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May 2022



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

Memorial Day Weekend at Gualala Arts, May 28 & 29. The Fine Arts Fair Has Something For Everyone

Jump-start your summer. Bring the family to the Fine Arts Fair at Gualala Arts, May 28 & 29, Memorial Day Weekend. This annual event brings local and Bay Area artists and artisans to the Mendocino Coast. There's something for everyone—families and friends come together on the grounds of Gualala Arts with something to see and do in the Galleries, in the Clay Studio, and on the grounds of Gualala Arts, including exploring the just-opened outdoor exhibit "Sculpture in the Gardens" which will delight young and old and everyone in-between. The gates will be open from 10:00am to 5:00pm both days.

The Gualala Arts Fine Arts Fair grew out of the Summer Saturday . . .

. . . Continued on page 2



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From Figures To Abstractions• A New Exhibit at Coast Highway Art Collective in May
Including a Reception for CC Case, Painter and Eric Harald Nordvold, Ceramics on May 6

The entire community is invited to attend an opening reception for guest artists CC Case, painter and Eric Harald Nordvold, ceramics, Friday, May 6, from noon to 5:00pm. The exhibit runs from May 6-30. The following afternoon, on Saturday May 7, the gallery will host a memorial reception for longtime Point Arena artist, Peter Dobbins. Anna Dobbins, framer extraordinaire, will have images, books and other items from 2:00pm to 4:00pm to show and honor him.

Case is an eclectic artist, showing for the first time at CHAC with her husband, potter Eric Harald Nordvold. Case has participated for many years in life drawing sessions at Gualala Arts and strives to depict the human figure with sensitivity, to render the organic form believably and also capture some sense of spirit or mood. She paints both abstractly and realistically in a variety of media, depicting either the natural beauty of her surroundings or the inner world of imagination, impressions and energy. She also will be showing "photo collage paintings," digitally manipulated pho-



tophographs.

For the past eleven years Case has made her home in Gualala, drawing inspiration from quiet time in the forest and regular walks on the beaches and bluffs, appreciating and gaining nourishment from the peace and beauty of the coastal surroundings.

Nordvold has been a potter for over 40 years, making a variety of stoneware and porcelain pieces using the name Viking Pottery. He splits time between homes in Santa Rosa, where he maintains his studio, and Gualala, where he finds inspiration in the colors, patterns and energy of the natural environment. He is known for his bowls, mugs, vases, trays and plaques and for the luminous multicolored and ash glazes he has formulated and mixes himself. His pieces are high fired in a kiln of his own construction to create a durable and vitrified product. The kiln allows him to work with a range of natural materials to develop glazes that have the fluidity of water and blend into each other in various ways as do the colors of nature. He has been working

with wood ash glazes for many years with other minerals added to create glaze surfaces reminiscent of tide pools or ocean currents through kelp forests.

Nordvold's throws work on the potter's wheel, with consideration for the form and function of each piece, and in recent years has added rectangular and square shapes,



and experimented with a variety of textural effects and different clays.

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.

FINE ARTS FAIR from cover story

... Art Festivals held in downtown Gualala on the Saturday of Memorial Day weekend. Based on numerous requests from patrons and artists alike, it was decided to transform Summer Saturday Art Festivals into a multi-day event and hold it at the Gualala Arts Center.

The Memorial Day Holiday weekend is typically a time when tourists flock to our area of the North Coast to unofficially kick off their summer, and this event gives tourists and



locals alike an opportunity to view and buy fine art under the beautiful redwoods on the grounds of the Gualala Arts Center.

Artist spaces will be scattered throughout the grounds of the Arts Center. This year there are expected to be more than are 20 participating artists displaying completed works. There will be a wide variety of art for sale, including jewelry, mixed media, ceramics, photography, art glass and wood-working.

Come to Gualala Arts and start your summer off right.

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Cover Red Flower PD from Pixabay.

FROM THE EDITOR'S DESK

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"So I dream of Columbus, every time that the panic starts
 I dream of Columbus, with my maps and my beautiful charts
 I dream of Columbus, and there's peace in a travelling heart."
 From "Columbus" by Noel Brazil

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

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An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you do know and what you don't.

Anatole France (1844-1924)



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"Fresh Beginnings: Healing Our Earth"
 May 13 • The Annual PPQG Quilt Challenge at Gualala Arts

One of the "warmer" events opens at Gualala Arts in May. "Fresh Beginnings: Healing Our Earth" is the latest challenge in the Pacific Piecemakers Quilt Guild's call to members. PPQG's new exhibit opens Friday, May 13, 2022 and will be displayed in Gualala Arts' Burnett Gallery and the Elaine Jacob Foyer. Admission is free.

PPQG has held an annual quilt Challenge Show at Gualala Arts for over 21 years. Each year PPQG challenges its members to create a quilt that fits certain parameters.

In addition to bringing this outstanding form of artistic expression to the Arts Center, this show promotes the art of quilting in the coastal Mendonoma community by displaying a wide variety of quilts related to a central theme. Following a year of sheltering in place for the COVID-19 pandemic, PPQG chose the theme of "Fresh Beginnings: Healing our Earth" for 2022; a way of acknowledging all the challenges we face as a people and to promote a collective healing through the art of quilting.

Once the "Fresh Beginnings" theme was established, each quilter's inspiration might come from anywhere and anything affecting



the delicate balance of our culture and environment. In short, "may healing begin one quilt at a time."

Artists were encouraged to make a quilt of their own design and/or pattern/color choice, and that natural fibers are recommended but not required. In addition, repurposing/upcycling items that are no longer wanted or needed into a quilt would give those materials a whole new life. No maximum or minimum sizes were required, and piecing techniques were the choice of the designers. any time in the past.

This show was not juried and was open only to PPQG members in good standing.

"Fresh Beginnings: Healing Our Earth" continues thru June 5, 2022.

Arena Theater Film Club Presents "Ben Hur" • May 2
This Epic 1959 Film Hits The Big Screen at Arena Theater Presents

"Ben-Hur" is MGM's three and a half hour, wide-screen epic Technicolor blockbuster—a Biblical tale, subtitled "A Tale of the Christ." The film won a record 11 Oscars.

If you're not familiar with the storyline, Charlton Heston plays a Palestinian Jew who is battling the Roman Empire at the time of Christ. His actions incur the wrath of a childhood friend, now a Roman tribune. Although forced into slavery on a galley and compelled to witness the cruel persecution of his family, he survives, harboring dreams of vengeance. Heston finally meets his rival in a justly famous chariot race and rescues his suffering family.

A battle at sea and a chariot race are among the memorable sequences. The chariot race sequence in the Circus Maximus (an amazing replica of the one in Rome) is one of the most thrilling and famous in film history. The site of the race, the Circus Maximus in Jerusalem (Judea), was constructed on over 18 acres of backlot space at Cinecitta Studios outside Rome, and the filming of the sequence took about five weeks. Except for two of the most spectacular stunts, both

Charlton Heston and Stephen Boyd did all their own chariot driving in the carefully-choreographed sequence.

It's worth noting that a recent (2016) version of the film was made, to which the Hollywood Reporter opined, "What's the point of making a cut-rate version of "Ben Hur"? Point taken. See the 1959 classic, Monday, May 2, 7:00pm. Directed by William Wyler, the film stars Charlton Heston, Jack Hawkins, Stephen Boyd, Hugh Griffith, Martha Scott, Cathy O'Donnell, Sam Jaffe, and as goes the old cliché, a cast of thousands. The film runs 203 minutes.



Attendees must be fully vaccinated. Masks are strongly recommended but not required.

The Arena Theater Film Club is a membership-based film society which meets the first Monday at the Arena Theater to screen and discuss a variety of movies, including recent independent releases, classics and foreign films. Screenings are \$7 to current Arena Theater members (memberships are \$60 per year); their guests are welcome at \$10 each. For a schedule of upcoming films, visit the Arena Theater Film Club's website, www.arenatheaterfilmclub.org/

Baku Set To Perform At Timber Cove Resort May 6
The Group To Be Joined By Special Guest Musician Eric Tamm

BAKU, the popular Mendonoman World-Fusion band, is set to perform at Timber Cove Resort Friday, May 6, from 6:00pm to 9:00pm. Joining BAKU for this performance is special musical guest, Eric Tamm on keyboard. Admission to this event is free.

BAKU is an improvisational ensemble comprised of musicians dedicated to the art of spontaneous composition. The band will showcase its distinctive and captivating sounds that combine contemplative ambient structures and melodies with a strong yet relaxing rhythmic pulse. BAKU's unique self-styled musical hybrid, dubbed "Jambient Soundscapes," is a fusion of Jazz and Afro beat, while drawing upon European, Cuban, Latin, Middle Eastern, and other World Music influences and rhythms.

The name BAKU honors the capital of Azerbaijan, marking the crossroads of Western Asia and Eastern Europe, while paying homage to the region's diverse and rich cultural and musical history and influ-

ences. For this unique BAKU performance, Harrison Goldberg, saxophones and percussion; David French, upright bass and percussion; and Nancy Feehan, cajon and percussion will be joined by Eric Tamm on keyboard.

Keyboard player Eric Tamm (pictured) has lived in Timber Cove since 1997 and has guested with Baku previously. A long-time active participant in and critical observer of the improvised ambient music movement since the 1970s, Tamm is the author of Brian Eno: His Music and the Color of Sound (1995). After retiring from an active role in the internet industry five years ago, Tamm has been enjoying North Coast life, gigging with Highway 1 Revisited, an all-Dylan musical show.



TCR's bar and dining room will be open during each event. Timber Cove Resort / Coast Kitchen is at 21780 Highway 1, about 20 miles south of the Gualala River. Info at 707 847-3231.

Full Moon



May 21

New Moon



May 30



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San Francisco Poet Dan Brady Featured May 19

At Third Thursday Poetry And Jazz

On Thursday, May 19, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature SF Poet Dan Brady. The reading will take place at the Arena Market cafe and will begin with live improv jazz, followed by a featured virtual reading with Dan Brady, then open mic with jazz improv, and finally the reading will conclude with more live improv jazz.

Daniel was born in New York City in 1952. When his father died in 1960 his mother moved the family to California. There she managed to raise him as well as his six siblings and did remarkably well despite trying circumstances. He obtained a BA in Sociology at San Francisco State in 1975 and began performing at poetry venues at about that time. Later, in 1985 he went back to SF State, earned a teaching credential, began a career in elementary educations in 1987

and so, for a time, writing was set aside. He married in 1989 and a few years later returned to writing via haiku, but science fiction, being dear to him, also followed, as did various kinds of poetry. By 1998 he was again appearing at poetry venues in San Francisco and by 2011 was curating Sacred Grounds, the longest running poetry open mic known, on Wednesday nights. He's been published numerous times, mostly in small presses but now, occasionally, on line. His writing has several themes, philosophy, the nature of reality or humanity, politics, love, the natural world and meditative pieces on life, death, as well as evolutionary and or revolutionary considerations. Dan retired from teaching in 2014 and has begun producing



books of poetry, haiku, and fiction.

Dan very much enjoys writing and says it's good for the heart, mind, and health; he is fascinated by how words fit, chime, rhyme, and flow. As to his motive he says he writes because he cannot be silent and believes the right set of words, presented in the right setting, is one of the ways civilization evolves and transforms lives. He has said poetry is the formless becoming form; the light of creation, making sense of what is beyond sense – and that it's a calling as eternal as the poet's answer. As to method, he has often said he takes dictation and revises poems over time and it can be a matter of minutes or years to before a piece settles into final shape – still it is always fascinating.

Honored by small press publication and recognized in contests, he has been honored in the Poet's Eleven Series, the renowned S.F. Peace and Hope's anthology, has ties with the Bay Area Poet's Coalition and the Haiku Poets of Northern California. Over the decades he's led workshops, featured at venues in and around San Francisco, and has supported the poetry community with the SF

One Page Guide to Open Mic Poetry, The Global Open Mic, and encouraging poets in his role as curator of the Sacred Grounds open mic poetry series known for Good food and fine poetry since 1972.

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.

Things bigger than I am, a top ten list by Dan Brady

Number ten . . . The Ocean, all of it, everywhere
Now, you might say, well, that's pretty big
For a number ten, on a one to ten list, Well, it is, but
Number nine is not even on the earth, nor is it our solar system . . .
It's our galaxy
So
Now you can see something of the progression we're on
As for number eight, well,
That . . . is the universe
Now – before you can say
What could possibly be bigger than that?
I'll tell you:
Everything else . . . that matters
Which is number seven
And you may well be asking
Well, what does that mean?
And I'll reply, yes,
That's number six
Then, for number five,
We have any serious answer to the questions posed by six,
Which, then, logically, brings takes us to four–
The consequences
Of any one of those answers,
As for three, it is what you make of the answer you've chosen
Two, is all the changes one then makes or expects
Sees or experiences
Because of that – and then
Finally,
We come to one:
Which is the one who understands all those things !

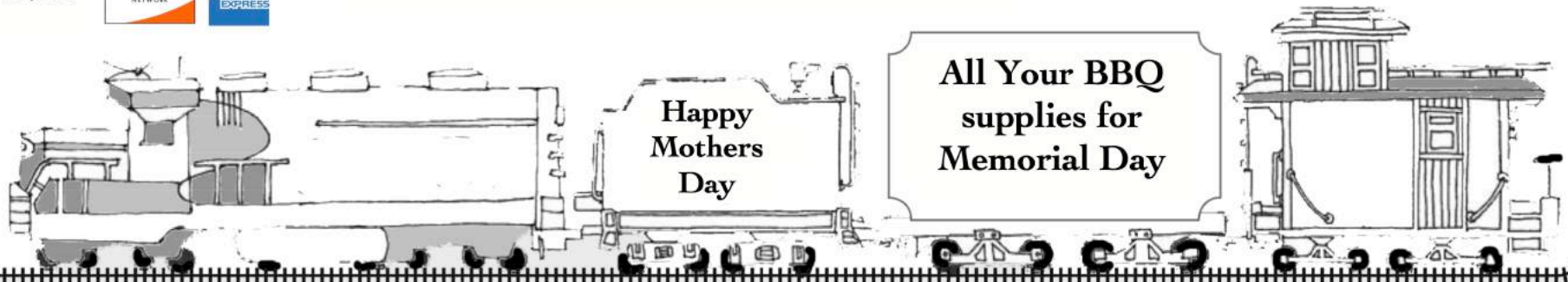
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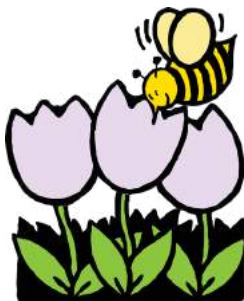
Words on Wellness • Tales of Pollen and More

by Karin Uphoff

Amidst the blossom and bounce of spring, you may find yourself dragging about with symptoms of allergies, strange skin reactions and moments of exhaustion. There is plenty of pollen flying round and (finally!) April showers have brought more flowers, along with grasses and molds. Our reaction to all this bloom often indicates immune imbalance, typically an highly-reactive immune response. When immunity gets over-whelmed or under-whelmed by internal and/or external environmental factors, it can use some assistance. Nature offers herbs and foods that serve as immunomodulators. These are plants that strengthen organs and provide chemical complexity to help up-grade or downgrade immune response as needed. The hypothalamus, liver and adrenal glands are especially involved in allergy response, so herbs that help modulate or balance immune response usually help the body to adapt to change in general. Medicinal mushrooms (reishi, cordyceps, maitake, shiitaki, turkey tails) do this, as well as Schizandra berry, Elder flower and berry, Oregon grape root, Eleuthero root, Pau d'arco bark, Nettle leaf, Astragalus root and California spikenard among many others.

Common allergic reactions, like hay fever, certain types of asthma, hives and food allergies are linked to our antibody immunoglobulin E (IgE). Each IgE anti-

body can be very specific, reacting against certain pollens and not others. Studies have shown that some herbs and foods can reduce overaction of IgE, such as: Ceylon cinnamon (*Cinnamomum verum*), black pepper, green peppercorn, comfrey root, eastern coltsfoot (*Tussilago farfara*), butterbur, rose petal, and several Asian herbs. Many flavonoids like quercetin help modulate histamine response and are found naturally in the peels of fruits and vegetables, especially red onion, garlic, grapefruit, cranberry, green tea and apples. Eating local bee pollen and raw honey can help you adapt to plant pollens, while nibbling on spring pop-up plants like plantain, fir tips, chickweed, dandelion, sorrel, mustard flowers, calendula flowers, borage and nasturtium help our bodies deal with symptoms.



We can also do our part in managing our intestinal health (where over half your immune system lives) by eating live cultured foods (yogurt, kefir, sauerkraut, miso, kimchi etc.) and eliminating refined flour, unfermented dairy and sugar, all of which slow lymphatic flow. Reduce the build-up of allergens in the respiratory tract with nasal rinsing, facial steams, sinus oils – do these throughout the season, not just when symptoms are intense. Drinking plenty of water and liver-supportive teas will also improve the situation over the long term.

been recorded this fall, with reports of 19 per hour. This fall, I strongly encourage you to visit the Sacramento National Wildlife Refuge, a part of which is located next to Interstate 5. Here you can see hundreds of thousands of geese, swans, ducks and even Sandhill Cranes and their young. The entire trip is made worthwhile in the one moment when thousands of Snow Geese take to the air with a cacophony of flapping wings and cackling calls. It is a taste of what the entire Central Valley autumn was like before the arrival of humans.

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.

Migration: Travelers Above Us

I like to read accounts of wildlife written by early settlers of California, like this one: a gunshot would send so many waterfowl into the air that they would darken out the sun for minutes.

We still can experience awe-inspiring sights during migration. In fall and spring we can watch thousands of birds migrating low over the ocean. In fall, you can visit Hawk Hill in Marin County where Golden Gate Raptor Observatory keeps records of migrating hawks as they fly in a slow spiral, waiting to catch updrafts that will carry them across the bay. Some 4,000 Red-tailed Hawks have



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. Geese Image by Veronika Andrews from Pixabay-

How Did Cockroaches Survive the Asteroid That Led to the Extinction Of Dinosaurs?

by Brian Lovett, Postdoctoral Researcher in Mycology, W. Virginia University

When the rock now known as the Chicxulub impactor plummeted from outer space and slammed into the Earth 66 million years ago, cockroaches were there. The impact caused a massive earthquake, and scientists think it also triggered volcanic eruptions thousands of miles from the impact site. Three-quarters of plants and animals on Earth died, including all dinosaurs, except for some species that were ancestors of today's birds.

How could roaches a couple of inches long survive when so many powerful animals went extinct? It turns out that they were nicely equipped to live through a meteoric catastrophe.

If you've ever seen a cockroach, you've probably noticed that their bodies are very flat. This is not an accident. Flatter insects can squeeze themselves into tighter places. This enables them to hide practically anywhere – and it may have helped them survive the Chicxulub impact.

Cockroaches have flat bodies that help them squeeze through tiny spaces. They're also strong and fast.

When the meteor struck, temperatures on Earth's surface skyrocketed. Many animals had nowhere to flee, but roaches could take shelter in tiny soil crevices, which provide excellent protection from heat.

The meteor's impact triggered a cascade of effects. It kicked up so much dust that the sky darkened. As the sun dimmed, temperatures plunged and conditions became wintry around the globe. With little sunlight, surviving plants struggled to grow, and many other organisms that relied on those plants went hungry.

Not cockroaches, though. Unlike some insects that prefer to eat one specific plant, cockroaches are omnivorous scavengers. This means they will eat most foods that come from animals or plants as well as cardboard, some kinds of clothing and even poop. Having appetites that aren't picky has allowed cockroaches to survive lean times since the Chicxulub extinction and other natural disasters.

Another helpful trait is that cockroaches lay their eggs in little protective cases. These egg cartons look like dried beans and are called oothecae, which means "egg cases." Like phone cases, oothecae are hard and protect their contents from physical damage and other threats, such as flooding and

drought. Some cockroaches may have waited out part of the Chicxulub catastrophe from the comfort of their oothecae.

Modern cockroaches are little survivors that can live just about anywhere on land, from the heat of the tropics to some of the coldest parts of the globe. Scientists estimate that there over 4,000 cockroach species.

A handful of these species like to live with humans and quickly become pests. Once cockroaches become established in a building, it's hard to rid every little crack of these insects and their oothecae. When large numbers of roaches are present in unsanitary places, they can spread diseases. The biggest threat they pose to human health is from allergens they produce that can trigger asthma attacks and allergic reactions in some people.

Cockroach pests are hard to manage because they can resist many chemical insecticides and because they have the same abilities that helped their ancestors outlive many dinosaurs. Still, cockroaches are much more than a pest to control. Researchers study cockroaches to understand how they move and how their bodies are designed to get ideas for building better robots.

As a scientist, I see all insects as beautiful, six-legged inspirations. Cockroaches have already overcome odds that were too great for dinosaurs. If another meteorite hit the Earth, I'd be more worried for humans than for cockroaches.

Our thanks to TheConversation.com

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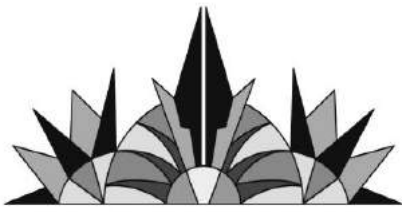


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**The MET's Production of
 Puccini's Amazing "Turandot".
 Opera At Arena Theater May 7**

Puccini's amazing "Turandot" comes to Arena Theater in Point Arena, Saturday, May 7 at 10:00am. Tickets are available through the Arena Theater website. Adults are \$24, Students \$18, and Seniors are \$22. The run time is 195 minutes and includes two intermissions.

Thrilling sopranos Christine Goerke and Liudmyla Monastyrskya share the title role of the legendary cold-hearted princess. Tenors Yusif Eyvazov and Yonghoon Lee



trade off as the bold prince determined to win Turandot's love, alongside sopranos Gabriella Reyes, Michelle Bradley, and Ermonela Jaho as the devoted servant Liù and bass-baritone James Morris and basses Alexander Tsybalyuk and Ferruccio Furlanetto as the blind king Timur. Marco Armiliato conducts Puccini's stirring score.

The world premiere of Turandot took place at the Teatro alla Scala, Milan, 1926. Puccini's final opera is an epic fairy tale set in a China of legend, loosely based on a play by 18th-century Italian dramatist Carlo Gozzi. Featuring a most unusual score with an astounding and innovative use of chorus and orchestra, it is still recognizably Puccini, bursting with instantly appealing melody.

The large Turandot orchestra calls for a wide variety of instruments, including alto saxophones, celesta, bass xylophone, harps, and an organ. There are several genuine Chinese themes that are integrated into the score in a suave and brilliantly original manner, including the big imperial anthem in Act II. The opera also contains moments of sheer melodic beauty in Puccini's most lyrical vein.

Attendees must be fully vaccinated. You are considered fully vaccinated two weeks after you have received a second dose in a two-dose vaccine series or two weeks after you have received a single-dose vaccine. Please provide proof of vaccination through an original physical vaccination card or photograph of it plus photo ID upon arrival at the box office. Masks are strongly recommended but not required.

(See more MET news on next page!)

**The Art of Janice Sullivan and James Docker at the Dolphin Gallery
 "Art Off The Wall" Opens Saturday, May 14**

"Art Off The Wall" is a new exhibit at the Dolphin Gallery, opening May 14, 2022 featuring the art of Janice Sullivan and James Docker. Both artists create an obvious texture with their work. Sullivan's emphasis begins with fabric, while Docker's is about wood, yet neither artist travels a singular road to their art, and we're fortunate that both will be on display at the Dolphin Gallery in May.



The landscape of natural and constructed environments have been inspirational sources for Janice Sullivan. "I am interested in the architectural nature of textiles, geometric form, organized grid, and surface texture created through the manipulation of structural components as well as color and pattern. Continuing to explore manipulated surfaces and complex patterns, I have turned to fashion. Producing a line of shawls and scarves, these fabrics continue to express my sculptural ideas in textiles that are fashion conscious. The ideas that began as sculptural relief for the wall have become adornment for the body."



Sullivan graduated with a BA in Textiles from Boston University in 1979, and followed with a Masters in Art Education from Massachusetts College of Art. Her teaching assignments have included City College of San Francisco, San Francisco State, and College of the Redwoods. Subjects have included weaving, dyeing, tapestry and surface design. Sullivan adds, "the concept of woven cloth as a symbol of celebration and an element of ritual has been an initial focal point of inspiration in my work. My intentions are to create textiles that are ceremonial in their own right. I create my imagery through an abstract approach using the repetition of pleats, complex multi-patterned weave structures,

painting, printing, stitching and dyeing. James Docker earned a Master of Fine Arts degree at San Francisco State University (he did his undergraduate work at Pepp



perdine University), and the influences on his work are many and varied. "The work I do has a conceptual component inspired by the work of both living and deceased, amateur and professional Artists, Arts and Crafts makers, and by Architecture. As a music lover and a jazz music enthusiast in particular, the structure and freedom expressed by jazz enters into the dialogue I have with wood and fabric." One can see Japanese influences, including boro fabric creators and useful Japanese items for food service and tea ceremony. (He lived and studied in Kyoto, Japan from the late 1960s to the early 1970s. The work of Piet Mondrian appears visually and fleetingly in his creations.

Docker has worked with wood his entire adult life, designing and building houses, cabinets and furniture for over 60 years. "I began creating knife blocks and boards for friends, family and neighbors at



The Sea Ranch. I have designed and constructed custom homes on The Sea Ranch, the Napa Valley and throughout the greater SF Bay Area over an almost 50 year career. My wood work has been described as 'quilting in wood'. Above all, I hope my work brings both visual delight and a certain usefulness!"

The exhibit continues until June 5, 2022.

Upper left: Sullivan Woven and Dyed Shawl

Lower Left: Sullivan "Two Views"

Above Right: Docker woodwork

Lower right: Docker Bag

"Nature's Splendor" Comes To Gualala Arts

The Art of Kim Walker Opens May 13

"Nature's Splendor" is an exhibit scheduled to open at Gualala Arts, Friday, May 13, 2022. The exhibit features the art of Kim Walker, an internationally recognized artist, mother of four, grandmother of nine, and loving wife. "Nature's Splendor" continues through Sunday, June 5, 2022.

In her art, Kim Walker reminds us that when viewing her work, "you are looking at not only paint but also actual botanic elements from nature." The process of painting and the connections to nature are both great passions in her life. "Painting allows me the

quiet and thoughtful internal dialogue that refreshes my spirit. My compositions are intended to be a reverent reflection of the beauty, inspiration, and meaningful lessons found in the gifts of nature. I believe connections to nature are indispensable to all people."

Like many of us, Walker believes that we all hope to include time each day—even if only a brief moment here or there—to take in the wonder of the intricate beauty of a flower petal or leaf, or to simply experience a view into

nature from our windows, and that each view has the potential to touch our lives in a profound and heartening way. "This belief resulted many years ago in the inclusion of botanical elements into my mixed media compositions. My art-making takes me on a spiritual journey as I seek and collect natural elements, which I then press and later incorporate into my paintings and 3-D art. I trust my art to show great reverence to nature while providing viewers a personal connection to the natural world in

a unique and unexpected realm." Inspired by the insights and wisdom of life's experiences—along with many metaphoric lessons found in nature, poetry is an integral part of her art. "I feel that my paintings and my poetry go hand-in-hand and complement each other. Therefore, each painting includes one of my original poems that I hand-write on the back of each composition."

In 1992, while transporting her young (9 years old) son to-and-from college, Walker

decided to attend classes herself, becoming the first person in her family to receive a degree—B.F.A. in Painting from Arizona State University. It also afforded her the unique experience of taking some classes



with her son who went on to complete a PhD in Computer Science. With great pride and joy she refers to this experience as a magical part of her journey. Walker's art is represented by various galleries and also shown in numerous juried art competitions and invitational installations, and is found in private, corporate, and municipal collections in the United States and abroad.

Left: "Ocean Delights 1"

Above: "Sacred Connections"

Arena Theater Presents The MET's Production of *Liucia di Lammermoor*"

A Reimagining of Donizetti's Opera, Starring Nadine Sierra, May 21

Opera lovers will be doubly pleased this month with the addition of a second MET performance on Saturday, May 21: "Liucia di Lammermoor"! Tickets are \$24 for General Admission, \$22 for Seniors, and \$18 for students. The run-time is 205 minutes with two intermissions.

In recent seasons, soprano Nadine Sierra has brought down the house at the Met with virtuosic vocalism and captivating stage presence as Gilda in *Rigoletto*, Susanna in *Le Nozze di Figaro*, and Ilia in *Idomeneo*. Now, she takes on one of the repertory's most formidable and storied roles, the haunted heroine of *Liucia di Lammermoor*, in an electrifying new staging by in-demand Australian theater and film director Simon Stone, conducted by Riccardo Frizza. Show-stopping tenor Javier Camarena adds to the bel canto fireworks as Lucia's beloved, Edgardo, with baritone Artur Ruciński as her overbearing brother, Enrico, and bass Matthew Rose as her tutor, Raimondo.

World premiere: Teatro San Carlo, Naples, 1835. The character of Lucia has

become an icon in opera and beyond, an archetype of the constrained woman asserting herself in society. She reappears as a touchstone for such diverse later characters as Flaubert's adulterous Madame Bovary and the repressed Englishmen in the novels of E. M. Forster. The insanity that overtakes



and destroys Lucia, depicted in opera's most celebrated mad scene, has especially captured the public imagination. Donizetti's handling of this fragile woman's state of mind remains seductively beautiful, thoroughly compelling, and deeply disturbing.

The tale was originally set in Scotland, which, to artists of the Romantic era, signified a wild landscape on the fringe of Europe, with a culture burdened by a French-derived code of chivalry and an ancient tribal system. Civil war and tribal strife are recurring features of Scottish history, creating a background of fragmentation reflected in both Lucia's family situation and her own fragile psyche. The design of the Met's new production by Simon Stone suggests a present-day American Rust Belt, an area once prosperous but now fallen into decline and neglect.

NOTE:

Attendees must be fully vaccinated. You are considered fully vaccinated two weeks after you have received a second dose in a two-dose vaccine series or two weeks after you have received a single-dose vaccine. Please provide proof of vaccination through an original physical vaccination card or photograph of it plus photo ID upon arrival at the box office. Masks are strongly recommended but not required.

(See more MET news on preceding page!)



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"We Will Not Let Hate Win" by David Steffen

I was raised as a Christian, a protestant, as a Wisconsin Synod Lutheran. St. Lucas Church in Milwaukee was built in the 1870s, and they added an elementary school shortly thereafter. I did my K-8 years at the school which included my confirmation in 1962. While I happily recall some fond memories of those years and the friends I made, I also recall other friends I made during those young summers and later in high school. Some of my friends happened to attend "IC", Immaculate Conception Roman Catholic Church and school, just down the street about 1/4 mile. I quickly learned that my new summertime friends (and, perhaps a Catholic girl I might have dated . . .) were just like the rest of us. In short having Catholic friends made this Lutheran kid realize we were all the same, and religion began to be demystified.

Some thirty years later, our daughter Caitie transferred from public school to a Catholic elementary school, and at some point Dolly and I sat in on a discussion group about Catholicism—sort of an adult CCD class, about what it means to be Catholic. I heard some dogma that was consistent with my Lutheran upbringing, and some dogma that was different. But I heard nothing that suggested that either of the religions I experienced knew everything. In fact, the two were far more similar than many would probably acknowledge, and both religions were consistent about our relationship with our fellow human beings.

Recently I watched (as did many others) the Republican members of the U. S. Senate's judiciary committee—without foundation—verbally assault a nominee for the Supreme Court. A sort of "Gang of Four" senators alleged that Judge Katanji Brown Jackson is or was or may be sympathetic to pedophilia or pedophiles. No proof, no reasoned or informed accusations. Just an insanely stupid attack.

I've also observed how LGBTQ human beings are regularly dehumanized by some politicians, some clergy, and some parents. Last week some of those rabid politicians launched bizarre attacks on The Walt Disney Company, after that company asserted that the people at Disney "are dedicated to standing up for the rights and safety of LGBTQ+ members of the Disney family, as well as the LGBTQ+ community in Florida and across the country." For some conservative politicians, that statement could not go unchallenged and leading the way was, of course, Senator Ted Cruz (R-Texas). Cruz suggested that the Walt Disney Company (may have) plans to create and broadcast animated gay pornography featuring two of its most beloved male cartoon characters: Mickey

Mouse—a male mouse, and his pet dog Pluto—a male dog. Cruz was telling an audience that the Disney cartoon characters Mickey and Pluto would soon be "getting it on".

When Cruz and other conservative politicians spout this type of drivel, others decide it must be ok to do the same. Consequently, these days it's not uncommon to hear horrible and baseless accusations thrown around.

How and why we have arrived at this point is worth considering, but instead of an analysis of how we got here, I thought I'd let you read what one woman had to say. Michigan State Senator Mallory McMorrow was attacked (by another Michigan politician—GOP State Senator Lana Theis—and decided to reply to her attack from the floor of the state senate. Here's what Senator McMorrow had to say, in 5 minutes and 4 seconds.

Thank you Mr. President.

I didn't expect to wake up yesterday to the news that [Senator Theis] from the 22nd district had overnight accused me by name of grooming and sexualizing children in an email fundraising for herself. So I sat on it for awhile, wondering "why me." And then I realized, because I am the biggest threat to your hollow, hateful scheme. Because you can't claim that you are targeting marginalized kids in the name of "parental rights" if another parent is standing up to say no. So then what? Then you dehumanize and marginalize ME. You say that I'm one of THEM. You say she's a groomer, she supports pedophilia, she wants children to believe that they were responsible for slavery and to feel bad about themselves because they're white. Here's a little background about who I really am.

Growing up my family was very active in our church. I sang in the choir. My mom taught CCD. One day, our priest called a meeting with my mom and told her that she was not living up to the church's expectations, and that she was disappointing. My mom asked "why". Among other reasons she was told it was because she was divorced, and because the priest didn't see her at mass every Sunday.

So where was my mom on Sundays? She was at the soup kitchen; with me. My mom taught me at a very young age that Christianity and faith was about being part of a community, about recognizing our privilege and blessings and doing what we can to be of service to others—especially people who are marginalized, targeted, and who had

less . . . often unfairly. I learned that SERVICE was far more important than performative nonsense like being seen in the same pew every Sunday or writing "Christian" in your Twitter bio and using that as a shield to target and marginalize already-marginalized people.

I also stand on the shoulders of people like Father Ted Hesburgh, the longtime president of the University of Notre Dame who was active in the civil rights movement, who recognized his power and privilege as a white man, a faith leader, and the head of an influential and well-respected institution, and who saw Black people in this country being targeted and discriminated against and beaten, and reached out to lock arms with Dr. Martin Luther King, Jr., when he was alive, when he was unpopular, and risky, and marching alongside them to say, "We've got you." To offer protection, and service, and allyship, to try to right the wrongs and fix injustice in the world.

So who am I? I am a straight, white, Christian, married, suburban mom who knows that the very notion that learning about slavery or redlining or systemic racism somehow means that children are being taught to feel bad or hate themselves because they are white, is absolute nonsense.

No child alive today is responsible for slavery. No one in this room is responsible for slavery. But each and every single one of us bears responsibility for writing the next chapter of history. Each and every single one of us decides what happens next, and how WE respond to history and the world around us.

We are not responsible for the past. We also cannot change the past. We can't pretend that it didn't happen, or deny people their very right to exist.

I am a straight, white, Christian, married, suburban mom. I want my daughter to know that she is loved, supported, and seen for whoever she becomes. I want her to be curious, em-

pathetic, and kind.

People who are different are not the reason that our roads are in bad shape after decades of disinvestment, or that healthcare costs are too high, or that teachers are leaving the profession.

I want every child in this state to feel seen, heard, and supported, not marginalized and targeted because they are not straight, white, and Christian.

We cannot let hateful people tell you

otherwise to scapegoat and deflect from the fact that they are not doing anything to fix the real issues that impact peoples lives.

And I know that hate will only win if people like me stand by and let it happen.

So I want to be very clear right now: Call me whatever you want. I hope you brought in a few dollars. I hope it made you sleep good last night. I know who I am. I know what faith and service means, and what it calls for in this moment.

We will not let hate win.

Although I have my doubts, perhaps Senator McMorrow's public response to the verbal assault on her will help change the conversation. I have my doubts, but I hope this helps begin to make a change.



Senator Mallory McMorrow

Haiku for May

**"sky lightens
the long night fades
trills of birdsong"**

by mai haiku

"Yonder"

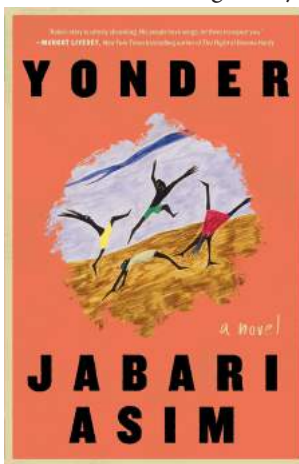
A Book by Jabari Asim • Reviewed by Jennifer Bort Yacovissi

Among the gifts that Jabari Asim provides the reader in his latest novel, *Yonder*, is that of new language. In a similar vein to Ta-Nehisi Coates in *The Water Dancer*, offering the concepts of the Tasked and the Quality to describe the enslaved and the enslavers, Asim cuts hard and straight into the heart of the matter and gives us the Stolen and the Thieves.

This is just some of the language that Asim's enslaved characters use among themselves — with care taken that no Thieving ears can snatch up the words — to remind one another of truths beyond the experience of their daily lives. Their language includes the power of the seven words selected for and spoken to each Stolen infant, to be recited each morning on waking, as well as the story of Swing Low, who helps bring the Stolen out of captivity, and of Buba Yalis, whose incantations allow them to fly and escape misery.

His characters live the novel's epigram:

"Got one mind for the boss to see,
Got another mind for what I know is me."



This dichotomy between the façade presented outwardly, as a survival mechanism, and the true self carefully hidden away is at the center of the novel. And while the Stolen must study, understand, and learn to anticipate the thoughts and moods of the Thieves as another form of self-preservation, the Thieves are blinded — indeed, comforted — by their certainty that there is no depth of thought or feeling, no inner life, within the Stolen. For them, the idea that the Stolen are capable of love is laughable.

The main voices of *Yonder* are William, Margaret, Cato, and Pandora, each of whom speaks for themselves to describe how life and Thieves brought them to Placid Hall, the ill-named plantation owned — along with Pleasant Grove and Two Forks — by Randolph "Cannonball" Greene, a man, as William says, "with too much money, too much land, and too much idle time."

William is fearless but does not believe in the power of language to change anything; he is a realist who survives by facing the world as he knows it to be. He and Margaret love each other, but William takes care not to get her "bigged," even though Greene expects it. The cost of enslavement on mothers and children has been seared into William; daily, he sees the damage that permeates every Stolen. He refuses to participate in propagating such misery, and certainly not onto his own

children.

He and Cato share a bond of fellowship forged by the injustices of Placid Hall, which include the brutality of Cupid, another Stolen, who has "blood in his eye" from his own horrific experiences and takes out his cruelty on his fellow Stolen as Greene's enforcer. Cato, though even more damaged than William by Thieves and Cupid, remains open to the possibility of wonder. Both William and Cato look for advice and wisdom from the Ancestors, but it is only Cato who understands to whom he is speaking.

Among the supporting characters are Milton, a young father and talented artist who draws masterpieces in the dirt; Silent Mary, a legendary cook who hasn't uttered a word

since her infant was pulled from her arms when she was 16; and Zander, a boy on the cusp of manhood whose natural ebullience remains undimmed by his circumstances. He is sure that he will soon be able to fly and thus is teaching himself to navigate by the stars.

The story of each Stolen is unique but all share a common thread of violation, humiliation, and heartbreak. Pandora, for instance, is raised as the pet

of her half-sister, living in comparative luxury until the other girl dies and her mother sells Pandora off to a pimp. Now, at Placid Hall, Greene's unbalanced wife — know by the Stolen as Screech Owl — attempts to render Pandora unattractive to Greene by making her dump the contents of Screech Owl's chamber pot onto her own head every day.

Still, the Stolen are able to create small moments of joy and tenderness for themselves, such as with a baby's whispering ceremony, but those instances are never entirely their own. They either require permission from a Thief or must themselves be stolen.

And so there is a ripeness among the Stolen at Pleasant Grove for the words of Preacher Ransom, a Stolen with papers showing that he's been freed. Ransom is able to move among the surrounding plantations, ostensibly preaching from the "Book of Thieves" — the one that gives Thieves permission to "steal and rape and injure again and again but only had to say they were sorry and it would all be forgiven" — but in fact spreading the word to his fellow Stolen of the life that could be theirs "yonder" if they can but muster the courage to go.

"Yonder," of course, is an area of pure speculation for those who've almost never been outside the boundaries of Greene's holdings. William's natural mistrust of anything involving hopes and dreams makes him suspicious

of Ransom; it is only the conviction of his forged family that finally spurs him to take the chance on something beyond his own experience.

Yonder has been compared to *The Water Dancer* and Robert Jones Jr.'s *The Prophets*, a 2021 nominee for the National Book Award. Indeed, the three novels feel as though they belong together, acting as companions on a similar journey. For its part, *Yonder's* journey is both devastating and, ultimately, hopeful.

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. The novel is a fictionalized account of her mother's family in DC from the Civil War to the Great Depression. 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.

The Coastal Singers Offer A Mother's Day Concert May 8 at Gualala Arts

The idea of a special day in the United States to honor mothers dates back to the late 19th century. While the origin may date back more than a century, the idea has not diminished with time. The United States celebrates Mother's Day each year on the second Sunday in May. The celebration here on the Mendonoma Coast will be Sunday, May 8, beginning at 4:00 p.m. in Coleman Hall. Tickets are \$20 advance, \$5 more when purchased on the day of, and are available at Gualala Arts, the Dolphin Gallery, and online at EventBrite.com.

For everyone looking for a special way to remember Mom, look no further than Gualala Arts. The Coastal Singers, under the direction of Sue Bohlin, will be front and center presenting a delightful program. The



performance is scheduled to include "How Lovely is Thy Dwelling Place" by Johannes Brahms, "Dirait-on" by Morten Lauridsen, "O Occhi Manza Mia" by Orlando di Lasso, "America" by Paul Simon, "Bless the Broken Road" by Marcus Spencer Hummon, "Amazing Grace" by John Newton, "Take on Me" by Aha, and "In Anchor Bay" and "My Mother's Day" by Sue Bohlin.

Flowers, cards and candy are always nice gestures for Mom. But an afternoon concert with the Coastal Singers makes the day even better and more special.

May's Reading List - Best Sellers and Best Bets -

"Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers."
Charles William Eliot (1834-1926)

- **All About Love** by bell hooks
- **Bitter-Sweet** by Susan Cain
- **Call Us What We Carry** by Amanda Gorman
- **The Dawn of Everything** by David Graeber and David Wengrow
- **Educated** by Tara Westover
- **Half Baked Harvest Every Day** by Tieghan Gerard
- **I Color Myself Different** by Colin Kaepernick
- **The Judge's List** by John Grisham
- **Little Leaders.** by Vashti Harrison
- **Nowhere For Very Long** by Brianna Madia
- **One Of Us Is Lying** by Karen M. McManus
- **Pandora's Jar** by Natalie Haynes
- **Refugee** by Alan Gratz
- **Sea of Tranquility** by Emily St. John Mandel
- **Time is a Mother** by Ocean Vuong
- **Verity** by Colleen Hoover
- **The Wonderful Things You Will Be** by Emily Winfield Martin

Another Book You Might Like*

* **Yonder** by Jabari Asim
(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.

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

Solution to Sudoku

Scuttlebutt

by Mitch McFarland

Those who read this column are familiar with my opposition to nuclear power (and, of course, nuclear weapons). My criticism generally shies away from the obvious problem which is the hubris of some people believing that we can safely (and cheaply?) store deadly nuclear waste for 10,000 years. We haven't even figured out what to do with the stuff in 50 years, while making more and more of it. I know this argument isn't going to gain much ground as few people really think or care about the storage issue. Of much greater concern is the increase in the monthly cost of Netflix.

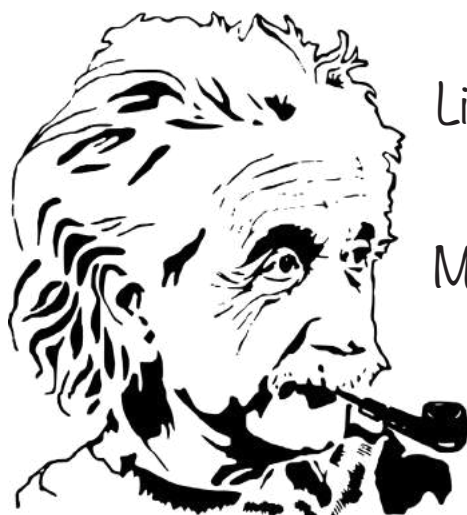
My criticism of nukes usually relies on what I imagine would be a much more identifiable problem: the astronomical cost of not just building the plants, but later de-commissioning them and then the storage costs, which is sort of like having a 10,000 year mortgage. Construction and operating costs for a nuke plant are estimated to be about \$5.50/W vs solar at \$2.50/W. Robert Howarth, a professor of ecology and environmental biology at Cornell University stated, "it is very clear that we can completely rebuild the energy economy of the world moving forward built on renewable energy alone, with no need for fossil fuels or nukes. To build our future on renewables is [the] fastest, safest, and cheapest way to address climate disruption." Yet many still view nukes as the solution to climate change, despite the estimated 10 years it takes to plan, permit, and build a new nuke plant to the point of producing electricity.

Nuclear power is so expensive that the current federal budget calls for \$6 billion in subsidies for nuclear power plants that are uneconomical due to early closure of plants because of cheaper sources.

OK. I'll get off that horse because I have another I want to ride. It has always been a problem for nuke plants, but one that until now has received little attention. The issue came to prominence when the Russians took over the Chernobyl nuke plant and forced its workers to work a 600-hr shift at gunpoint. Some observers believe they were using it as a staging area, knowing it could not be bombed.

They screwed things up and likely poisoned a bunch of their own soldiers before realizing that they were out of their depth and left. They also attacked the Zaporizhzhia Nuclear Power Plant, causing structural damage and starting a fire. The fire was extinguished with no major radiation leak, but it did reveal the possibility that Ukraine (or any other nuclear nation) could

be nuked without the use of nuclear weapons. Even if the containment domes could withstand a bunker-buster type bomb (they can't), there are other avenues for creating a nuclear disaster. Cutting off power to the plant would disable critical cooling systems leading to a meltdown. Less reliable backup generators would be employed to keep cooling pumps going as long as they had fuel and were not damaged by conventional bombing. The tsunami at Fukushima flood-



Listen
to
Mitch!

ed their generators and we all know what happened next.

How big a threat is this? Well, Romanians have spent millions for the emergency production of radiation-blocking iodine pills. A March poll of citizens in Poland, Romania, Latvia, Lithuania, and Estonia revealed that they abhor nuclear weapons and worry about Russian nuclear safeguards. At the same time, they want their governments to acquire nuclear weapons after Putin put the country's nuclear forces on high alert. Paradoxically, 85 percent of respondents reported that there were no situations in which using nuclear weapons would be morally justified. This is a classic case of cognitive dissonance i.e. holding two opposing ideas at the same time. That scares me a bit. This does not lead to rational thinking or decision making. At the very least it reduces the public pressure that might restrain autocratic leaders and weapons manufacturers from developing nuclear weapons.

Mitsuru Fukuda, a professor at Nihon University in Tokyo and expert on crisis management and security states, "Many of us did not expect a respected country's military would take such an outrageous step. Now that ...Putin has done it, not only Ukraine but the international community, including Japan, should reevaluate the risk of having nuclear plants as potential war-time targets."

Ukraine, it is said, was "born" into nuclear

weapons with some leftover from the Soviets. Ukraine relinquished its weapons and signed the Nuclear Non-Proliferation Treaty. It did so in exchange for the 1994 Budapest Memorandum—a document in which Russia, the United States, and the United Kingdom declared their (non-binding) commitment to Ukrainian independence, sovereignty, and borders.

Putin has declared that he would use nuclear weapons if Russia faced an "existential" threat. As someone who so identifies himself as the state power, how would he consider when the existence of the state was under threat?

Ukraine has already been falsely accused by Russian state media of building bio-weapons and seeking a nuclear "dirty bomb". These could easily become flimsy excuses for existential threats.

And, of course, we now have the idea of tactical nuclear weapons. You know, little ones. They would run between 1 and 15 kilotons. Hiroshima was 10 kilotons, but the "big" modern nukes are not measured in kilotons, but MEGATONS!. And what do you imagine the public pressure would be if, say, Russia were to hit the Basra air base with a tactical nuke or Vandenberg air base in the U.S. ? The long range bombers are already in the air.

Another wacky idea the military is proposing is small, portable nuclear reactors that can be dragged around to war zones to provide electricity and reduce the supply line issues of fuel supply trucks. Great. Put a bunch of little nuclear power plants around a war zone. What could go wrong?

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Chinese Proverb

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

(Answer appears elsewhere in this issue)

Music on Film Nite Presents "Jimi Hendrix Live in Maui"

Relive The Experience at Arena Theater, May 16

This 2022 Grammy-nominated film chronicles the Jimi Hendrix Experience's storied visit to Maui, their performance on the dormant lower crater of Haleakala volcano on the island, and how the band became ensnared with the ill-fated "Rainbow Bridge" movie produced by their controversial manager Michael Jeffery. The film screens on Monday, May 16 at 7:00pm, and has a runtime of 91 minutes.

Never-before-released original footage, and new interviews with key players such as Billy Cox and director Chuck Wein, form this fascinating account about one of the most controversial independent films ever made.

Inspired by Easy Rider and directed by Warhol acolyte Chuck Wein, Jeffery's film centered around the idea of a "rainbow bridge" between the unenlightened and enlightened worlds. It was envisioned to feature everything from surfing and yoga to meditation and Tai-Chi and filmed without

the aid of a script or professional actors. It proved to be a rambling assemblage of hippie excess and Jeffery grew concerned that his investment was being squandered.

The Experience were already booked to perform a concert in Honolulu at the H.I.C. Arena on August 1, 1970, and when word of mouth about a free Jimi Hendrix concert led a few hundred curious Maui locals to the Baldwin cattle ranch in

Olinda where a makeshift stage was constructed and the audience was arranged by their astrological signs. The performance was a success – the trio was at the height of its powers and played two sets flawlessly against a stunning natural backdrop, including breathtaking renditions of crowd favorites like "Foxy Lady," "Purple Haze," and Voodoo Child (Slight Return)," as well as then-unreleased songs like "Dolly Dagger" and "Freedom" that showcased the new direction Hendrix was moving toward.



May On The Coast. Wildflowers, Forests, Coastal Beauty Discovery Gallery's Artists Bring It All This Month

May is a gorgeous month on the Northern Coast. Wildflowers are blooming, the sea and the forests are stunning, and all of this coastal beauty, as well as other inspiring beauty, are reflected in outstanding pieces of art created by the 32 talented artists who own and operate the Discovery Gallery in Gualala.

We are winding up the very successful two months of 50% of artists sales being given to the World Central Kitchen whose volunteers and employees work to feed the people in Ukraine as well as Ukraine refugees. While the official donation period is ending, some artists are continuing to donate half of their selling price to WCK.

We hope you will visit all of the wonderful galleries on the coast this month. Be sure not to miss Discovery Gallery which is located on Highway One in Gualala, next door to the Sea Cliff Motel and just down from Trinks. We're open Thursday through Tuesday from 10:00am to 4:00pm. Our owner artists are friendly, knowledgeable about the art and the artists in the gallery, and full of information about the area. Stop by. We'd love to visit with you.



"The aim of education should be to teach us rather how to think, than what to think--rather to improve our minds, so as to enable us to think for ourselves, than to load the memory with thoughts of other men." Bill Beattie

Bill Beattie (1902-1991)

Welcome to May!

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

Here are some activities, events and announcements for Coastal Sonoma County.

RCMS Moderna Vaccine Clinic: RCMS will be offering a Moderna COVID-19 vaccine and booster clinic at the Timber Cove Fire House on Tuesday, May 3 from 2:00-4:00pm. Second booster doses are currently authorized for the following groups and will be available at this event:

- Ages 50 and over with at least four months since the first booster dose was received.
- Individuals with moderate/severe immune compromise that are younger than 50 may also get a second booster with provider confirmation.

- RCMS will also be offering first dose, second dose, and first boosters (Moderna only) at this event.

- Please bring your vaccine card if you have one. This will be a first come, first served event.

Personals

Hairdresser will again be making trips to give haircuts in May in the Timber Cove/Seaview Ridge community. Feel free to text Shimeko at (510) 207-4745 or email at reachshimeko@gmail.com. NOTE: I've decided to continue masking since I'm so close to others while cutting. I'm triple vaccinated and test before I out to the coast. Please cancel if you have recently been exposed to the COVID-19 virus.

Seeking Meditation Group: I am looking for an established meditation group to join to enrich my practice. Marcella94924@gmail.com.

Rental Wanted: Local marine biologist in search of a place to rent in the area for 12+ months. Budget is \$1100/month. Please contact me at audreydeutsch@gmail.com for a rental resume.

Ongoing

Sunday Community Market continues at Fort Ross School Sundays, 10am - noon.

Veterinary Vaccine Clinic with Dr. Jennifer Frankot Thursdays 8:30am to 12:30pm at Hwy 1 & Skaggs Springs Rd, Stewarts Pt.

Greenwood Civic Club Hosts

Annual Rummage Sale, May 21-22

The 33rd Annual Elk Rummage Sale returns Saturday and Sunday, May 21 and 22 from 10:00am to 4:00pm at the Greenwood Community Center in downtown Elk.

Thousands of treasures at bargain prices. Enjoy tasty food and drinks. Credit Cards now accepted. All proceeds benefit community projects, summer children's program and student scholarships. More information is at www.elkweb.org.

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Kahlil Gibran (1883 - 1931)

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Crossword

by Margie E. Burke

ACROSS

- 1 Excitement
- 5 Vehicles for hire
- 9 Country singer Black
- 14 Glazier's item
- 15 Cream additive
- 16 Rodeo contestant
- 17 Line on a graph
- 18 Farm equipment
- 19 Past plump
- 20 Ab exercises
- 22 Split up
- 24 Give an example
- 26 Burger flipper
- 28 Glinda, e.g.
- 31 Manx, for one
- 32 Sprouting
- 36 Kind of rock
- 38 Pinup's leg
- 39 Dog in "Beetle Bailey"
- 40 Resound
- 45 Gun, as an engine
- 46 Gross out
- 47 Healthy snack
- 49 Legal hunting period
- 52 Certify, as a college
- 55 Taxonomic categories
- 58 Sales rep's goal
- 59 Turn over
- 61 Plane wing part
- 62 Surprise win
- 63 Nail part
- 64 "Slam" anagram
- 65 Contents of some urns

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65						66					67			

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- 66 Nelson of early film musicals
- 67 Cash register supply
- 12 Raven's haven
- 13 Sloth's home
- 21 Something to pull
- 23 Chess piece
- 25 Barracks boss
- 26 Melee memento
- 27 Race's rate-setter
- 29 Insect-repelling oil
- 30 Vacationer's quarters
- 33 Spring mo.
- 34 Corporate concern
- 35 Exploding star
- 37 One expelled from a country
- 41 Says again and again
- 42 Ran, as colors
- 43 Shakespearean genre
- 44 Ill at ____
- 48 Milk option
- 50 Market segment
- 51 Trusty mount
- 52 Blue hue
- 53 Coffee holders
- 54 Bludgeon, in Britain
- 56 Alternative to steps
- 57 Church area
- 60 June honoree

DOWN

- 1 Health retreats
- 2 Curbside call
- 3 First step
- 4 Spring (from)
- 5 Tablet alternative
- 6 "Is that ____?"
- 7 Shoplift, slangily
- 8 Waste conduit
- 9 Neighbor of Slovenia
- 10 Opera text
- 11 Brainchild

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"The *Real* High Seas Drifters"

by Mary Jane Schramm, Freelance Writer, Naturalist

The Ranger 85 chugged resolutely through the water, headed to the Farallon Islands and beyond. Suddenly, the engine slowed, shuddering to a stop. We watched as we drifted toward an estimated seven-foot long leatherback turtle munching meditatively on something reddish-gold and droopy - a huge jellyfish. The rarity of the leatherback sighting was enough to marvel at; but watching it chomp on the giant jelly was truly impressive. It methodically consumed its meal, a super-sized specimen of a Pacific sea nettle, *Chrysaora fuscescens*, one of many species found off our coast.



The term, "jellyfish" is a misnomer: they're not fishes, but marine invertebrates of the phylum Cnidaria, so scientists use the term, "jelly." These are ancient creatures, yet unevolved. Jellies are simple animals, comprised 95% of water. Like other cnidarians including sea anemones, sea whips, and hydrozoans, they are radially symmetrical. The classic umbrella or bell shapes allow them to sense danger (and opportunity) from all sides. They lack hearts, circulatory systems, lungs, or brains. A rudimentary nerve network allows jellies to detect light, odors, and other stimuli. Their bell surrounds an internal cavity housing reproductive and digestion parts; and from its rim, oral arms and tentacles stretch. When touched, the tentacles' stinging cells, nematocysts, are fired harpoon-like into prey, which compensates for their limited mobility. They move slowly, by pulsating their bell. Jellies are an important food source for seabirds and fish - and clearly, sea turtles.

These gelatinous creatures are passive predators that troll with long oral arms for anything edible that drifts by. They feed on various zooplankton such as salps, jellies, sea snails, fish eggs and larvae; even small fish and crustaceans. The digestive cavity has only one opening, efficiently serving as both mouth and anus.

Reproduction is both sexual and asexual. Adults - medusas - produce eggs or sperm, or both: some are hermaphroditic. Once fertilized, they drift in larval (planular) form, then as juvenile polyps attach to a

hard surface and bud asexually. Once fully developed, they become free swimming medusas. Some local species include:

Brainless Wonders: Even without brains, some jellies evolved clever defenses. The bright red crown jelly, *Atolla wyvillei*, is known as the "alarm" jelly. When threatened, its tentacles flash bright bioluminescent blue signals. This "alarm" is believed to attract larger predators that might attack the jelly's attacker instead; a literal bait-and-switch!

Moonstruck: Moon jellies, *Aurelia aurita*, have a shallow, translucent white bell, lending them a lunar aura. The disc reveals horseshoe-shaped gonads, pink or blue. The bell is just 16 inches across, and fringed with many short, neat, undulating tentacles that sweep food toward its gastric opening.

Nettlesome: The Pacific sea nettle (*chrysaora fuscescens*) sports a characteristic golden brown or reddish bell which can span over three feet in diameter. The ribbonlike spiraling oral arms and the 24 undulating tentacles may trail up to 15 feet. The oral arms begin digestion even as they transport the prey to its mouth. Its sting is rarely dangerous - to us.

Majestic: The giant lion's mane (*Cyanea*



capillata) is the most ancient, living in cold Northern Hemisphere seas for over 650 million years. It is also the largest. An East

Coast specimen measured seven feet across. Its eponymous "mane" of tentacles, up to 120 feet long, administer a strong venom,



very painful to humans, dangerously so to some. One even figured in a Sherlock Holmes mystery!

Bloomin' Crazy: Recently, mega-blooms of jellies have increased globally. They have fouled ship and power plant intakes, and clogged fishing nets. Possible causes include plankton (algae) blooms on which they feed. Overfishing has depleted their fish predators. The National Oceanic and Atmospheric Administration (NOAA) co-sponsored a study indicating that human-made structures may contribute to near-shore blooms. They found that jelly larvae settle more readily on artificial structures than on natural surfaces. With sea level rise and storms, coastal armoring (riprap) has increased. Underwater aquaculture pens, platforms and sunken ship hulls add to the problem. Scientists and ocean and coastal managers worldwide continue to follow this issue through monitoring, research, and regulations.

Photo credits

Above: LionsManeJelly-MBNMS-NOAA.

Left: Pacific_Sea_Nettles;

Far left: atolla-Tentacles-750 NOAA-OE



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Get Out! May Music, Poetry, Theater, Film, Art, Radio, Online & more.

Please note: some events currently included in Get Out! are virtual. This "◇◇" means that the host organization will have information on attending virtually via Zoom or other platform.

- Sunday 01: 3:00pm, Coast Library presents publisher Stephen Kessler, "Last Call"
- Monday 02: 2:00pm, Chinese Brush Painting Workshop begins (thru 6/6) at Gualala Arts
- Monday 02: 7:00pm, "Ben Hur" screening at ATFC at Arena Theater
- Tuesday 03: 2:00pm, RCMS hosting Moderna Vaccine shots at Timber Cove Firehouse
- Thursday 05: Thursday is Cinco de Mayo
- Thursday 05: 4:00pm, Vinyl and Vineyards w/Rebekah Wineburg at Sea Ranch Lodge
- Thursday 05: 11:00am, New Exhibit at Discovery Gallery
- Friday 06: 12:00pm. Opening Reception for new exhibit at Coast Hwy Art Collective
- Friday 06: 6:00pm, BAKU plus special guest Eric Tamm at Timber Cove Inn
- Saturday 07: 10:00am, MET Opera at Arena Theater. "Turandot"
- Sunday 08: 4:00pm, Mother's Day Concert featuring Coastal Singers at Gualala Arts
- Thursday 12: 6:00pm, Jazz at Sea Ranch Lodge with Harrison Goldberg and Friends
- Friday 13: 11:00am, Opening for "PPQG" Exhibit, "Fresh Beginnings" at Gualala Arts
- Friday 13: 11:00am, Opening of "Natures Splendor" w/ Kim Walker Exhibit at Gualala Arts
- Saturday 14: 11:00am, Opening for "Art Off The Wall" at Dolphin Gallery
- Sunday 15: 9:30am, Wellness Event w/ Shoshana Hebshi & Charlotte Keane at Sea Ranch
- Monday 16: 7:00pm, Film, "Jimi Hendrix Live in Maui" at Arena Theater
- Thursday 19: 7:30pm, Dan Brady at Third Thursday Poetry at Arena Market and Online.◇◇
- Friday 20: 4:00pm, Golf Course BBQ at Sea Ranch Golf. (Until 7:00pm).
- Saturday 21: 10:00am, MET Opera at Arena Theater "Liuci di Lammermoor"
- Saturday 21: 10:00am, 33rd Annual Elk Rummage Sale at Greenwood Community Center
- Saturday 21: 10:00am, ACORN Partners "Waves & Whales Trail Run & Hike".
- Sunday 22: 10:00am, 33rd Annual Elk Rummage Sale at Greenwood Community Center
- Sunday 22: 4:00pm, Science on Screen presents "Inhabitants". A film at Arena Theater.
- Tuesday 24: 6:00pm, Pt. Arena City Council Meeting, via Zoom. ◇◇
- Thursday 26: 6:00pm, Jazz at Sea Ranch Lodge with Harrison Goldberg and Friends
- Saturday 28: 10:00am, Fine Arts Fair at Gualala Arts
- Sunday 29: 10:00am, Fine Arts Fair at Gualala Arts
- Monday 30: Memorial Day Holiday

Looking ahead to July:

- Save the date: 4th of July celebration in Pt. Arena, July 2 & 3.

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Route 75 Monday through Friday from Point Arena to Gualala at 7:15am. Saturdays: Route 75 runs only from the Navarro Store at 9:15am to Ukiah and back.

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