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OCTOBER 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



**Rick Estrin
and the
Nightcats**

**Arena
Theater
October 22**

One of the favorites on the Mendocino Coast is Rick Estrin, the Blues star who's piloted the wildly fun and musically fearless Rick Estrin & The Nightcats for the last decade, touring the world and proving night after night why they won the 2018 Blues Music Award for Band Of The Year. The combined talents of blues harmonica virtuoso and sly, soulful singer Estrin, guitar mastermind Kid Andersen, keyboard wizard Lorenzo Farrell and endlessly creative drummer Derrick "D'Mar" Martin take Estrin's inventive, original songs to new and unexpected places. On stage, the band's ability to deliver an unpredictable, no-holds-barred show is unmatched.

In addition to Estrin's celebrated songwriting and spectacular harmonica playing, he and the band are among the most entertaining and colorful showmen around. Estrin's flashing harmonica solos, quick wit and signature hipster-cool look, Andersen's off-the-cuff guitar pyrotechnics, Farrell's mighty organ and...

... Continued on Page 2

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Opening Reception for Peter Bailey and Kelley Kieve October 1 at Coast Highway Art Collective
Jewelry and Collage Mark the Opening of The Fall Art Season

The fall art season at The Coast Highway Art Collective is underway, kicking off with an opening reception for Peter Bailey, jewelry, and Kelley Kieve, collage, on Saturday, October 1 from noon to 5:00pm. In November, Ling-Yen Jones, jewelry and Andrea Allen, Chinese Brush painting, will be exhibiting; and the annual holiday gift show returns in December. The collective members' favorite event.

Peter Bailey says "One of my favorite quotes is a simple one from Picasso: 'Art washes from the soul the dust of everyday life.'" In his extensive body of work, Bai-



ley has incorporated this philosophy and says "my expression of creativity unifies my heart, soul, and spirit that can touch and inspire people who appreciate bringing greater meaning to their lives."

Bailey was mesmerized at the early age of five when his mother would take him to jewelry stores, where the shimmering colors of precious stones and the ageless luster of gold and silver amazed him. That moment in time ignited a creative desire to express himself in the art of jewelry making. He loves to work with the entire range of gemstones, specializing in high quality and timeless gems.

His work emphasizes the sculptural and sensual aspects of jewelry making while at the same time creating a balance between a beautiful gemstone and a complimentary design. Much of his work incorporates images from nature that have inspired him. He says he 'loves the lines of a dragonfly, an iris or a trellis vine . . . even musical notations. If I can contribute and enrich special events then I feel a little more joy and happiness is added to the world manifested in my jewelry art."

Kelley Kieve grew up in the southwestern desert of Santa Fe, New Mexico and was surrounded by art at an early age. She says Santa Fe has an incredible and very eclectic



art community and she had the good fortune to meet and get to know many amazing artists. From them, she learned about color, placement and how creating a piece of art can change both the viewer and the artist.

Kieve incorporates the visual imagery of her art world into her work as a hypnotherapist, gently guiding her clients inward to find the answers to help them make positive lifestyle changes. She says these changes often include pushing creative edges, in ways to bring joy. "So, I am listening to my own inner voice and taking a chance by presenting my art to the public eye."

The show opens on October 1 and runs through October 29 during regular gallery hours, Friday through Sunday, 11:00am to 4:00pm. The gallery is located at 284 Main Street, Point Arena, the little red building with the big yellow sun, next door to the Redwood Credit Union.

More information and how to become a collective member is available at www.coast-highway-artists.com

Exhibition on Screen • "Hopper"
Arena Theater • October 30

Edward Hopper is a rare artist whose work is accessible to both the casual and critical observer. Artist Mark Rothko, Banksy, directors Alfred Hitchcock, David Lynch, and many others have been inspired by the unique way Edward Hopper captured American life.

Hopper's work is, perhaps, the most recognizable art in America—popular,



praised, and mysterious. Countless painters, photographers, filmmakers and musicians have been influenced by his art—but we continue to ask, who was he, and how did a struggling illustrator create such a bounty of notable work?

This new film takes a deep look into Hopper's art, his life, and his relationships. This film explores the enigmatic personality behind the brush with expert interviews, diaries, and a startling visual reflection of American life. "Hopper" brings to life America's arguably most influential artist.

Directed by Phil Grabsky, the film screens Sunday, October 30, 1:00pm at Arena Theater. The runtime is 90 minutes.

POINT ARENA LIGHTHOUSE

The Light Station Store, Indoor Museum, 23 acre Outdoor Museum AND the 115' tall Lighthouse Tower are open for tours! Tower Tours approximately every 20 minutes, last Tower Tour around 4 p.m.

Open daily from 10 a.m. to 4:30 p.m.

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Visit the historic Point Arena Light Station, celebrating its 152nd year of lighting the way on the coast in 2022! Climb the 145 steps to the top of the tallest Lighthouse on the Pacific coast for a spectacular view. Shop the Light Station Store's impressive collection of high quality t-shirts, sweatshirts, pullovers, jackets and outerwear, jewelry, books, postcards, decorative housewares, children's items, clocks and wall art, posters, glassware and more. Explore our Indoor and Outdoor Museums. Watch for whales, harbor seals, sea lions, dolphins, pelicans, seabirds, raptors and more from our bluffs. Our seven unique and charming vacation cottages and studios are also available to rent.

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ESTRIN from cover story . . .

. . . piano work and D'Mar's dynamic drumming bring instant fun to their live performances. "People don't go out to see people who look like themselves," says Estrin. "They want to see something special. I was schooled in this business to be a showman, and that's what you get when you come to see us perform. We know how to put on a show. I feel sorry for anyone who has to follow us."

In 2019, Rick Estrin & The Nightcats released their fourth studio album, "Contemporary," demonstrating the band's ability to use tough blues and raucous roadhouse rock as jumping off points for exhilarating new roots music.

More about Rick Estrin and the band is at <https://rickestrin.com/>

The Arena Theater bar and snack stand will be open. All Covid restrictions have been removed.

The Nightcats have a long history, from the days of Little Charlie Baty to Rick Estrin. Consider supporting the blues tradition by making a donation to Arena Theater (ArenaTheater.org) or the Sacramento Blues Society (SacBlues.org).

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Our thanks to October contributors including
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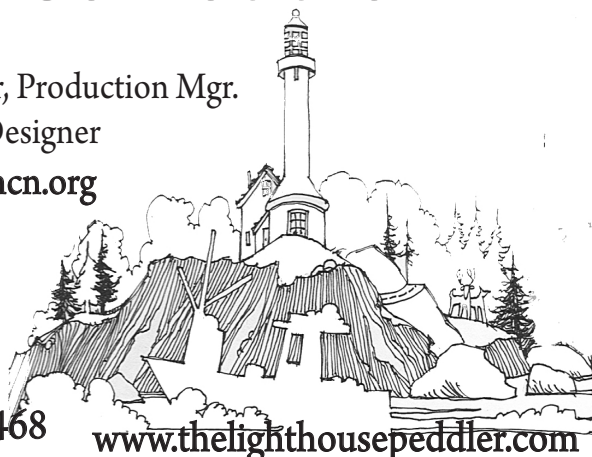
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"When you're numb to the touch
 You cannot chase this ghost away
 And this too shall pass, this too shall pass
 It won't always be the same"

From "Lay Yo'r Head On Me" by Major Lazer, Marcus Mumford

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 John Coltrane (1926-1967)

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Albion Poet Marilyn Motherbear Scott Featured October 20
At the October Third Thursday Poetry And Jazz at Arena Market and Online

On Thursday, October 20, at 7:00pm, The Third Thursday Poetry & Jazz Reading Series will feature Albion poet Marilyn Motherbear Scott. The reading will take place at the Arena Market cafe (as well as virtually via Zoom) and will begin with live improv jazz, followed by a featured reading with Marilyn Motherbear Scott, then an open mic with jazz improv, and finally the reading will conclude with more live improv jazz.

Marylyn Motherbear Scott, writes memoir, poems, poetic narration, and theatre review. A founding member & editor for the online journal Coreopsis, she is published by Cauldron Press; Bantam Press, Skinner Press, Coreopsis, Green Egg, and WMC Anthologies and regularly features in readings around Northern California.

She is also published in Edward Searl's anthology, *Beyond Absence* (2006), in Hill/Baker/Starhawk's *Circle Round* (1998), Annette White Parks' anthology of women writers, *Word Weavers*, *The Dragonslayer's Daughter* and a book of poetry, *Love's Journey*. She is currently

focusing on gathering and writing her memoirs, *Ohm. Sweet Mystery* as well as on a non-fiction book, *In Your Own Rite*. She began writing reviews for the *Brookline Times* in the late 50's. Today, her reviews and other writing can be seen in the local Press.

Motherbear also has a long history of non-violent protest and demonstration for Peace and she was on the creative edge of the Psychedelic Revolution in the early 60's, the Harvard days of Alpert and Leary, journeyed to the Bay Area in 1967, the Summer of Love, with husband and first two (of six) children. Connecting with the Stanford Writing Group, later known as Kesey and the Merry Pranksters, she taught theatre, creative writing and dance at Peninsula School in Menlo Park.

She and the four youngest of her six kids went on the Great Peace

March for Global Nuclear Disarmament in 1986, from California to Washington, DC. During this time, she wrote and produced

Motherbear also has a long history of non-violent protest and demonstration for Peace and she was on the creative edge of the Psychedelic Revolution in the early 60's.

an original dance/theater piece, seventeen verses of Haiku. Titled *Sadako's Dance of the Thousand Crane* it was performed in town squares and church basements, at Notre Dame, Kent State; and later, in Europe, Russia, and Czechoslovakia. Her continued activism for peace and the environment brought both her theatrical and poetical presence to rallies, demonstrations and venues along the peace path. More information about Marylyn "Motherbear" Scott, can be found via her website: MagickalCauldron.org.

Third Thursday Poetry & Jazz is supported by The Third Thursday Poetry Group, many anonymous donors, and Poets & Writers, Inc.



Point Arena Lighthouse Evening Tours Continue With The Full Hunter's Moon
Tickets Available Now For October 8 Tour

The Point Arena Lighthouse continues its popular Full Moon Night Tours with an (almost) Full Hunter's Moon Night Tour on Saturday, October 8. 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. The tour is limited to 20 guests, so reservations are recommended 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 it is believed that this full moon came to be called the full Hunter's Moon because it signaled the time to go hunting in preparation for the cold winter ahead. Animals are beginning



to fatten up ahead of winter, and since the farmers had recently cleaned out their fields under the Harvest Moon, hunters could easily see the deer and other animals that had come out to root through the remaining scraps (as well as the foxes and wolves that had come out to prey on them). The earliest use of the term "Hunter's Moon," cited in the Oxford English Dictionary, is from 1710. Some sources suggest that other names for the Hunter's Moon are the Sanguine or Blood Moon, either associated with the blood from hunting or the color of

the changing autumn leaves. The names of the moon are most often related to natural signs of the season or to activities that were done at this time of year. Some other Native American names for the October full moon include **Drying Rice Moon** (Dakota), **Falling Leaves Moon** (Anishinaabe), **Freezing Moon** (Ojibwe), **Ice Moon** (Haida) and **Migrating Moon** (Cree).

"Most Full Moon Night Tours sell 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!"

The Lighthouse offers Full Moon and (almost) Full Moon Night Tours monthly throughout the year on the Saturday closest to every full moon if it doesn't fall on a Saturday. All proceeds go toward the support and maintenance of the Lighthouse Tower, Museum and grounds. see their website PointArenaLighthouse.com for details. For more information or to make a reservation call the Lighthouse at 707-882-2809, ext. 1 at least 3 days prior to the tour.

"Fast Times At Ridgemont High" October 10

Arena Theater Film Club's Season Opener

Arena Theater Film Club's season opener is a classic teen comedy, a genre reinvented in the 1980s.

Featuring decade-defining music from The Go-Go's, Oingo Boingo and The Cars, plus film debuts of some future stars, "Fast Times at Ridgemont High" remains as fresh and funny today as it was a generation ago when it defined the outrageous and bold teen comedy genre. The film screens Monday, October 10, 7:00pm. Directed by Amy Heckerling, the cast includes Jennifer Jason Leigh, Sean Penn, Phoebe Cates, Forest Whitaker, Anthony Edwards, Nicolas Cage, Eric Stoltz and Judge Reinhold.

The wild world of adolescence has rarely been captured with as sharp an observational eye as in this refreshingly smart, frank spin on teen comedy by director Amy Heckerling and screenwriter Cameron Crowe—for each of whom it kicked off a hugely successful film career. Based on Crowe's experiences going undercover as a student at a Southern California high school, "Fast Times at Ridgemont High" blends hormone-fueled hilarity with an almost sociological examination of the 1980s teenage experience: the shopping mall hangouts, fast-food jobs, buzzkill teach-

ers, awkward dates, and first experiences of love and sex. This pop-culture touchstone launched to stardom practically an entire cast of unknowns, and broke new ground in its raw yet sensitive depiction of the realities of coming of age.

Guest speaker, casting director Carrie Frazier will share inside stories and perspectives working with director Heckerling on "Fast Times." Frazier is the daughter of Louie Frazier, a founding member of The Land in Point Arena.



Frazier first met Heckerling during Frazier's internship at the American Film Institute (AFI), and when Universal Studios contracted Heckerling to direct "Fast Times at Ridgemont High," she hired Frazier as her assistant. While working on "Fast Times," she observed Don Philips cast the movie. Frazier said, she considers Philips one of the finest casting directors in the business. (Frazier's first casting job was 1985's "Rivers Edge", and other credits include "Little Women".)

In 1997, Frazier became head of the casting department for HBO, and until 2012, she worked as SVP, supervising and participating in all initial casting for many of the network's acclaimed and award-winning projects.

Sunset & Jazz with Harrison Goldberg and Friends At Sea Ranch Lodge • October 6
Featuring Harrison Goldberg, Dorothea May, Dorian May and Phil Montalvo

In addition to great music, Jazz takes a commemorative turn on Thursday, October 6 as saxophonist Harrison Goldberg celebrates an anniversary of performing at the Sea Ranch Lodge. As Goldberg tells it, "On July 27, 2012 I began my official association with The Sea Ranch Lodge as presenter and musician performing with a rotating cast of musicians in what began as a once monthly midweek 'jazz night'. That experiment evolved into its present 2nd and 4th Thursday monthly engagement



known as "Sunset & Jazz with Harrison Goldberg and Friends."

As much as locals and visitors embraced having live music, things got a little quiet. Goldberg explains, "with closures, sale of the property and subsequent renovations of the Lodge—and the unexpected Pandemic, which brought with it an unwelcome dynamic and yet more interruptions—I have, at last, reached my seven year milestone at TSRL. And the beat happily goes on!"

This October event is a tribute to the musicians, Lodge Staff, friends, and members of the coastal community who supported and continue to champion live music here on this rugged and idyllic Coast we love to call our home.

Joining Goldberg on October 6 will be Dorian May (piano) and Dorothea May (acoustic bass). Before their recent relocation to Oregon from Mendocino County, they were among the most popular musicians featured in trio, quartet and quintet settings. Goldberg echoes that when he says, "I can't think of better friends to join me in celebrating this musical milestone and I'm sure their fans and followers would agree." In addition, joining the group on congas and percussion will be Phil Montalvo.

"Sunset & Jazz with Harrison Goldberg and Friends" is set for Thursday, October 6 from 6:00pm to 9:00pm in the Fireside Lounge at the Sea Ranch Lodge.

The Grateful Dead Movie • October 17

Music on Film Nite at Arena Theater

Music on Film Nite will screen "The Grateful Dead Movie" on Monday, October 17, at 7:00pm. Doors open at 6:30pm. Tickets are \$10, available at the door.

The music documentary will include exclusive never-before-seen interviews with Jerry Garcia and Bob Weir conducted during the filming of this legendary production over 35 years ago. The lineup of the Grateful Dead at the time of "The Grateful Dead Movie" was Jerry Garcia on guitar and vocals, Bob Weir on guitar and vocals, Phil Lesh on bass, Bill Kreutzmann on drums, Keith Godchaux on keyboards, and Donna Godchaux on vocals.



Jerry Garcia directed this concert film of highlights from the five-night run at San Francisco's Winterland Ballroom that capped off the Grateful Dead's 1974 tour. The film editing team included local resident Susan Crutcher, who made her copy of the movie available for the screening.

"There is nothing like a Grateful Dead concert" was a saying popular among Deadheads, as the loyal fans of the band are known and to document the Grateful Dead experience, the film showcases the fans much more than is usual in a concert movie. Also featured are animated scenes of icons from Grateful Dead art such as the Uncle Sam skeleton. This psychedelic inspired animation was created by Gary Gutierrez using some techniques that he developed specifically for this project.

"All these elements combine to make The Grateful Dead Movie much more than just a concert film," said Crutcher. "Don't miss your chance to see this flashback concert experience on the big screen."

Arena Theater, a member-supported community theater, is at 214 Main Street, Point Arena, California. Are. For additional information visit ArenaTheater.org.

Gualala Arts
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Gualala, CA 95445

"Shred in the Redwoods"
Sat., October 1, 10 am - 12 pm
Shred and securely dispose of your private information.
\$10 per banker box

"World Peace Concert"
A Special Musical Event,
Outdoors at Gualala Arts
Saturday, October 1, 3 pm
Tickets are \$29 at Gualala Arts, Dolphin Gallery, and EventBrite.com

"On The Move: Migration, Emigration, Immigration"
A New Exhibit At Gualala Arts
Opens Friday, Oct. 7, 4 - 6 pm

"New Orleans Gala"
Saturday, October 8, 12 - 3pm
Gualala Arts Picnic Area
Tickets are \$29 at Dolphin Gallery, Gualala Arts & EventBrite.com

"Wallart Clearance Sale"
The art of Bruce Jones
Dolphin Gallery Exhibit opens
Sat., Oct. 8 • Reception 4-6 pm

Chamber Music Concert
at Gualala Arts, Coleman Hall
Boris Andrianov & Dimitri Illarionov
Sunday, Oct. 9, 4 pm

Midtvest Pigeekor in Concert
A Chorus of Young Women Singers from Denmark in performance at Gualala Arts.
Wed., October 19, 4 pm

"Native Arts Expo 6"
The Return of a Favorite Event
Sat., October 22, 11 am - 4 pm

Trio Enchantment's
"Tribute to Jazz Great Paul Desmond"
Sun., October 30, 4 pm
Elaine Jacob Foyer at Gualala Arts

Gualala Arts: Open daily, 11 - 4
Dolphin: Open Wed-Mon, 10 - 4
Gualala Arts and Dolphin Gallery respectfully require all visitors to follow posted mask guidelines. Proof of Covid vaccine required for all ticketed events.

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Solution to Crossword:

Full Moon



October 9

New Moon



October 25

Hungering for the Music and Food of The Big Easy?

A New Orleans Gala Can Take Care of Both, Saturday October 8

The 2022 Whale and Jazz Festival brings a familiar event to Gualala Arts on Saturday, October 8. In years past the festival has included a New Orleans-flavored bit of music, food and fun and this year is no exception. The “New Orleans Gala”, from 12:00pm to 3:00pm will once again bring inspired food, delightful music and dancing together for a special afternoon event. Tickets are \$29 advance, \$5 more the day of.



The menu will include an inspired selection of food options in the New Orleans Bayou Buffet. Included are a New Orleans salad and homemade cornbread and more from the Bayou Buffet, as well as superb Gumbo (including a vegetarian version), Po boys, and Muffuletta. Desserts, (which are not included in the ticket price) will include authentic pralines shipped from New Orleans, as well as Chef Paul Prudhomme’s family recipe Bread Pudding prepared locally, banana chocolate and more. Wine and beer are available at the no-host bar,

including a sparkling New Orleans Cherry-Lime Bounce (with or without alcohol). As in years past, music will highlight this year’s event with traditional New Orleans jazz, performed by the ever-popular “Barnebey’s Hot Four plus one”. The Sonoma county group features Tom Barnebey, cornet, Robert Young, reeds/trumpet, Scott Anthony, banjo and guitar, Steve Webber on string bass, plus slide trombonist Glenn Calkins. The repertoire for the afternoon will include old favorites, the resurrection of some obscure musical gems from the golden age of jazz, and probably a few surprises for musicians and listeners alike, all in the tradition of the Big Easy. Those wanting to follow the rhythms with dancing will find themselves motivated by the toe-tapping and boot-stomping infectious beats of New Orleans pushing them onto the dance floor. Find a bit of le bonne temps, at the New Orleans Gala in the outdoor picnic area at Gualala Arts. Info is at GualalaArts.org.

Lighthouse Lecture Series

Features Sara Bogard, October 15

The Lighthouse Lecture Series continues on Saturday, October 15 with “Beyond Safe Havens”, presented by ocean conservationist and citizen scientist Sara Bogard. The lecture begins at 4:00pm. Admission is \$5. She will present a visual journey and accounting of the inhabitants, both resident and migratory, from her 2018-2022 surveys of the Point Arena Lighthouse and Stornetta Public Lands.

Bogard shares her observations and photography with the community at large. As a volunteer, she collects data for the organizations she works with and is on call to assess and/or rescue marine mammals. Along with many volunteers on the coast, her goal is to support other marine conservation organizations to promote health and sustainability of pinniped populations in Northern California. She aspires to increase public awareness of the effects of human and current environmental factors which affect these populations and other marine life.

Her volunteer work spans across several organizations including: • The California Central Regional Harbor Seal Monitoring and Inventory Program coordinated with Point Reyes National Seashore. • The Greater Farallones National Marine Sanctuary – Beach Watch Program. • The Marine Mammal Center: Assessment, Rescue, Education, Public Relations. • The Point Arena Lighthouse/Stornetta Public Lands: Weekly surveys. • The Sea Ranch: Harbor Seal Docent during pupping season.

She also reports and photographs her sightings of live and/or dead marine mammals to other organizations which monitor marine mammals along California’s coast such as the California Academy of Sciences, NOYO Center’s Stranding Network, California Killer Whale Project, Mendonoma Whale and Seal Study and others.

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“Shred in the Redwoods” • October 1

Support Gualala Arts and Safely Shred Your Private Papers

Gualala Arts announces the return of “Shred in the Redwoods”. This is a one-day opportunity for people to safely and securely shred their old papers, files and personal or financial information. A mobile shredding unit will be at Gualala Arts on Saturday, October 1 from 10:00am to 12:00pm, and for a minimum \$10 donation to Gualala Arts per banker box, those old files will be securely shredded on-site using a diamond-cut shredder.

For first-timers, a banker box has the general dimensions of 12.5-inches wide, by 10.5-inches high, and 16-inches deep. Although these are typically used for storing files, any box is OK when it comes to this event. Please note: only paper—no plastic or binder clips. (Papers containing staples and paperclips are OK.)

Forget a 1-2 hour drive—each way—to get your shredding done. Plan on coming early as the hours are limited. More information is at GualalaArts.org and at 707-884-1138.

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Words on Wellness • Gathering Seeds by Karin Uphoff

As I walk along Big River on a sparkling early autumn morning, the splashes of an otter family can be heard, as they slide down the muddy banks and tease each other into the water. Otter parents use play to teach their juveniles the serious business of how to feed themselves on fish, frogs and crayfish. Fall is a busy season for most temperate species whether migrating long distances or gathering and caching food. Humans get busy canning and drying summer produce or winter-proofing home before hoped-for winter rains come, and otters remind us of the importance of play. Integrating play into your day can boost emotional well-being, your creative process, healthy bonding, and getting things done in a joyful spirit.

I'm here gathering seeds, this time those of wild fennel (*Foeniculum vulgare*). The stalks are well over my head, and dried out, but their sweet scent of food and medicine carries down the trail. Fennel seed is an excellent addition to salads, curries, fish, and baking. For cooking and tea you can pick the dried or nearly dried seed heads and put them in a paper bag until fully dry. Then shake the heads and pull off the seeds catching them in the bag. Pour your catch into a



bowl to sort out any unwanted material and store in a glass container.

Fennel seed is one of the most effective and pleasant digestive aids. Making a tea (simmer it for extra strength) or adding it to cooking, can reduce digestive cramping, gas and bloating. The volatile oils contained in the seed stimulate mucus membranes in the digestive tract, encouraging motility and peristalsis while also being antispasmodic to smooth muscle.

The tincture or tea is effective for treating intestinal spasms that result from conditions like irritable bowel, ulcerative colitis, Crohn's disease and leaky gut. Fennel tea is a favorite for nursing mothers trying to stimulate milk production and its digestive relief passes through breast milk, reducing infant colic. Fennel can relieve nausea, aiding recovery from stomach flu, food poisoning and hangovers. It is often added to formulas that address liver stagnation. The still-green seeds can be tinctured in a solution of glycerin and vodka for a month – play around by adding fresh ginger, peppermint and orange peel for a tasty and effective formula to ease indigestion.

Ed Note: Karin is away this month. We're pleased to bring you her column from October 2020.

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. Image by Ulrike Leone from Pixabay.

Northern Spotted Owl: (Beware mice, wood rats and more)

The Spotted Owl's habitat of old growth forests has dramatically influenced timber management practices in the Pacific Northwest. The owl is named for the white spots on the chocolate brown feathers that cover the back and chest. It has a very round head, large dark eyes and a yellow bill. It is 16-19 inches tall and has a wingspan of 45 inches.

The Spotted Owl is a nocturnal hunter. Fuzzy feathers with serrated edges allow it to swoop silently down on prey of mice, wood rats, rabbits and tree voles.

Scientists analyze regurgitated pellets of fur and bones to determine the owl's diet.

Spotted Owls have long-term mates. They nest in tree hollows, broken tree tops, or crevices in caves or cliffs. They may use the same nest site for years. The female in-

cubates 2-3 whitish eggs for a month, during which the male feeds her. The pair cares for the young for several months. Survival rate of chicks is very low, only 11%. The pair usually nests every other year.

Spotted Owls are intolerant of even moderately high temperatures because of thick plumage and an insufficient ability cool down. Their day-time summer roosts are on north facing slopes in cool canyons with dense overhead canopy.

Each pair requires 1400-4500 acres for a home range. Since the 1800's Spotted Owl habitat has declined by 88%. It competes with its cousin, the Barred Owl, which has spread here from the eastern U.S. Scientists estimate the Spotted Owl population here is declining by 3.9% each year.



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

Dolphins Use Signature Whistles To Represent Other Dolphins Similarly To How Humans Use Names

by Jason Bruck, Asst. Prof. of Biology, Stephen F. Austin State University

Bottlenose dolphins' signature whistles just passed an important test in animal psychology. A new study by my colleagues and me has shown that these animals may use their whistles as namelike concepts.

By presenting urine and the sounds of signature whistles to dolphins, my colleagues Vincent Janik, Sam Walmsey and I recently showed that these whistles act as representations of the individuals who own them, similar to human names. For behavioral biologists like us, this is an incredibly exciting result. It is the first time this type of representational naming has been found in any other animal aside from humans.

The meaning of a name

When you hear your friend's name, you probably picture their face. Likewise, when you smell a friend's perfume, that can also elicit an image of the friend. This is because humans build mental pictures of each other using more than just one sense. All of the different information from your senses that is associated with a person converges to form a mental representation of that individual - a name with a face, a smell and many other sensory characteristics.

Within the first few months of life, dolphins invent their own specific identity calls - called signature whistles. Dolphins often announce their location to or greet other individuals in a pod by sending out their own signature whistles. But researchers have not known if, when a dolphin hears the signature whistle of a dolphin they are familiar with, they actively picture the calling individual. My colleagues and I were interested in determining if dolphin calls are representational in the same way human names invoke many thoughts of an individual.

Because dolphins cannot smell, they rely principally on signature whistles to identify each other in the ocean. Dolphins can also copy another dolphin's whistles as a way to address each other.

My previous research showed that dolphins have great memory for each other's whistles, but scientists argued that a dolphin might hear a whistle, know it sounds familiar, but not remember who the whistle belongs to. My colleagues and I wanted to determine if dolphins could associate signature whistles with the specific owner of that whistle. This would address whether or not dolphins remember and hold representations of other dolphins in their minds.

Urine as an identifier

The first thing my colleagues and I needed

to do was find another sense that dolphins use to identify each other. In the 1980s and 1990s, researchers studying spinner dolphins in Hawaii noticed that the dolphins were occasionally swimming through each other's urine and feces with their mouths open. Using these observations as a springboard, my colleagues and I decided to test if dolphins were able to identify each other from urine.



We began by first collecting urine from dolphins under managed care and simply pouring small amounts of it into lagoons where the dolphins live. The dolphins immediately showed interest, and with little training, quickly began to follow the research team anytime we carried poles with cups filled with urine. When we poured urine into the water, the dolphins would open their mouths and swim through the urine plume. Our team then got urine from dolphins at other facilities to see if the subjects could differentiate between familiar and unfamiliar urine. The dolphins spent more than ...

... Continued on Page 13

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"On The Move: Migration/Emigration/Immigration"
 A New Exhibit Opening At Gualala Arts, October 7

Coming to Gualala Arts in October is an exhibit that will be of interest to everyone, particularly those who have been following ongoing issues associated with immigration.

"On The Move: Migration/Emigration/Immigration" opens in the Burnett Gallery at Gualala Arts on Friday, October 7, with a reception scheduled from 4:00pm to 6:00pm. Curating the exhibit are Mirka Knaster and Paula Haymond.

Human beings have been on the move ever since they could propel themselves on two feet. The earliest indigenous peoples on any continent or island once arrived from elsewhere. No matter how long we've resided in a certain place, at one point someone in our family's long history, or even our own history reveals family members who emigrated from one country and immigrated to another. And maybe the migration didn't stop there, but continued across state or provincial lines.

All kinds of creatures migrate, sometimes thousands of miles over land, through the sky or deep waters. Yet, barriers keep animals from roaming and individuals from crossing borders or entering harbors, denying refuge, often to those who need it most. Some factors push us out of our homeland



and other factors pull us into another territory. They range from civil war, genocide, terrorism, gang violence, ethnic/religious/political persecution, environ-

mental disasters leading to drought, famine, and loss of land to the simple desire for new adventures and opportunities.

Artists bringing their work to "On The Move: include Andrea Allen, Carolina Barreira, Cynthia Brannvall, Donna Lynn Chase, Richard Custer, Sandra Fernandez, Polly Frenaye-Hutcheson, Chris Grassano, Paula Haymond, Barbara Johannes, Ken Kalman, Mirka Knaster, Lydia Nakashima Degarrod, Sharon Nickodem, Pam Powell, Peggy Wright, Consuelo Underwood, Dave Young Kim, Susan Zimmerman.

Clearly this is a timely and highly relevant exhibit, due to hotly contested immigration issues that have affected our local Mexican community as well as the entire world. We also have a diverse community of individuals who have come here from a wide variety of countries or who were born to immigrant parents.

The exhibit, "On The Move: Migration/Emigration/Immigration," continues through Sunday, November 20.

National Theatre Live from London
"Prima Facie" • By Suzie Miller
 At Arena Theater, October 15

Arena Theater presents "Prima Facie", a production of National Theatre Live from London. The play will screen Saturday, October 15 at 1:00pm, doors open at 12:30pm. Tickets are \$20, \$5 for youth, 18 and under. The award-winning play by Suzie Miller, is directed by Justin Martin and has a runtime of 120 minutes with no intermission. The production stars Jodie Comer.

In this play, Tessa is a young, brilliant barrister, who has worked her way up from working class origins to be at the top of her game; defending; cross examining and winning. An unexpected event forces her to confront the lines where the patriarchal power of the law, burden of proof and morals diverge. "Prima Facie" takes us to the heart of where emotion and experience collide with the rules of the game. This solo tour de force is captured live from the intimate Harold Pinter Theatre in London's West End.



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**Bruce Jones' "WallArt"
Featured at the Dolphin Gallery
Opening October 8**

The art of Bruce Jones will be featured at the Dolphin Gallery from October 8. An opening reception for the "Wall Art Clearance Sale" is scheduled for Saturday, October 8 from 5:00pm to 7:00pm at the gallery in Sea Cliff Center on Highway One in Gualala.

Bruce Jones' art is well known on the Mendocino Coast, and the opening of an exhibit with his works always receives an enthusiastic welcome. Jones has worked in multiple disciplines, and that diversity will be on display. Included in this exhibit will be 21 pieces, all produced during the past three years, and in a variety of themes.



Works of the garden will include a number of favorites, including sunflowers and begonias. Jones will also be displaying cityscapes, including a San Francisco watercolor. Both Horizontal and vertical pieces will be on display.

Jones is an artist who's explored a number of ideas and techniques. "I've always drawn and painted. When I was a kid I liked to draw and paint but was not happy with the way any of my art work came out. Then, late in my teens, I found that I could sometimes do art that satisfied me. I didn't try to make a living doing art, but I always did it for fun and relaxation. My mother called me up in 1987 and suggested that we take a watercolor workshop together at Sitka, on the Oregon Coast. We took an excellent five day course and I've been drawing and painting regularly since."

The Dolphin Gallery is at 39140 Highway One, Sea Cliff Center, Gualala, 95445. Information is at (707) 884-3896 and at GualalaArts.org/Dolphin-Gallery.

Pictured: "The Sunflower Family"

"World Peace Concert" at Gualala Arts, October 1

Featuring Tommy Kesecker, Evan Price, Dave Bell, Pierre Archain

A "World Peace Concert" is set for Saturday, October 1, 3:00pm at Gualala Arts as part of the Sonoma-Mendocino Coast Whale & Jazz Series. The concert brings together four of the San Francisco Bay Area's instrumental giants: vibist Tommy Kesecker, violinist Evan Price, guitarist Dave Bell, and French bassist Pierre Archain. Advance tickets are \$29 (\$5 more the day of, if available). Tickets can be purchased at Gualala Arts, the Dolphin Gallery, and online at EventBrite.com.

Produced by Gualala Arts and Fred Adler the concert will offer an afternoon of peace, musical optimism and beauty. "This is a seasoned dream

quartet of sensitivity, swing and respect for nuance and melody; an unusual combination of instruments in a poetic setting—the Gualala Arts Redwood Grove picnic area, under a blanket of nature", adds Adler. Those wishing to bring their own picnic basket are welcome to do so, however, no alcohol may be brought into the area.

Exquisite songs interpreted in a variety of styles, sensitive moods and shifting tempos, written throughout the decades by brilliant popular song writers will be showcased. Songs relevant to world peace will include "Somewhere" from *West Side Story*, "Peace" by Horace Silver, John Lennon's "Imagine," and Irving Berlin's "Count Your Blessings Instead of Sheep".



Concert co-producer Adler adds, "Tommy Kesecker, Dave Bell, Evan Price and Pierre Archain all play deeply from the heart and in true simpatico with one another. As the concert's creator, I will act as host, displaying my absolute reverence for the music and musicians, as always."

The performance will culminate with the dramatic composition "Send in the Clowns" and "Night Waltz," both from the late Stephen Sondheim's Broadway classic, "A Little Night Music."

San Francisco Chronicle staff writer Jesse Hamlin once referred to Tommy Kesecker as "a cross between Milt Jackson, a Jamaican steel drummer and a Balinese gamelan player." Evan Price is an exquisite five-star violinist best known for his work with The Turtle Island Quartet and The Hot Club of San Francisco. He also performed with legendary violinists Stephane Grappelli and Vassar Clements. Guitarist Dave Bell, known for his versatility, was the ten-year mainstay guitarist for the famous group Dan Hicks and his Hot Licks. Fred Adler says, "Pierre Archain is a charismatic, powerful and also sensitive acoustic bassist."

Tickets can be purchased at Gualala Arts, the Dolphin Gallery, and online at EventBrite.com. There will be a no-host bar.

Pictured (clockwise from upper right): Pierre Archain, Evan Price, Dave Bell, Tommy Kesecker.

**The Arena Theater Film Club
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The Arena Theater Film Club (ATFC) returns with "Fast Times at Ridgemont High" (see story on page 5).

The Film Club's program is a six-month season, October-April. You can support the program and guarantee more films by taking a Season Membership. The season includes 12 films, shown on the second and fourth Monday of each month provided, the Film Club gets at least 50 charter members. Charter memberships are \$60, and open to everyone. Guests are welcome for \$10. Contact the Arena Theater office, or go online at arenatheaterfilmclub.org.

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Melissa Rosenberg (1962-)

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A New Season Is Coming My Way. by David Steffen

I worked in the music industry for more than 25 years, and in 1997 I decided to turn my attention to the completion of my long unfinished BA. While studying at Fairfield University in Connecticut, and based on my 25 years in the music business, I was asked by the head of the music department if I'd be interested in teaching other under-grads about the business of music as an adjunct professor. I wrote and submitted a syllabus, tweaked it and, once approved, began teaching.

After graduating from Fairfield in 2001, I continued teaching two courses there. That fall I enrolled in the Masters Degree program at New York University and coincidentally, the director of NYU's Music Business program asked me to teach a couple of courses for grad students. I thought, "hey, I'm commuting to Greenwich Village for classes, why not teach a class as well."

In the fall of 2002 (and borrowing a phrase from Bob Dylan and Rick Danko,) "If my memory serves me well", one evening I came out of my teaching class at NYU and I found myself at the corner of Mercer and 4th. Walking along 4th I no-



NYU Campus in Greenwich Village. Image by emmanuel-kontokalos-cwvWP2t9Gbc-unsplash.

ticed a sign that said "Tonight: Pete Seeger". Yes, Pete Seeger was still doing some gigs in his 80s.

I reflected on Seeger's music and his life. The confluence of those minor events—the location in Greenwich Village and Seeger—made me reflect on Seeger's music and his life. This is the guy, born in 1919 who, as one writer put it, "touched millions of lives with ballads rich in history, humor and a sense of social justice." He was praised for his musical and political voice, and he was also vilified for his politics. With

the criticisms, Seeger lost tour dates and recording opportunities, having been branded, among other things, a communist. Nevertheless he emerged from the attacks and name-calling and in the 1960s stayed true



Pete Seeger Image by Fred Palumbo, 1955 NYWTS cc

to his beliefs. And his legend grew.

In 1959, the songwriter in Seeger had been inspired to transform a biblical thread from an old testament bible verse into what would become one of the most memorable songs of the 1960s. Most of us 'of a certain age' know the song "Turn, Turn, Turn"; and the recording by the Byrds was so successful (and so often played on the radio), that many, still today, can easily sing along in the car or at home.

A close listen to the lyrics made some listeners pause, because this beautiful and haunting song was true to its inspiration, drawn from the first three verses of Ecclesiastes:

To Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn), and
a time to every purpose, under Heaven
A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep
A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones, a time to
gather stones together
A time to gain, a time to lose
A time to rend, a time to sew
A time for love, a time for hate
A time for peace, I swear it's not too late

Seeger put together a lyric of life: birth, death and everything in between. And the Byrds single of "Turn, Turn, Turn" hit number one in 1965. More to the point, thinking about the song more than five decades

later both Seeger and that biblical inspiration were correct: To every thing there is a season.

The Mendonoma Coast is a fascinating, beautiful place. We have lived here for more than 15 years. We bought a home on the Gualala Ridge in 2005, and moved here a year later. We both spent time working for local businesses owned and/or operated by great people. Whether reflecting on my years working for public radio station KZYX, Dolly's years working for Cafe LaLa and Bed & Bone, or my four years at Gualala Arts, we've loved it here. In 2016 we took on the additional work of editing and publishing the monthly newspaper, The Lighthouse Peddler, an experience we've embraced and loved; and we're hopeful that we can hand it off to a new team, just as Madeline and Mitch did with us seven years ago.

Turn turn turn. Our daughter, Caitie, lived here on the coast for awhile before going to college at the University of San Francisco. She graduated with honors and has worked hard to accomplish what's important to her. She got married last year and is expecting the birth of a baby girl in February. Needless to say we're ecstatic. Caitie has suggested, that now is the time for us to retire and live closer to her in the east Bay. And we agree.

Returning to Mr. Seeger, I can look out and see the wisdom in at least half of those "Turn" lyrics, and agree that there is a time to every purpose, under the heavens. I tend to prefer the 'glass half full' view and, for the moment, ignore the half-empty. For me I can see it's a time to laugh more, to dance occasionally, to paint if I feel like it, to build up where I can make that possible, to heal where I might be needed, and to love.

So here I go. You may recall that 30 years ago, the producers of the Star Trek franchise released the film "Star Trek: The Undiscovered Country" in 1991. Whether it was the British Empire or the Klingon Empire that gave us William Shakespeare—you have to be a Trek fan to get the nuanced humor—the fact is the future, for all of us is the undiscovered country. And so is the next chapter in my life.

I've worked in Milwaukee, Chicago, Los Angeles (Hollywood), New York (by way of Connecticut), St. Paul, and Mendocino County. In each migration I thought it possible that "this will be the one. This will be the last time we move." And once again, this next move, I believe, will be the last one. But wherever the future takes us, it is always, and truly, the undiscovered country. I will miss Mendocino County, the beautiful California Coast, and all of the friends

I've made in 15 years. And the north Bay, where we will likely settle, is simply another adventure.

I will be speaking with many of you over the next few months, and I trust we will all find ways to stay in touch. I hope that we do. Until then, raise a glass of wine or a glass of water, if you prefer. Embrace this beautiful place and stay in touch. With everyone.

"So long and
thanks for all the fish."

from "The Hitchhiker's Guide
To The Galaxy"
by Douglas Adams (1952-2001)

Haiku for October

"river mouth
floating at rest together
pelicans"

by mai haiku




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"French Braid"

A Book by Anne Tyler • Reviewed by Jennifer Bort Yacovissi

There is a phenomenon at work when the quietest possible story with the sparsest of plots still compels a reader to sit for hours and let the tale unspool in its own time, content to see where it will go next — even when it's clear the path is through familiar territory.

Ah, we must be reading Anne Tyler.

French Braid is Tyler's 24th novel, and that body of work forms a unified whole of style, place, and character. It is long since readers have understood her universe and eagerly return to it with each new release. Tyler offers literary comfort food without apology; as she noted in a 2015 interview, a reader looks to Philip Roth for "piss and vinegar" and to her for "milk and cookies."

Still, there's a perpetual edge to her stories. In Tyler's fictional families, if anyone actually serves milk and cookies, there's something vaguely discomfiting about it.

It strikes me that Tyler and Ann Patchett use similar approaches to their work. Patchett's usual leaping-off point takes a group of strangers and throws them together into an unusual situation to see what happens. Tyler takes a family in situ and throws its members at one another to reveal that they are indeed strangers, too — the question is whether any of them will come to recognize the others as individuals and not simply as caricatures permanently stamped with their assigned roles within the domestic hierarchy.

The idea of family as a collection of strangers locked in predetermined roles is front and center in French Braid, with the lines marked from the outset. We're introduced to the Garretts obliquely, when one of the cousins, Serena, thinks she recognizes another cousin, Nicholas, standing nearby in Philadelphia's Penn Station. Serena's boyfriend, James, finds it amusingly odd that she's not sure and inexplicable that members of a relatively small family don't seem to know each other.

When Serena and Nicholas finally chat, Nicholas can't remember which of his two aunts, Alice or Lily, is Serena's mother, and asks, "I have a cousin named Candle?" James teases Serena that she describes the geographical distance separating the three Garrett siblings — Alice in Baltimore County, Lily in Baltimore City, and David in Philly — as vast, unbridgeable spaces.

The story rolls on to illuminate that it's not the geography that is unbridgeable.

It has been observed that the passage of time provides the plot of Anne Tyler nov-

els; here, it is a combination of passing time and successive points of view. From Serena's chance meeting with Nicholas in 2010, the author whisks us back to 1959, the year of the lone Garrett family vacation.

Robin Garrett is proprietor of his late father-in-law's plumbing-supply company and has never been able to step away from the business long enough to take wife Mercy and their three children on a vacation. It's only now that Alice is 17 and Lily 15 that Mercy is finally able to prevail on him to spend a week at Maryland's Deep Creek Lake. David, at 7, is the only one in the target demographic of those likely to be excited at the prospect.

In this foundational chapter, eldest child Alice is our guide into the roots of the Garretts' dysfunction — quotidian, familiar dysfunction with a lowercase "d," arising at least partly from all the things we cannot, will not, say to each other. Mercy is vague in her commitment to fulfilling her maternal duties, preferring to spend time sketching and painting; Alice long ago stepped into the breach:

"Alice often liked to imagine that a book was being written about her life. A narrator with an authoritative male voice was describing her every act. 'Alice sighed' was a frequent observation."

When, at the lake, Lily immediately falls in with a much older boy with a car and a rich family, Alice is desperate for her parents to inhabit their given roles as gatekeepers. Instead, Robin's acquaintance with another father awakens his latent paternal instinct to bully a reluctant David into proving his 7-year-old manliness, in this case by getting into the water.

Ah, the fond, lifelong memories formed on family vacations!

It's good that we spend time with Alice early, when we can sympathize with her circumstance, before she hardens into a judgmental scold and gossip. Her view of her family — Lily as petulant and irresponsible, Mercy as cheerfully, irritatingly inattentive — comes to color ours, so that we join in the judgment.

We pick up again in 1970: With David off to college, Mercy enacts her plan to move gradually into her rented art studio without ever admitting to Robin that she's leaving — that she's left — even after she stops coming back to the house to fix his breakfast or dinner.

Mercy's gambit is both funny and heart-breaking; we never saw her stealthy, steely resolve coming, but neither did Robin, who

is left blindsided and uncomprehending, certain he had been doing all that was expected of him.

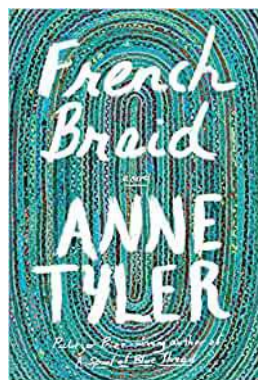
Tyler often writes about the corrosive effects of family secrets. The lovely twist in French Braid is that there are none — merely a kindhearted, collaborative ignoring of certain truths. Robin is able to maintain his dignity, sure that none of the children realize Mercy has left, and they allow him his fiction.

In one of the most touching episodes later in the novel, the now elderly Lily accidentally meets her nephew Eddie's live-in boyfriend, Claude, whom Eddie is desperate to keep hidden. When Claude tells him, "Oh, babe. She knows... She knew all along," Eddie finally realizes his entire family has always known he is gay without ever offering comment or critique. French Braid brings us all the way into the pandemic and eventually into David's point of view. Through the years, he has presented a frustrating mystery to his parents and sisters as to why he holds himself at such a remove from the rest of the Garretts.

The women share a quiet, collective blaming of David's older wife, Greta, whom they see as cold and overly direct, while Robin is certain it's because he made David work "the summer of the plumber" before he started college. They cast about for specific reasons, but it's a misguided search.

These are simply the vicissitudes of family; they may think David is absent, but for him, his family is ever-present. And as we watch David and Greta host their son and grandson through a covid summer, we realize how fully, beautifully functional this family has become.

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.



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

"We are not born with wisdom, but we acquire it by reading books."

Sipho Nkosi (1954-)

- **Atomic Habits** by James Clear
- **Call Us What We Carry** by Amanda Gorman
- **A Court of Silver Flames** by Sarah J. Maas
- **Creepy Crayon** by Aaron Reynolds
- **The Destructionists** by Dana Milbank
- **Dinner in One** by Melissa Clark
- **Educated** by Tara Westover
- **Fairy Tale** by Stephen King
- **Harlem Shuffle** by Colson Whitehead
- **It Ends With Us** by Colleen Hoover
- **Meant To Be** by Emily Griffin
- **Nightwork** by Nora Roberts
- **Path Hit By Lightning. Story of Jim Thorpe** by David Maraniss
- **The Return of the Gods** by Jonathan Cahn
- **The Solito** by Javier Zamora
- **The Storyteller** by Dave Grohl
- **Why He Did It** by Tim Miller

Another Book You Might Like*

* **French Braid** by Anne Tyler
(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.

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

Solution to Sudoku

Scuttlebutt

by Mitch McFarland

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Mendonoma Idol Returns in 2022
So Start Warming Up.
Tryouts Are October 15

Mendonoma Idol returns in 2022. Gualala Arts will be in hot pursuit of outstanding vocal talent on the Redwood Coast. If you've always dreamed of singing on stage now is your chance. Try out for Mendonoma Idol.

Tryouts are set for October 15 at 2:00pm at Gualala Arts and will be divided into three categories: Junior Idol (ages 7 - 12), Teen Idol (ages 13 - 19) and Adult Idol (20 years & up). Each person should come prepared with a 2-3 minute song that best demonstrates her or his singing ability. The Mendonoma judges will select 10 contestants within each category who will perform for cash prizes on Saturday, November 5.

Event organizers are Joel Crockett and Don Krieger. If you'd like to be involved as part of the crew putting on the show, contact Don Krieger at donkrieger@mcn.org.

Last month I wrote about the Point Arena recycle drop-off to report that the contamination situation had become so bad that the hauler was asking the City to close the drop-off. A committee of city officials met with the hauler and devised a plan to re-organize the system to avoid any confusion on the part of users with the goal of eliminating non-recyclable items and keeping the facility available for public use.

After a brief closure of the facility to clean the area, repair the fence and bring in new, clearly labeled containers, a new collection system will begin. The closure will be October 10-17. Be sure to recycle before that so the closure will not affect you.

The new system will consist of four bins, one each for paper and cardboard, glass, metal cans (steel and aluminum), and plastic containers labeled #1 and #2 (HDPE and LDPE).

The hauler has already erected a sign that describes in great detail what is and what is not accepted at the drop-off. This will be very valuable for those who are interested in reading the whole thing. Given the public's well known lack of interest in reading instructions, it must be assumed that many will not bother reading the whole thing or trying to understand it. Simple, specific notations will appear on each of the four bins specifying exactly what is accepted. Hopefully, this will put an end to "wish-cycling" in which someone thinks maybe something is recyclable, so I'll just toss it in there and let someone else figure it out. This thinking is what got us to the point of losing the facility. That and, of course, the people who simply can't resist an open dumpster and don't give a hoot about recycling, circular economy, sustainability, good citizenship, personal responsibility, or any of the other factors that lead to being an alert, intelligent member of society.

When it reopens the facility will be open from 7 a.m. to 4 p.m. daily. Scofflaws love the dark of night and it is believed that much of the trash being put in the bins arrives in the evening when no one is around. Who needs to recycle at night anyway?

Many may not know this, but there has been a surveillance camera system at the cove for some time. Gross and repeated violators of the drop-off will be contacted. I'm not sure what steps will be taken, but if it was up to me, repeat violators would be sentenced to working at the drop-off to gain some perspective.

Speaking of surveillance I've been read-

ing about the disappearance of privacy. One of the things that I find odd is the dichotomy between the fact that many people welcome their loss of privacy in the name of convenience and yet most of us also fear the implications of a surveillance state. Uploading our lives to the Internet, storing huge amounts of our personal info in the cloud, having an Alexa type Internet connected device always



alert in our home all seem like good ideas to many people. In fact the latest thing in the convenient lifestyle is "Radio Frequency Identification Chips" (RFIDs)—implanted under the skin to provide all kinds of alleged

benefit to the user. RFID chips currently are used mostly on plastic cards as a way, for example, to log onto a company computer. I wonder long before that becomes too "inconvenient".

On the other hand, many of us are aware of the horrendous brain police tactics that the Chinese are inflicting on the people in the province of Xinjiang. They make George Orwell's vision of a police state look like a Libertarian convention and include tracking via street cameras, facial recognition algorithms, biometrics, abundant checkpoints, and constant screening of digital devices, effectively making them live inside what the New York Times described as a "virtual cage." The system is so intrusive that if you go to the gas station too many times a day, the system will pick up on that as something abnormal, flag it, and the police will send someone to investigate.

It is an incredible trade-off that the public is being forced to consider. Sure, an RFID under your skin might make it easier to enter a restricted space (no worries of forgetting your badge), but do you really want to have your location constantly available on the Internet- oh yeah, it already is with our cellphones.

It may be appealing to some people to upload their lives to social media. It seems like innocent fun, but will they feel the same 20 years from now when that stuff is still out there?

Someone once said that Google knows more about you than your wife does. There is a punchline there somewhere, but I have a hard time coming up with a laugh.

It seems the basic questions about convenience vs privacy have to do with who has your data, what are they doing with it, and do you trust them? None of these questions have clearcut answers, so I would like to say that, for me, I was pretty happy before all these modern "conveniences" came into being and I could go on without any of them. But that is not possible unless I decide to enter an ashram and spend the rest of my days tending a vegetable garden and meditating. Hey, would that be so bad?

"Every breath you take
And every move you make
Every bond you break
Every step you take
I'll be watching you."
STING / GORDON MATTHEW THOMAS SUMNER (1951-)

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)

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Dimitri Illarionov and Evgeny Tonkha Headline the Gualala Arts Chamber Music Series Sunday, October 9

The Gualala Arts Chamber Music Series Continues on Sunday, October 9 at 4:00pm with a performance by cellist Evgeny Tonkha and guitarist Dimitri Illarionov. Tickets are \$40 advance, \$45 at the door (if available). The afternoon concert brings two outstanding talents to Coleman Hall.

Dimitri Illarionov, one of the most important classical guitarists to emerge from Russia's younger generation of musicians, can also boast of many international awards and prizes. He leads an active concert life playing solo recitals and appearing with chamber ensembles and symphony orchestras in Russia, Western Europe, the USA, Canada, and Mexico.

Cellist Evgeny Tonkha was born in 1981, into a musical family and studied at the Gnessin Music School. In 1998, he entered the Russian Academy of Music, and after graduating was invited to post-graduate studies at the Hanns Eisler Academy of Music in Berlin. Since 2006, Evgeny has been collaborating with the Berliner Philharmoniker Orchestra.

The uncommon pairing of cello and guitar proves to be a happy one. The innate songfulness of the cello adapts nicely in partnership with the plucked precision of the guitar.

The Program for this concert is scheduled to include the works of Albeniz, Vivaldi, Zelenskiy, Glinka, Sollima and Pantaleón Piazzolla.

Met Opera Live in HD Presents Cherubini's "Medea" at Arena Theater, October 22

Arena Theater's Live in HD season kicks off on October 22 with "Medea", conducted by Carlo Rizzi and stars Sondra Radvanovsky (Medea), with Janai Brugger, Ekaterina Gubanova, Matthew Polenzani and Michele Pertusi.

Having triumphed at the Met in some of the repertory's fiercest soprano roles, Sondra Radvanovsky stars as the mythic sorceress who will stop at nothing in her quest for vengeance.

VACCINE REQUIREMENTS: All Met Opera audience members 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 & SOCIAL DISTANCING: Masks are required and the theater is fully open, no seating restrictions

DOLPHINS from page 7

. . . twice the amount of time with their mouths open tasting familiar urine compared to unfamiliar urine, providing the first evidence that dolphins can identify other individuals by taste.

With this, my colleagues and I had what we needed to test representation in signature whistles.

Pairing urine and whistles

Previous studies in children have successfully used multiple senses to show that pre-linguistic infants can form conceptual representations of people. My colleagues and I used this type of work as a theoretical basis for our second experiment.

In our experiment, the team first led a dolphin to a speaker before pouring a small amount of urine into the water. After the dolphin tasted the urine, we quickly played the sound of another dolphin's signature whistle. Sometimes that whistle would be from the same individual as the pee sample. Other times the urine and whistle would not match. The goal was to test if the dolphins react differently if the urine and whistle were from the same dolphin compared with if the urine and whistle were from two different dolphins. If there was a consistent difference in how long the dolphins hovered close to the speaker in the matched or unmatched scenarios, it would indicate the dolphins knew and recognized when a whistle and urine sample were from the same individual – the same way a person might connect the name of a friend to that friend's favorite perfume.

We found that, on average, when the urine and whistle matched, dolphins spent about 30 seconds investigating the speaker. When there was a mismatch, they only stuck around for about 20 seconds.

The fact that the dolphins consistently



reacted more strongly to matches than mismatches indicates that they understand which whistles correspond with which urine. This uses the same framework as other studies that use matching sensory information to demonstrate that animals have mental representations of individuals.

But what makes dolphins different is that they aren't just matching physical qualities – face with a smell, for example. They are doing this with signature whistles they invent themselves. Just as you can hear a name and imagine a face with all the associated memories, dolphins can hear a signature whistle and match the urine cue.

Dolphin language?

This work demonstrates that dolphins have self-created signals that are representational, just as humans have invented names that are representational. Representation opens the possibility that dolphins could theoretically make third-dolphin references – where two dolphins that are communicating refer to a third dolphin that is not in the immediate vicinity. If dolphins can refer to dolphins that aren't around them presently, this would be similar to the mental time travel a person does when speaking about a friend they haven't seen in years.

Signature whistles represent the most language-like aspect of dolphin communication currently known. However, the scientific community knows little about dolphin non-signature calls or the functions of their other acoustic signals. With further research into how dolphins communicate with sound – as well as with chemicals – it may be possible to better understand the minds of these mammals.

Image: Page 7: Image by Welcome to All from Pixabay
Image: Page 13: Image by Darin Ashby on Unsplash

THE CONVERSATION

Carol and Steve Chell Featured Artists Opening October 1 at Artists' Collective in Elk.

Carol and Steve Chell are featured artists for October at the Artists Collective in Elk. Carol Chell's award-winning watercolors and Steve Chell's abstract color photography open Saturday, October 1. An artists' reception is set for Saturday, October 8 from 2:00pm to 4:00pm.

Carol Chell earned a BA degree in art with an emphasis on Interior Design and San Jose State. Her career was in Interior Design and different aspects of sales and marketing. "Watercolor is a passion for me," she says. Though less forgiving than other media, it challenges me and gives me great pleasure. I consider myself always growing and evolving as I explore the many effects

possible with watercolor." In college, Carol studied with Erik Oback, a widely recognized master of the medium.

Steve Chell turned his hobby of photography into a full-time undertaking, after a career in Public Relations in Silicon Valley. "I look for fascinating shapes, textures, colors and the play of light and dark when creating my abstract photographs . . . you can find them literally everywhere you look." Perhaps more accurately, he finds and points his camera where others rarely look. Steve's unique presentation of photographs, dye-infused in aluminum, then placed on a strip of gray mirror and wood base, have gained him popularity.

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duo'Xplore Returns to the Sea Ranch Lodge Wednesday, October 26

A special evening of music takes place at the Sea Ranch Lodge on Wednesday, October 26 when duo'Xplore returns for a special performance beginning at 5:00pm. No accidental timing, October 26th marks one year since The Sea Ranch Lodge emerged from the quiet. And there's no better way to celebrate the anniversary than with live music.

Harrison Goldberg brings his considerable reed talents to the evening, along with duo'Xplore partner Tim Mueller. Goldberg adds, "Tim's incomparable guitar artistry and his diverse musical influences, and performance experience, further enriches the music, adding extra textures and energy to the already exciting compositions."

It was in 2021 that duo'Xplore released the ground breaking album "Dream Smug-

duo'Xplore



dream smuggler

gler", and music lovers and art lovers came together to celebrate the release of this unique album that, in fact, was more than a typical album. "Dream Smuggler" pairs the group's 6-panel CD audio package with an 8" x 8" hardcover art book containing 16 prints of Goldberg's small abstract works in color. Happily, "Dream Smuggler" will be available for purchase at this event.

This is duo'Xplore's first performance at the Sea Ranch Lodge since it reopened in 2021. Joining Mueller and Goldberg will be musical guest Nancy Fehan adding her considerable talents on cajon and percussion.

Crossword

by Margie E. Burke

ACROSS

- 1 Heavy reading
- 5 Pageant wear
- 9 Rosie, on "The Jetsons"
- 14 Enthusiasm
- 15 A while ago
- 16 Day or thing starter
- 17 Message in a cell
- 19 Arctic bear
- 20 Snub, in a way
- 21 Texas town in a George Strait song title
- 23 WSJ alternative
- 24 Sharp blow
- 26 Tupperware top
- 27 Joint woe
- 30 Type
- 33 French cheese
- 35 Part of the foot
- 36 Type of campus bldg.

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55	56	57				58			59		60			
61						62		63						
64						65					66			
67						68					69			

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- 38 Semicircular window
- 40 Backslide
- 42 More than plump
- 43 Do laps, perhaps
- 45 APR part
- 46 River bottom
- 47 Ones seeking change
- 50 Luxurious resort
- 51 Meeting, slangily
- 52 Test for teens
- 55 Apt to topple
- 59 Schumer's group
- 61 Kind of panel
- 62 Not up to a task
- 64 Calendar entry
- 65 De Niro film, "Cape ____"
- 66 Basketball dunk
- 67 Sugar ____
- 68 Swirling current
- 69 Name on toy fuel trucks
- DOWN
- 1 "Round and Round" singer Campbell
- 2 Scientific suffix
- 3 Kept up
- 4 Gas brand of old
- 5 To an extent
- 6 Santa ____ winds
- 7 Kind of nerve
- 8 Control spot
- 9 Payback of sorts
- 10 Grape-shaped
- 11 Fight starter
- 12 Kind of surgery
- 13 Novice
- 18 Formerly, once
- 22 ____ Baba
- 25 Make a collar
- 28 Roger of "Cheers"
- 29 Flourish
- 30 Like some winter roads
- 31 Lean to the side
- 32 Spoon-playing site
- 33 Amorphous mass
- 34 Bumpkin
- 37 Pub projectile
- 39 Alice's affair
- 41 Go-between
- 44 Saw the light, with "up"
- 48 NYC sight
- 49 Herding dog name
- 50 Blackjack option
- 53 Trip planner's aid
- 54 Overflows (with)
- 55 Like hand-me-downs
- 56 Old Chevy model
- 57 Downhill racer
- 58 Mikey's cereal
- 60 Don Johnson series, "____ Bridges"
- 63 Scoundrel

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"I write for the same reason I breathe - because if I didn't, I would die."
Isaac Asimov (1920-1992)

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"Rights of Passage"

by Mary Jane Schramm, Freelance Writer, Naturalist

It was a bright fall day, and the young male lay half-snoozing among the low dunes, well above the water's edge. Only partly rousing from his stupor, he shifted his weight, dug a little deeper into the sand, and scratched a spot where he was peeling. He was on a strange sort of enforced beachside vacation: one featuring no seafood specials or bottomless well drinks. He grew hungry and thirsty, and was curiously cold; the warm sun and sand felt too good to budge; he resumed his nap.



On His Own: Earlier in the year his mother had borne and cared well and selflessly for him, feeding him the richest milk, defending him, never leaving his side—even to feed herself. That is, until she'd abruptly left him: a winsomely rotund, clueless butterball without a scrap of tutoring in the ABCs of life, but with a thick blubber layer to see him through the learning process. This *Mirounga angustirostris*, or northern elephant seal pup, would prove a precocious and remarkable creature.

Kiddie Pool: Along with a cohort of other weaned "e-seal" pups he'd played in tidepools and surf, and by trial and error caught fish (good!) and other critters (some not so good). Soon he'd ventured out to the open sea where he honed his diving skills: by age two months already reaching 2,000 foot depths - nearly half his adult capacity; and long breath-

holds. He learned to evade killer whales and white sharks, and read the day-night up-down migrations of the fish and squid that he slurped down with gusto. He navigated California and Pacific Northwest coastal waters north to Alaska, traveling constantly, alternating active swimming with lazy "drift dives" to conserve energy, digest, and perhaps even sleep.

Skin off His Back: Now, he was buff and tough and scrappy, a hunter and a survivor: a curved scar on his flank spoke of a brief shark encounter in the Gulf of the Farallones. The other remarkable feature was that, snakelike, his weathered tan skin and hair were sloughing off in ragged patches, a sleek silvery hide rich in blood vessels forming just below, in a process called a catastrophic molt. While this transformation was underway, he needed to conserve core body heat to sustain his heart, lungs and other internal organs. For an animal that most of the year spends less time at the surface than some whale spe-



cies, lying on shore for a month or more felt strange but necessary.

Site Fidelity: Studying wildlife that spends so much time at sea is challenging.

Luckily, elephant seals show 'site fidelity' - they return to molt and to mate on the same beaches where they were born, traveling thousands of miles from their feeding grounds to do so. Major north-central California breeding sites include Pt. Reyes National Seashore, Año Nuevo State Park, and San Simeon; a small rookery lies on the Mendonoma coast, location undisclosed. This consistency enables scientists to retrieve data from tagged seals: months' worth of biological and behavioral data. New research by scientists at the University of California at Santa Cruz - the Mecca for northern elephant seal research - involves attachment of instrument packages with satellite tags that upload data whenever an e-seal surfaces. The 'biologgers' track and record diving behavior, migration route, and feeding success in real time.

The Gene Pool: After his inaugural "weanling" fall molt, our male elephant seal will adopt a new haul-out pattern: molting each summer; then, each winter as a bull he will join other hopefuls eager to corral and breed with a harem of up to 100 females and pass on his feisty DNA to a new generation.

With elephant seal breeding season coming up, plan a visit to Pt. Reyes National Seashore: <https://tinyurl.com/PtReyesNatlSeashore-ESeals> Also visit <https://ucnrns.org/learning-to-swim-elephant-seal-style/> and <https://tinyurl.com/E-seals-BayNature>.



Images

• Far left: E-seal cow cradles newborn pup. Photo: J. Kirkhart-CreativeCommons 2.0-Generc.

• Lower left: Lazing e-seal weaner at King Range, Humboldt Co. . Photo: Bob Wick/ Bureau of and Management.

• Above: "Elephant seal in entourage of late Queen wearing latest style in 'fascinator' hats." Photo Credit: Roxanne Beltran-UCSC .

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.

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Get Out! October 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.

- Saturday 01: 10:00am, Shred in the Redwoods. At Gualala Arts.
- Saturday 01: 12:00pm, Peter Bailey & Kelley Kieve at Coast Hwy Art Collective.
- Saturday 01: 12:00pm, "Art and Pizza at the Ft. Ross Store". Music throughout the afternoon.
- Saturday 01: 3:00pm, World Peace Concert at Gualala Arts.
- Sunday 02: 11:30am, Champagne Brunch and Plein Air Silent Auction at Gualala Arts.
- Thursday 06: 6:00pm, Sunset & Jazz at Sea Ranch Lodge with Harrison Goldberg & Friends.
- Friday 07: 4:00pm, "On The Move". New Exhibit at Gualala Arts.
- Friday 07: 6:00pm, BAKU, Jazz/World Fusion at Timber Cove Resort.
- Saturday 08: 12:00pm, New Orleans Gala at Gualala Arts. New Orleans Food and Music.
- Saturday 08: 2:00pm, Artist Collective in Elk features opening for Steve and Carol Chell.
- Saturday 08: 4:00pm, "Wall Art", an exhibit of works by Bruce Jones at Dolphin Gallery.
- Saturday 08: 6:30pm, Full Hunter's Moon Night Tour at Point Arena Lighthouse.
- Sunday 09: 12:00pm, Open House at Timber Cove Volunteer Fire Department.
- Sunday 09: 4:00pm, Chamber Music Concert: Tonkha and Illarionov at Gualala Arts.
- Monday 10: 7:00pm, "Fast Times at Ridgemont High" • October Film Club at Arena Theater.
- Saturday 15: 10:00am, Harvest Festival at Ft. Ross State Park.
- Saturday 15: 1:00pm, "Prima Facie", National Theatre Live from London, at Arena Theater.
- Saturday 15: 2:00pm, Mendonoma Idol Tryouts at Gualala Arts.
- Saturday 15: 4:00pm, Lighthouse Lecture Series with Sara Bogard, "Beyond Safe Havens".
- Monday 17: 7:00pm, Music on Film Night. "The Grateful Dead Movie" at Arena Theater.
- Wednesday 19: 4:00pm, Midtvest Pigeekor. Danish Young Womens Choir at Gualala Arts.
- Thursday 20: 7:00pm, Third Thursday Poetry at Arena Market (and online). ◇◇
- Saturday 22: 10:00am, MET Opera premier: Cherubini's "Medea" at Arena Theater.
- Saturday 22: 11:00am, Native Arts Expo at Gualala Arts.
- Saturday 22: 7:30pm, Blues on the Coast at Arena Theater: Rick Estrin & The Nightcats.
- Tuesday 25: 4:00pm, Pizza Party Fundraiser benefit for Arena Theater at Mar Vista.
- Tuesday 25: 6:00pm, Pt. Arena City Council Meeting. ◇◇
- Wednesday 26: 5:00pm, Celebrating re-opening of the Sea Ranch Lodge. Music by Duo'Xplore.
- Saturday 29: 8:00pm, Arena Theater Live Music Halloween. Roncat Spearman's Katdelic.
- Sunday 30: 1:00pm, Exhibition On Screen presents "Hopper" at Arena Theater.
- Sunday 30: 4:00pm, Trio Enchantment at Gualala Arts. Tribute to Jazz Great Paul Desmond.

Attention Zoomers! Do You Miss . . .

. . . pink skies at night, bright neon lights, buildings more than 35 feet tall, freeways, competitive driving, your morning commute, fast food, pizza delivery 'til 3 o'clock in the morning? If you want to reverse your escape, give us a call!

Banana Belt Properties is offering free market evaluations to coastal residents who want to leave paradise. We like our community and most of our neighbors so we usually don't encourage them to sell and move out of the area. However, if you have been waiting for the proverbial "seller's market" so that you can move on, wait no longer.

Call us, leave a message on the machine, send an e-mail, track us down on the beach or in the grocery store . . . we will be delighted to give you a professional analysis of the current value of your property and a marketing proposal to sell your home this season.



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