't no way I'm ever gonna love you, but don't be sad, 'cause two outta three ain't bad". Meat Loaf was one of a kind.

Veronica Yvette Bennett died this year. If the name doesn't instantly bring her to mind, it's understandable. Most of us knew her first by her voice, and then as Ronnie



who, with her sister Estelle and cousin Nadia became The Ronettes. The voices were wonderful, the songs were perfect, and the production was wrapped up inside Spector's Wall Of Sound. Those pretty faces, wonderful voices, tight skirts and big hair connected with me and most other horny boys. Ronnie was 78.

Whenever you hear "The Way We Were", you should know that Marilyn Bergman crafted those lyrics to the song her husband Alan composed. Her words will stay with us. She was 93.

Film director Peter Bogdanovich died in January of 2022. This man was a Hollywood icon whose life's output included drama, money, love, loss, comedy and fantasy. He was also a filmmaker, best known for three early movies from the 1970s: "The Last Picture Show," "What's Up, Doc?" and "Paper Moon". Bogdanovich was 82.

Time caught up with Sonny Corleone. The man who personified the tough, New York, Italian, eldest son in "The Godfather"



is gone. James Caan died at age 82.

Irene Cara who helped craft huge pop hits like "Fame" and "Flashdance" died at age 63.

Robbie Coltrane died in October. Loved him, of course, as Hagrid, but thoroughly enjoyed him in the detective series "Cracker". Even his cameos—as in "European Vacation"—were great. He was 72.

"The Beaver's" older brother Wally died this year. Tony Dow was 77.

You probably heard that the head of state in the United Kingdom died. Queen Elizabeth was 96. Love her or not, she had her moments. I do remember waving to her from a bluff overlooking Lake Michigan in Milwaukee. She was on the royal yacht Britannia as it sailed by on its way back from Chicago to England. She had come over to celebrate the opening of the St. Lawrence Seaway in 1959. (I'm not certain she waved back.)

No more watermelons in concert. Gallagher's defining stage prop will probably go back to just being a summertime refresher. He was 76.

Gilbert Gottfried had a voice we all instantly recognized. His comedic style might be

described as a bit crude by some; others might compare it to the brakes on a large dump truck approaching a stop. Regardless, he's someone to be missed. He was 67.

William Hurt connected with audiences in a variety of films and a variety of character types. I'll always remember his performances in "The Big Chill", "Body Heat" and "Broadcast News". Mr. Hurt was 71.

Naomi Judd is gone. The mother of Wynona (and actress Ashley) was 76. No gimmicky mother-daughter singing duo, the Judds could sing. Before success arrived, Naomi Judd had already been through one marriage, survived sexual assault and drug use, supported her daughters on welfare and became a registered nurse.

Margaret Keane died at age 94. Many of us can remember her paintings of those little children with the large, paralyzing eyes.

Michael Lang, was one-half of the team that created "Woodstock" in 1969. He was 77.

Ramsey Lewis personified the hip, swingin', music of "The In Crowd." He didn't write the song (Billy Page did that, and Dobie Gray's vocal hit is a classic) but Lewis made it his own hit with his eponymous trio. He was 87.

Ray Liotta died at age 67. Two of his most memorable films were "Goodfellas" and "Field of Dreams." He could easily move from gangster to dreamer. And we believed him.

And Jerry Lee Lewis died. He was 87. "The Killer", as he was sometimes known because of his amazing live performances, gave us "Great Balls of Fire", "Whole Lotta Shakin'" and so much more.

Loretta Lynn died at 90, We all remember her as "The Coal Miner's Daughter".

I remember seeing an album cover and hearing the music of Christine Perfect when I was working in college radio in the late 1960s. I loved her voice, and later believed that her songs were a perfect counterpoint to the songs of Stevie Nicks (as part of Fleetwood Mac.) Both have given us great songs, but Christine McVie—as most music fans know her—had the edge with me. She was 79.

Olivia Newton John died this year. She was almost a poster child for the all American girl. The Australian native was 73.

If we were ever flying around the universe, we'd want Uhura to be in charge of communications. Nichelle Nichols died at 89.

Wolfgang Petersen left us. He's easily remembered for directing films like "Air Force One", "Das Boot" and, "The Perfect Storm". (He always made certain that the musical soundtracks for his films were worth listening to as well.) My favorite Petersen film was "The NeverEnding Story" (1984). Petersen reportedly told the New York Times "If people don't dream anymore, they won't survive . . . The whole idea of the film is that we need your imagination, your dreams, your wishes, your creativity to fight against all these dangerous problems in the world." The dreamer was 81.

And we lost Sidney Poitier. Of course I enjoyed his films, but beyond his commanding physical presence on screen, there was that voice. Dignified one minute, and 'take no prisoners the next.' "Mr. Tibbs" was 90 years old.



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Haiku for January

**"clouds of sunset
high quick moving
rose pink tint
chase the moon**

by mai haiku

Bobby Rydell is gone. Those of us who listened to those pure teenage singles in the 1960s—"Wild One", "Volare", "Sway", "I've Got Bonnie", etc.—can picture him. One of Philadelphia's favorite sons was 79.

Bill Russell was, perhaps, the most enjoyable basketball player of all time. He was tough, talented, charming, and owned a smile that no one could resist. He was 88.

Another "movie gangster" (also in "Goodfellas") died this year. Paul Sorvino was 83.

Those of us who sat in theaters to see movies like "Chariots of Fire" and "Blade Runner" walked out of the theaters remembering not just the story-lines, but the music as well. The sound tracks were by Vangelis. Although significantly different storylines, Vangelis created music for each that was right on the money. The composer was 79.

Many more have left us, as is the case every year. Thank you all.

Images:

Top: The Ronettes (Ronnie center)

Middle: Poster for the film "Neverending story".

Bottom: Margaret Keane Painting

"Fen, Bog & Swamp: A Short History of Peatland Destruction & Its Role in the Climate Crisis"

A Book by Annie Proulx • Reviewed by Jennifer Bort Yacovissi

A passionate chronicle of a key ecosystem's demise.

This is the book I wish Annie Proulx had done instead of *Barkskins*. Proulx has long been one of my favorite authors, but I did a stutter-step when I smacked up against her 700-page rant against rampaging New World capitalists' rape of the natural world written as a history of the logging industry.

It's not that she was wrong; it's that fiction doesn't lend itself to supporting a passionate lecture (especially not 700 pages' worth), and I always felt that her righteous rage would have landed better as creative nonfiction.

And here it is: *Fen, Bog & Swamp* is a book-length personal essay in which Proulx takes us along on her documentary exploration of the world's various forms of wetlands, their critical importance in maintaining natural balance within global ecosystems, and the many ways in which, as she quotes noted British ecologist Oliver Rackham, "the history of wetlands is the history of their destruction."

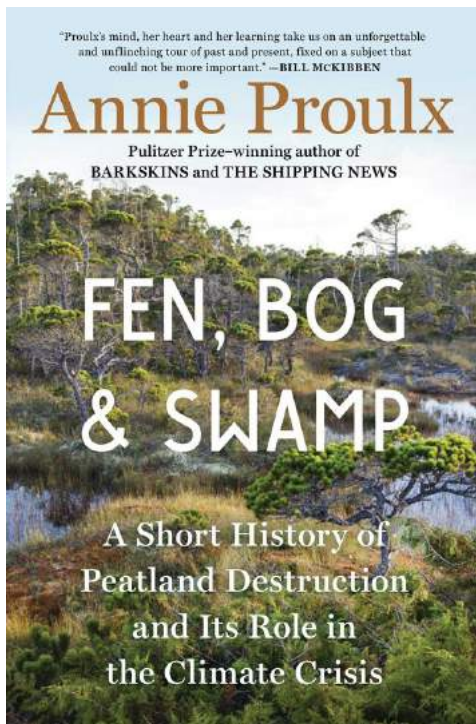
Her objective in developing this work is driven by curiosity channeled through both anger and sadness: "Before the last wetlands disappear I wanted to know more about this world we are losing... what meaning did these peatlands have, not only for humans but for all other life on earth?"

Though the history of civilization seems to lock itself arm in arm with the start of crop cultivation, it's less clear at which point certain cultures became frozen into the rigid view that the only valuable use of land demands its subjugation and private ownership. To European settlers encroaching on new-to-them lands, the lack of cleared, dedicated cropland was proof that natives weren't using the earth in any meaningful way. Yet those same natives, long experienced in utilizing the land to its natural advantage, watched in wonder as these interlopers initially came near to starvation, blind to the plenty in front of them.

When Francisco de Orellana and his crew, disobeying orders, became the first Europeans to navigate the Amazon, they were so hungry that "they were forced to eat their leather shoes... The Amazon historian John Hemmings remarks, 'It was, and still is, extraordinary how Europeans never learned to live sustainably in the world's most diverse ecosystem.'" One could argue that it's the conqueror's enduring, toxic combination of blindness and hubris to believe he knows better than those who spring from the soil on which they've lived for millennia.

Thus, in the eyes of enterprising capital-

ists casting about for riches, the only good wetland is a drained wetland. Indeed, land speculator and future father of our country George Washington "had enough chutzpah to try to drain the Great Dismal Swamp (with slave labor) for agricultural land."



To be fair to the drainers, some of whom one imagines were civic-minded leaders working to ensure hungry people had food to eat, it was hard to see how those wetlands could've been tamed. Indeed, human life in the fens sounds pretty grim, rife with malaria (mal aria, Italian for "bad air") and other diseases. In Proulx's description, one can envision fens and bogs as the inspiration for Thomas Hobbes' assessment of human life as "solitary, poor, nasty, brutish, and short."

It is only from the Victorians onward that we've begun to recognize the crucial-but-hard-to-observe role wetlands play in supporting humanity's long-term needs, most significantly as carbon sinks. Yet efforts to protect and preserve wetlands have been slow to emerge.

Proulx provides the definition of each of the peat-forming wetland types she surveys. Basically, a fen has the deepest waters, with inflow from upland rivers and streams, which carry minerals; a bog gets its water primarily from rain, which lacks minerals; and a swamp, also with mineral-laden inflow, is the driest of the three, supporting trees and shrubs.

Every instance of each type of wetland is unique, but all share similar characteristics, including a staggering biodiversity. The author recounts an effort in the 1980s of the British government to drain 470,000 acres of Scotland's Flow Country bog in order to

plant non-native trees for timber. "It all happened so quickly that one of the conservationists trying to record the diversity of the bogs had the planters right at his heels. 'We were literally running along, right in front of the ploughs.'" No one in Proulx's audience will be surprised to learn the trees didn't fare well in ground nature-made to grow sphagnum moss.

The author's accounts are wide-ranging and discursive, and they invite an attentive reader to pursue further investigation of many tantalizing topics, from the drowned Doggerland that once connected the British Isles to the European continent, to the unhappy history of English enclosure laws, to the ongoing efforts to restore drained marshes in southern Iraq.

Proulx wears her passion prominently on her sleeve, but — unlike in a work of fiction — it feels appropriate here. She is able to point to a few bright spots where protection and restoration efforts are underway (even as destruction continues elsewhere), and she dedicates the book to the people of Ecuador for enshrining in their constitution the legal rights of ecosystems.

I thought of Proulx and this book as I read Nicola Twilley's "Letter from Rwanda: The Cold Rush" in the August 22, 2022, issue of the *New Yorker*. Twilley reports, "Wetlands take up a quarter of [Rwanda's capital] Kigali's surface area and they are now protected habitats — a distinct improvement on the glorified sewers that the rivers of London and Los Angeles became as those cities urbanized." Perhaps we're finally learning, though our awareness is slow, spotty, and quite possibly comes too late.

As Proulx describes ever-rising sea levels, she closes *Fen, Bog & Swamp* by harking back to the final line of Norman Maclean's *A River Runs Through It*, musing, "In the end, all humans will be 'haunted by waters.'"

The earth and its ecosystems exist on timescales beyond the comprehension of the humans who trod its soil; we are purpose-built for the short term. Unfortunately, the relentless acceleration of climate change is on a path to put paid to our bill, which has been accruing since the Anthropocene and is now coming due.

Jennifer Bort Yacovissi grew up in Bethesda, MD, just a bit farther up the hill from Washington, DC, where her debut novel, Up the Hill to Home, takes place. In addition to writing and reading historical and contemporary literary fiction, Jenny reviews for both the Independent and the Historical Novel Society. She owns a small project-management and engineering consulting firm, and enjoys gardening and being on the water. Jenny lives with her husband, Jim, in Crownsville, MD.

**January's Reading List
- Best Sellers and Best Bets -**

"Reading is to the mind what exercise is to the body."
Joseph Addison (1672-1719)

- **All About Me** by Mel Brooks
- **The Body Keeps The Score** by Bessel van der Kolk
- **The Boys From Biloxi** by John Grisham
- **Demon Copperhead** by Barbara Kingsolver
- **Friends, Lovers and Big Terrible Things** by Matthew Perry
- **Going Rogue** by Janet Evanovich
- **Humans** by Brandon Stanton
- **Lessons in Chemistry** by Bonnie Garmus
- **Like A Rolling Stone: A Memoir** by Jann S. Wenner
- **The Midnight Library** by Matt Haig
- **NYPD Red 7: The Murder Sorority** by Marshall Karp
- **Odder** by Katharine Applegate
- **The Philosophy of Modern Song** by Bob Dylan
- **The Revolutionary** by Stacy Schiff
- **Surrender** by Bono
- **Twisted Love** by Ana Huang
- **When We Were Sisters** by Fatima Asghar

Another Book You Might Like*

- * **Fen, Bog & Swamp** by Annie Proulx
(See review on this page)

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

Visit Four-Eyed Frog Books, our Community-owned Bookstore.

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

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"When I read about the evils of drinking, I gave up reading."
 Henny Youngman (1906-1998)

Scuttlebutt

by Mitch McFarland

I recently had to make one of the most painful decisions of my life. We had to make the call to euthanize our beloved pet dog Scout. She was nearly at the end of her life expectancy and had several serious internal issues from which she was suffering. She stopped eating for five days before we made the call.

Of course, nearly all dog owners feel the same way, but I'll say it anyway: Scout was the best dog ever! She touched the lives of hundreds of people whom I'm sure will all be saddened to hear of her passing.

I didn't even want a dog. My wife Madeline had lost her huge male dog, Tahgi, a few years earlier and felt the time had come that she wanted another dog. I agreed, but with the condition that it be a female, be 10 lbs or less and that she be trained.

Madeline brought home the little pup that could be cupped in your hands with all those expectations in place. Forgetaboutit! I instantly bonded with Scout and kept her close for the next 13 years. She went pretty much everywhere I did.

This is the dog that rode around my shoulders her entire life to the delight of everyone who met her. In her early years when I walked down a street in San Francisco with Scout on my shoulders, I would be met with a sea of cell phones.

Scout was gentle and accessible to all. She was even kind and non-threatening to toddlers and babies, even if they would smack

her on the head in an attempt to pet her.

One of the things I will miss is all the smiles I would see on people's faces when they said hello to her. I would frequently



In some ways I feel worse than when my parents died. Their memories, of course, will linger much longer than that of a pet and I miss them more than I eventually will

Scout, yet her loss seemed more tragic. My parents I knew they were dying. They both knew it and had made peace with it. I had the opportunity tell them both that I loved them and appreciated what they had done for me. They lived full lives and were ready to go, especially my mother who was super brave until the end which made it much easier for me to let go.

Scout, on the other hand, seemed fine until five days before she passed. She went on a long walk with me and Madeline and was quite frisky.

That evening she wasn't very hungry and went downhill from there. She had a bout of pancreatitis a few months ago, but with treatment she rallied back to normal. We didn't see this coming. It hit like a ton of bricks. Right now it still is.

Scout's passing has certainly increased my empathy for those who have lost loved ones. Whether animal or human when you love and care for something and it is intricately woven into your daily life there is a huge emotional and physical void left when they pass away. That void is eventually filled by other elements in your life, be it another pet or a new friend and companion. They say that time heals all wounds and that is not far from the truth, but that time can contain quite a bit of sorrow.

That's us right now.

take her into stores on my shoulders and when attending clerks would melt at the sight of her, I would put her on the counter for them to enjoy her company. She was so obviously friendly and happy.

She has traveled with us extensively from Portland Oregon to Portland Maine by way of New Orleans and Canada. She was a great traveler, adjusting to any situation. Encounters which involved a businesslike approach or potential friction would invariably turn into a friendly encounter if Scout was there. She stole hearts. I could have sold her a hundred times.

Through the course of her life she acquired several alternative names. Her gangster name was Pupa-G. Her Polynesian name was Pukaluku. Her Cajun name was Stickypatoo. Her Japanese name was Gigito.

SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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	7				6		5	8
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HOW TO SOLVE:
 Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

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Mendonoma Health Alliance Offers Caregiver Training Virtual Classes Through CareAcademy, Beginning January 9

For decades our community has struggled with having an adequate number of local caregivers, and caregivers who have the appropriate skill-level to care for elders. Beginning January 9, Mendonoma Health Alliance (MHA) will launch a virtual Caregiver Training Program for people interested in becoming caregivers in our community, for existing caregivers who want to enhance their skills, or for spouses or loved ones currently caring for a family member.

The online program is facilitated through CareAcademy's state-approved training to become a certified caregiver. The self-paced virtual classroom (available 24-hours a day,) can be accessed by computer or smart phone, and is easy to navigate. Participants will be given a 6-month period to complete the curriculum and will receive certificates upon completion of competency testing. As a result of MHA's federal grant from the Health Resources and Services Administration (HRSA), this program is being offered for free to any person caring for or planning to care for seniors or disabled individuals in our rural community. Expanding the number of available caregivers in our service area is a component of our HRSA grant project to improve health and wellness.

Seats in the CareAcademy virtual classroom are limited to 30 participants at a time. To sign up, please call (707) 412-3176 x 102 or send an email to info@mendonomahealth.org. Sign-ups will be taken on a first-come, first-serve basis. Once all 30 seats are filled, we will create a waiting list and admit individuals into the classroom as seats become available.

Welcome to January!

Events and Happenings for Ft. Ross, Jenner, Timber Cove and Cazadero.

Fort Ross Conservancy annual First Day Hike, January 1: For New Year's Day, join Fort Ross Conservancy for our annual First Day Hike which will feature a free, moderate level, 1.5 mile hike along the breathtaking coast of Salt Point State Park at 10:30 am, followed by a \$15 First Day Guided Walking Tour and Tea at Fort Ross State Historic Park starting at 2:30 pm.

HIIT and Yoga Classes: Tuesdays at Fort Ross School for HIIT (High Intensity Interval Training), 3:15pm-4:00pm and/or Stretch-based Yoga Class at 4:15pm.

Personals

Found Cat: Have you lost your cat? We have a beige long haired fluffy cat hanging around here for several weeks. The cat is very thin. Pamelatables@gmail.com or 707-847-3747.

Dog Needs Home: We have a 2.5 year old shepherd Rottweiler mix who needs a new home. We rescued him about a year ago but unfortunately he is not a good mix for our lifestyle. He is a great dog.. very sweet and loyal. Great with kids and other dogs. Not so much with cats or livestock. If interested in re-homing Yogi and would like more information and pictures please let me know. Thanks in advance. Cazbrii.89@gmail.com

Ongoing

Meditation Group Continues: All are welcome to a peer-led meditation group, Mondays at 4:30pm at Ft. Ross School. Information at Marcella94924@gmail.com.

Sunday Community Market continues at Fort Ross School Sundays, 10:00am to noon. Although not required outdoors, masks are strongly advised indoors. Thank you for adhering to this safety protocol.

VACCINATING FROGS from Page 7

... a second time, while 20 previously uninfected frogs were exposed to the fungus for the first time. We wanted to see how frogs with a second infection – namely, those that were “vaccinated” – compared with those that were infected only once.

What we found was surprising: 35% of frogs infected only once successfully cleared the infection without vaccination or an antifungal drug. This suggested that they have some measure of innate immunity, meaning their immune system's first line of defense was able to fight off the fungus.

In addition, frogs infected a second time had a 31% overall lower rate of infection than those that were infected only once. This suggested that the vaccinelike treatment also works by stimulating adaptive immunity, meaning their immune system learned to recognize the fungus from their first exposure and fight it off more efficiently. None of the frogs died from their fungal infections.

Before releasing them to the wild, we treated the frogs with an antifungal drug and monitored to make sure they were disease-free. We attached tiny transmitters with beaded belts around their waists so we could track their infections and survival over three months.

Unexpectedly, we found no difference in disease burden between the frogs that had never been infected and those that had been previously infected in the laboratory. This suggests that immunizing this species for chytrid fungus, at least in Yosemite, may be unnecessary to ensure their survival after reintroduction.

Indeed, the California red-legged frogs released into Yosemite Valley are thriving three years after our experiment and six years after their first translocation. They are

hibernating successfully through the cold winters and emerging early in the spring for reproduction.

Hope for the future

Our study takes a new approach to the emerging tool of inoculation against the chytrid fungus. By combining ex situ, or laboratory, experiments with in situ, or in the field, implementation, we put lab observations to the test in the real world. This type of work strengthens collaborations between wildlife managers and zoos, which are increasingly needed as the biodiversity crisis accelerates.

Though California red-legged frogs in Yosemite Valley didn't seem to need vaccinations, this doesn't mean that other imperiled amphibian species around the world do not. Research on chytrid inoculations in other species have had mixed results, ranging from not improving survival to reducing infection burden associated with increased survival. One of the primary challenges of this approach to conservation is that even if vaccination increases survival after initial release, this immunity does not carry forward to successive generations.

There is hope, however. Researchers are working to identify the genetic signatures associated with immunity to the chytrid fungus. If successful, breeding programs can artificially select for – and perhaps even gene-edit – protective traits to give frogs a leg up on a pathogen that has devastated amphibian populations worldwide.

Our thanks to the writers and contributors to the Conversation. More at TheConversation.com.

THE CONVERSATION

The Point Arena Lighthouse Full Moon Tour "Full Wolf Moon Tour" Set For January 7

The Point Arena Lighthouse continues its popular Full Moon Night Tours with an (almost) Full Wolf Moon Night Tour on Saturday, January 7. Gates open 6:30pm, Tour starts around 7:00pm. The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour



of the tallest lighthouse on the West Coast under the rising full moon—if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$50 per person. Res-

ervations must be made at least three days in advance of the tour. While the tour is scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund.

The Lighthouse is located at 45500 Lighthouse Road in Point Arena.

According to the Old Farmer's Almanac in Native American and early Colonial times the Full Moon for January was called the Full Wolf Moon. It appeared when wolves howled in hunger outside the villag-

es. Traditionally, the January Moon is also known as the Old Moon. To some Native American tribes, this was the Snow Moon, but most applied that name to the next Full Moon, in February.

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

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.

Image by JJMacedo from Pixabay

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Crossword

by Margie E. Burke

ACROSS

- 1 Bottle stopper
- 5 Poker token
- 9 Like some lingerie
- 13 _____ the edge
- 14 Nitpickers split them
- 16 Bounce back
- 17 Group of representatives
- 19 Wound mark
- 20 "Alice Doesn't Live Here _____"
- 21 Crack
- 23 Fireplace fodder
- 24 "See eye to eye", e.g.
- 25 Untimely end
- 28 Chest protector
- 30 Clear of charges
- 32 Speck in the sea
- 34 Except
- 35 Floor it
- 37 Brewed drink
- 38 Pledge of fidelity
- 41 Outer border
- 44 Surfer's ride
- 46 Lustrous fabric
- 47 Brady mom
- 48 Chris whose father starred in "CHiPs"
- 49 Really bad
- 51 Personalize, in a way
- 55 Ness, e.g.
- 56 Game played on grass
- 58 Kind of shirt
- 59 Make reparations
- 60 On the peak of

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49	50									51			52	53	54
55							56		57						
58							59						60		
61								62					63		

- 61 Big first for baby
- 62 Washstand vessel
- 63 Jane's "Grace and Frankie" co-star

DOWN

- 1 Musical finale
- 2 Kind of mitt
- 3 Depend (on)
- 4 Russian citadel
- 5 Los Angeles team
- 6 Despises
- 7 Sundial number
- 8 Wartime opportunist

- 9 Teaching sessions
- 10 Stockpile
- 11 Burn a bit
- 12 Days of _____
- 15 Like some remarks
- 18 Gander's mate
- 22 iPhone assistant
- 25 Financial worry
- 26 Affluent outlying area
- 27 "Easy Rider" ride
- 28 Animal in a roundup
- 29 Commotion
- 31 Higher court
- 33 Cousin of a gull

- 36 Exhume
- 39 London cafe
- 40 Do damage to
- 42 Animal ailment
- 43 Without end
- 45 Bearlike marsupial
- 48 Tubular pasta
- 49 Heidi's home
- 50 Send packing
- 52 Pro's foe
- 53 Stringed instrument of old
- 54 Get a look at
- 57 Palindromic exclamation

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It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it.
Eleanor Roosevelt (1884-1962)

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"Mystery: The Whale That Went AWOL" by Mary Jane Schramm, Freelance Writer, Naturalist

The science team aboard the research vessel had been methodically surveying West Coast waters from Canada to Mexico, and was now off the California coast. It cruised along a biological "hot spot" where the Continental Shelf drops off to great depths, creating upwelling and an abundance of prey, attracting many creatures of all sizes. Sud-



denly, the whale observer raised his head from the giant "Big Eyes" binoculars mounted on the vessel's flying bridge. He shouted, "Pilot whales at 2 o'clock!" and continued calling out rapid-fire details on group size and composition, directional heading, and behaviors, which the data-logging scientist quickly entered into a computer. Other researchers, normally jaded from years of whale observations, scrambled madly to see the rare species. The cruise plan had targeted for fine-scale study the waters of the Cordell Bank, Greater Farallones, Monterey Bay and the Channel Islands national marine sanctuaries, because of their exceptionally high productivity and large feeding aggregations of whales and seabirds, but this sighting was beyond belief. Why? These large (up to 24 ft. and 3 tons) bulbous-headed, black, dolphin-like creatures were short-

finned pilot whales, "Globicephala macro-rhynchus," that had been mostly AWOL for decades!

Missing! Once commonly encountered off Southern California and northern Mexico, pilot whales roamed deep waters along the Continental Shelf. A herd of 100 were even considered resident around the Channel Islands, but dropped completely off the radar in 1982-83. This coincided with a severe warm water event, El Nino, which raised ocean temperatures and disrupted the entire West Coast food web, including squid spawning around the Channel Islands. Since then, sightings became so infrequent and broadly distributed along the coast that between 1988 and 1996 not a single verified sighting existed for the area. So, for decades El Nino was cited as the cause of their decline; that is, until some scientists stepped back, and examined sight-



ing and stranding data going farther back, to the mid-20th Century. This broader view revealed patterns and other potential factors that seem to have been overlooked.

Suspicion! Marine biologists Thomas Jefferson and Alisa Schulman-Janiger thought that El Nino's reduction of the whales' primary prey species, squid, was only one factor, but that others may have previously



impacted and continue to compromise the whales. In 2018, they concluded that "the disappearance of short-finned pilot whales from southern California in the early 1980s was almost certainly caused in part by the mortality of dozens of animals from fisheries by-catches and live-captures, in combination with additional removals from shootings by fishermen (with occasional mass strandings, some possibly anthropogenic, also contributing)." They also noted that the Channel Islands lie adjacent to a major U.S. Naval base in San Diego, and at least some mass strandings were likely associated with naval active sonar.

A Future? Today, the entire NOAA stock assessment population estimate for offshore and nearshore waters from California-Oregon-Washington stands at around only 836 despite stepped-up survey efforts along the U.S. West Coast and Baja California, Mexico, and per Jefferson et al., "no areas with pilot whale concentrations of a similar magnitude have been documented."

NOAA Fisheries and other agencies are currently working to reduce serious impacts from the drift gillnet and longline fisheries. How they will fare remains to be seen.

You can help by using the Monterey Bay Aquarium's Seafood Watch card that will help you avoid seafood caught by methods that harm marine mammals. Pilot whales are fascinating, similar to killer whales in their social structure and possibly in their advanced intelligence. To learn more about this cryptic whale, visit <https://www.fisheries.noaa.gov/species/short-finned-pilot-whale> This video by a whale watching outfit in 2015 shows how these creatures swim and interact with the vessel and each other: <https://youtu.be/Q-jrOaEljXY>.

Images

- Far left: Sharply hooked dorsal fin unique to pilot whales Photo: NOAA.
- Above: Spying may help locate concentrations of prey. Photo: NOAA..
- Near left: Juvenile pilot whale with adults Photo: NOAA.

Mary Jane "MJ" Schramm is a marine conservationist, author, journalist, filmmaker, and naturalist. She has worked aboard NOAA and other vessels off California, Mexico, Alaska and the Bahamas, focusing on marine mammals and seabirds and assisted with elephant seal research and intertidal monitoring on the Farallon Islands.

MJ led whale watch/nature cruises to Baja California and the Farallones, and managed Oceanic Society ecotours. For nearly a decade she was Public Relations Director at The Marine Mammal Center while doing rescue and rehab. She co-authored West Coast Whale Watching (HarperCollins West). She's also a screener/jurist for two marine film festivals.

"Much Ado About Nothing" • National Theatre Live from London At Arena Theater, January 7

As part of the National Theatre Live series, William Shakespeare's "Much Ado About Nothing" hits the big screen at Arena Theater on Saturday, January 7, at 1:00pm, with doors opening at 12:30pm. Tickets are \$20, \$5 for youth age 18 and under.

The legendary family-run Hotel Messina on the Italian Riviera has been visited by artists, celebrities and royalty. But when the owner's daughter weds a dashing young soldier, not all guests are in the mood for love. A string of scandalous deceptions soon surround not only the



young couple, but also the adamantly single Beatrice and Benedick.

Award-winning director Simon Godwin returns with Shakespeare's rom com of sun, sea and mistaken identity, broadcast live from the National Theatre stage, with Katherine Parkinson and John Heffernan leading the cast.

Tickets are available at the door or online at www.arenatheater.org. The vaccination mandate has been lifted and masks are optional. The Arena Theater snack bar will be open.

"Once By The Pacific" by Robert Frost

The shattered water made a misty din.
Great waves looked over others coming in,
And thought of doing something to the shore
That water never did to land before.
The clouds were low and hairy in the skies,
Like locks blown forward in the gleam of eyes.
You could not tell, and yet it looked as if
The shore was lucky in being backed by cliff,
The cliff in being backed by continent;
It looked as if a night of dark intent
Was coming, and not only a night, an age.
Someone had better be prepared for rage.
There would be more than ocean-water broken
Before God's last Put out the Light was spoken.

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Sunset & Jazz Returns to The Sea Ranch Lodge in the New Year Harrison Goldberg and Friends Perform January 12 and 26

Sunset & Jazz with Harrison Goldberg and Friends reconvenes at The Sea Ranch Lodge for two Thursday performances: January 12 and January 26, 6:00 to 9:00 pm, both nights. Attendees will have an opportunity to hear Saxophonist Goldberg with his latest jazz group, Trio Zingaro.

Named after the iconic tune composed by the legendary Brazilian composer, Antonio Carlos Jobim, the song's Portuguese title is Retrato em Branco e Preto with lyrics by Chico Buarque. Long a fan and devotee to the music and art of the Bossa Nova, ever since he was first exposed to it in the 1960s, Goldberg borrowed the name for the group

Greg Blunt and Latin percussionist, Phil Montalvo with whom he recently performed at The Sea Ranch Lodge as part of the Dorian May Quartet.

The three will present an exclusive evening of iconic Brazilian Bossa Novas penned by some of the music's most prolific composers, but will also include some standards from The Great American Songbook played in the Bossa Nova style.

Admission to this event is free, and the Bar and Lounge and Dining Room will be open per their regular schedules. The Sea Lodge is located at 60 Sea Walk Drive, The Sea Ranch.



Jazz Guitarist Greg Blunt started performing on guitar in mid 60's by appearing on the youth stage in a quintet at the Monterey Jazz Festival.

Phil Montalvo studied drum kit at age 17 at Blue

from one of his favorite songs of the genre and he has assembled musicians who share his love and passion for the musical art form.

For his newly minted group that will explore Art of the Bossa Nova, he will be joined by Sonoma County jazz guitarist

Bear School of Music in San Francisco, and played in a house band with other rock musicians. In the 90's, he began playing congas, bongos, and Brazilian percussion, taking lessons from Josh Jones at La Peña Cultural Center in Berkeley and playing in his Latin Jazz/Salsa band.

The 22nd Annual Animation Show of Shows • January 23 Featuring 10 Animated Short Films, At Arena Theater

After a two-year COVID hiatus, the "Animation Show Of Shows" has returned to theaters and campuses across North America. The film will screen on Monday, January 23 at 7:00pm. Admission for non-members is \$10.

The nine new films come from Europe, Asia, and North America. The program culminates with a striking, restored 4K digital remaster by the Academy Film Archive of Frederic Back's classic 1987 Oscar-winner, "The Man Who Planted Trees."



The 10 animated short films presented in order of appearance are:

- Beyond Noh -- Patrick Smith/Kaori Ishida (U.S./Japan)
- Empty Places -- Geoffroy de Crecy (France)
- Beseder (Good and Better) -- Gil Alkabetz (Germany)
- Zoizoglyphe -- Jeanne Apergis (France)
- Rain (Deszcz) -- Piotr Milczarek (Poland)
- Average Happiness -- Maja Gehrig (Switzerland)
- Aurora -- Jo Meuris (U.S.)
- Yes-People -- Gísli Darri Halldórsson (Iceland)
- Ties -- Dina Velikovskaya (Germany/Russia)
- The Man Who Planted Trees -- Frédéric Back (Canada)

This 22nd edition comprises 10 films -- nine recent, along with one restored classic -- which deal with both the anxieties and hopes of a world faced with a seemingly endless series of existential crises.

These general issues appear in many forms and styles: While "Beyond Noh" cleverly shows the prevalence of masks through all cultures, and "Rain" humorously explores the dangers of groupthink, "Ties" takes the notion of connectedness from the metaphorical to the actual.

"The 22nd Animation Show Of Shows" represents the work of artists from ten countries, including nine women. Funny, moving, engaging, and thought-provoking, the Animation Show Of Shows not only has something for everyone, but is a remarkable and insightful microcosm of our world.

Season tickets \$60, \$10 for guests. Information is at ArenaTheater.org.

Image: Clockwise from upper left: "Empty Places"; "Aurora"; "Beseder"; "Yes People."



SOUTH COAST BUS SERVICE

Route 75 has an extended early morning service. Monday through Friday from Point Arena to Gualala at 7:15am, and evening service from Gualala to Point Arena at 5:55pm. On Saturdays Route 75 runs only from the Navarro Store at 9:15am to Ukiah and back.

Route 95 is operating 7 days a week from Point Arena to Santa Rosa and back. Leaving Point Arena Monday through Saturday at 8:00am and Sundays at 10:00am.

We sanitize our buses daily. Mask are required.

For a current schedule:

1-800-696-4MTA

www.mendocinotransit.org



GARCIA RIVER CASINO

Enjoy...

- New expanded hours (now open 9am daily)
- Minors can eat at the Grill until 9pm
- New breakfast menu
- Live entertainment
- Tuesdays - Free Slot Tournament & Senior Day (20% off at the River Grill)



Gaming, Entertainment & Fun on the Mendocino Coast!

22215 Windy Hollow Rd., Point Arena
TheGarciaRiverCasino.com
(707) 467-5300



Get Out! January Music, Poetry, Theater, Film, Art, Radio and more.

- Sunday 01: NEW YEARS DAY
- Sunday 01: 4:00pm, Disney's "Strange World"; New Film at Arena Theater (and on 1/4, 1/5)
- Friday 06: 7:00pm, "She Said"; New Film at Arena Theater (and on 1/8, 1/11, 1/12)
- Saturday 07: 1:00pm, National Theatre Live, Shakespeare's "Much Ado About Nothing"
- Saturday 07: 2:00pm, "Lost & Found", new exhibit at Dolphin Gallery
- Saturday 07: 7:00pm, Full Wolf Moon Tour at Pt. Arena Lighthouse
- Sunday 08: 10:00am, Sunday Market Returns to Fort Ross School (and 15th, 22nd, 29th)
- Monday 09: (TBS), Caregiver Training at Mendonoma Health Alliance
- Monday 09: 7:00pm, AT Film Club presents "Fisherman's Friends"
- Thursday, 12: 1:00pm, Drug take-back event at Mendonoma Health Alliance (until 4pm)
- Thursday 12: 6:00pm, Trio Zingaro at Sea Ranch Lodge
- Friday 13: 2:00pm, Art opening, "Light and Dark" at Gualala Arts' Coleman Hall
- Friday 13: 4:00pm, Art Opening "Uncomfortable" at Gualala Arts' Burnett Gallery
- Friday 13: 4:00pm, Art Opening, "Paper Legends" at Gualala Arts' Elaine Jacob Foyer
- Friday 13: 7:00pm, "Empire of Light" New Film at Arena Theater (and on 1/15, 1/18, 1/19)
- Saturday 14: 10:00am, MET Opera Live presents "Fedora" at Arena Theater
- Saturday 14: 8:30pm, Arena Theater presents Marshall House Project. Live music.
- Sunday 15: 4:00pm, Beo String Quartet at Gualala Arts.
- Monday 16: MARTIN LUTHER KING HOLIDAY (observed)
- Monday 16: 7:00pm, Music on Film Night at Arena Theater. "Darryl Jones: In The Blood".
- Thursday 19: 7:00pm, 3rd Thurs. Steve Trenam, 3rd Thursday Poetry & Jazz. Shindig Wine Bar
- Friday 20: 7:00pm, "Babylon" New Film at Arena Theater (and on 1/22, 1/25, 1/26)
- Saturday 21 4:00pm, Lighthouse Lecture with artist Lauren Sinnott, at Pt. Arena Lighthouse
- Monday 23: 7:00pm, AT Film Club presents The 22nd Animation Show of Shows
- Tuesday 24: 6:00pm, Pt. Arena City Council Meeting (via teleconference):
- Thursday 26: 6:00pm, Trio Zingaro at Sea Ranch Lodge
- Saturday 28: 9:00am, "Write Up The Coast" workshop at Gualala Arts

We are here to help!

**Call Vanessa or Caitlin at (707) 884-4640
to schedule a review of your health
insurance coverage.**



Open Enrollment:

Individual Insurance:
11/1/22 – 1/31/23
Medicare Part C & D:
10/15/22 to 12/7/22

*Just
Breathe*

**Open Enrollment is here.
Please call to schedule an appointment
to review your coverage**