

**ALWAYS
FREE**

November 2021



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



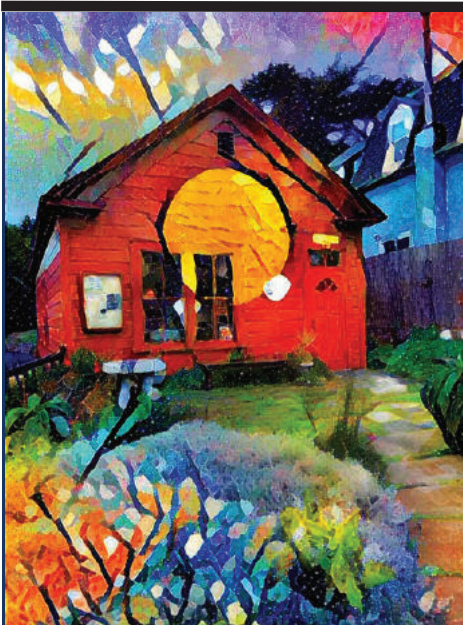
Grammy Winning Guitarist Jason Vieaux Live Performance At Gualala Arts

Gualala Arts and the Global Harmony Series Present Grammy-winning guitarist Jason Vieaux, performing music of Spain and Latin America, J.S. Bach and Pat Metheny. The concert is scheduled for Wednesday, November 17 at 2:00pm at Gualala Arts. Advance tickets for this special mid-week acoustic guitar event are available at Gualala Arts, the Dolphin Gallery, and at EventBrite.com. The concert is scheduled for the outdoor JAMI amphitheater, tucked into the redwoods at Gualala Arts

but may be moved indoors to Coleman Hall in case of rain.

There's high praise for Jason Vieaux. Gramophone declared him "among the elite of today's classical guitarists," and NPR opined that he's "perhaps the most precise and soulful classical guitarist of his generation". Among his extensive discography is

Continued on page 16



The Coast Highway Art Collective
284 Main Street, Point Arena
Friday - Sunday 11 a.m. to 4 p.m.

**Holiday gift shopping
for
everyone on your list.**

Textiles, wood, jewelry, photography,
painting, ornaments, ceramics & more

 *Holiday gifts*

 *Locally made*

Functional Pottery and Paintings

The November Exhibit at The Coast Highway Art Collective

The members of the Coast Highway Art Collective are excited to host two local artists, Brenda Phillips, ceramics and Bruce Jones, painting in an exhibit during the month of November. An opening reception on Friday, November 5 from noon to 5:00pm will give the community the opportunity to meet the artists, enjoy local art and start holiday shopping for that special gift.

Brenda Phillips began taking pottery lessons around 2002 after retiring in 1995 from teaching at Manchester Elementary and as a resource specialist at Point Arena High School. She has studied under Paul Stein and taken classes at Brandybuck with Kaye Like and at the Mendocino Art Center. Phillips is showing some new work at this show, including large footed oval bowls and globes. She says "It's a challenge for me to make new shapes that I haven't tried before. I love it when a lump of clay can become so many different shapes and forms. Glazing is still fun especially when different colors are layered onto a single piece. I love to challenge myself by mixing my own glazes, then brushing, dipping, pouring, or spraying them for so many



different effects."

Bruce Jones comes from a long line of artists, including his parents, grandparents and great-grandparents. He has always dabbled in drawing and painting for fun and relaxation, but was finally able to indulge as a fulltime artist when he retired in 2000 and moved to Gualala.

Everything around him seems to inspire him to create. Art lovers who follow Jones' work are familiar with his watercolors and drawings of peoples' faces, hands and bodies, insects, trees, rocks, flowers, and gardens, the ocean with all its moods, cityscapes and engines.

Jones says "Unlike most watercolor artists, I like strong darks and distinct shapes. Use of inks is helpful with darks so I often use pen & ink in many of my watercolors and pencil drawings. And sometimes the art is just ink, as it often was in the past."

Since Covid hit the coast, Jones has been

spending a lot of time in his garden, capturing images in Prismacolor wax pencil. Jones explains that wax pencil takes a lot longer to do than watercolor, but he felt he had the time, so he dove into wax pencil and thoroughly enjoyed developing layers of color in the wax. Working with this medium, he says he would get completely lost in color and shut the whole world out of his mind. "So this year, you will see a lot of different looks in this show: plants, flowers, gardens, ink, and some of my favorite watercolor landscapes, plus a couple of screwy paintings I just like."

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. Those interested in selling holiday items in the Collective's December Holiday

Show should contact Ling-Yen Jones via the website above.



Cynthia Myers Brings Her Glass Work to Artists Collective in Elk Reception November 13

Just in time for the holidays and gift-giving, Cynthia Myers returns to the Artists Collective in Elk as the featured artist. A reception is set for Saturday, November 13 from 3:00pm to 5:00pm.

Myers art glass begins its transformation with hand-blown glass made exclusively for her by craftsmen in North Carolina, West Virginia, and Brazil. After giving the glass a thorough inspection for any flaws, she transforms the bowls, vases, glasses and more into beautiful gifts, treasures and objets d'art. Her more than 25 years becomes obvious when seeing her work in person.

Celebrate with Cynthia Myers and some of the other Artists at the reception, November 13. The Elk Gallery is located at 6031 South Hwy One, next door to the Post office and Queenies restaurant. Open daily from 10:00am to 5:00pm. 707-877-1128.



WE NEED YOU!

If you are a registered Democrat, living in Southern Mendocino or Northern Sonoma Counties, Redwood Coast Democrats invites you to join our club. We are dedicated to promoting local, state and national issues and to supporting Democratic candidates for county, state and national offices.

With the upcoming 2022 election, your membership and donations will help fund critical races in California and in vulnerable states across the nation to help save our democracy. Annual membership dues are \$20 per individual and \$35 for a household. To join, please visit www.redwoodcoastdemocrats.org and click on "JOIN" to pay dues either by check or by credit card.



SERVING THE NORTH COAST FROM TIMBER COVE TO ELK

Ad paid for by Redwood Coast Democrats. FEC ID # C00429464/ FPPC ID # 1290146

ADVERTISERS INDEX

• Anchor Bay Store	10	• KZYX	9
• Arena Frame	11	• Little Green Bean	12
• Arena Tech Center	13	• The Loft	11
• Arff Feed and Pet	14	• MTA	Back Cover
• Banana Belt Properties	8	• Oceanic Land Office	15
• Coast Hwy Art Collective	Front Cover	• Office Source	14
• Denise Green	12	• Orca Network	16
• Four-Eyed Frog Bookstore	4	• Phillips Insurance	14
• Franny's Cup & Saucer	6	• Point Arena Light Station	4
• Garcia River Casino	9	• Red Stella	3
• Green Room, The	8	• Redwood Coast Democrats	2
• Gualala Arts	5	• Rollerville Cafe	13
• Gualala Building Supply	11	• Sea Trader, The	4
• Gualala Supermarket	6	• Skunk Train	16
• Ignacio Health Insurance	13	• Village Bootery	3
• KGUA	15	• Zen House Motorcycles	13
• KTDE	12		

FROM THE EDITOR'S DESK

- Gualala Arts brings a Grammy winner for a November concert. (Cover).
- Coast Hwy Art Collective has pottery and Paintings. A perfect match. (Page 2).
- Cynthia Myers is all about glass in Elk. (Page 2).
- Poetic? Rhyming all the time? Get in touch with 3rd Thursday Poetry. (Page 4).
- "Wisteria". The poem. See what Hal has for us. (Page 4).
- Teens and Young Adults. Attention. A Poets Circle begins November 3. (Page 4).
- Get your Jazz on. Harrison and Friends return to Sea Ranch Lodge on the 12th. (Page 5).
- An Obi Kaufmann double-header in November. Book signing and nature walk. (Page 5).
- Think Winter! Winter Wonderland returns to Gualala Arts. (Page 5).
- Coal is sooooo yesterday. We don't need a new coal train coming thru town! (Page 6).
- Live on the Sonoma Coast? Check out our event list for points south of Gualala. (Page 6).
- November is ready to moon you. Check the phases. (Page 6).
- Karin is going full turkey on us. Wild, man. (Page 7).
- New Head of state? The Black-crowned Night Heron is here. (Page 7).
- Hanna's getting us up to speed on a Beluga sighting in an unexpected spot. (Page 7).
- Discovery Gallery is winding down the current and making space for the new. (Page 8).
- Bobbie has art at Sea Ranch Lodge. What did Ms. Stauffacher Solomon bring? Page 8).
- mai haiku returns with another wonderful poem. (Page 8).
- An interesting dinner, a scavenger hunt, and a switcheroo. Film Club has movies. (Page 9).
- The Bolshoi treads lightly across the Arena Theater screen in November (Page 9).
- The editor has taken a turn for the words. (Page 10).
- Mary Astor returns with the help of Edward Sorel. (Page 11).
- We may have a new librarian on the coast. Can you help her find a place to live? (Page 11).
- The reading list is here. Careful. We know you'll find a book worth reading. (Page 11).
- Mitch is seeing Green, Yellow and Red. Find out exactly why. (Page 12).
- Our Sudoku is here for you. (Page 12).
- Had enough carbon? Want help getting rid of some? (Page 13).
- Of saints, spies, sand, and the 4th estate. Films at Arena Theater. Page 13).
- The crossword is here to get the gray matter working. (Page 14).
- Goodbye summer, Hello fall. Alison has some thoughts for you. (Page 15).
- MJ has some snark for you. Oops. Spell check. That's SHARK for you. (Page 16).
- Get out! Really. Get out! See, hear, taste, feel. Plenty to do! (Back cover).

Our thanks to November contributors including Rozann Grunig, mai haiku, Mitch McFarland, Blake More, Suzanne Pletcher, Mary Jane Schramm, David Steffen, Alison Trujillo, Karin Uphoff, Hannah Weinberger and Jennifer Bort Yacovissi.

Cover image of Jason Vieaux by Tyler Boye

"One blue sky above us, One ocean, lapping all our shores
 One earth so green and round, Who could ask for more?
 And because I love you, I'll give it one more try
 To show my rainbow race, It's too soon to die"

From "My Rainbow Race" by Melanie Safka

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

Issue #241 November 2021

Lighthouse Peddler

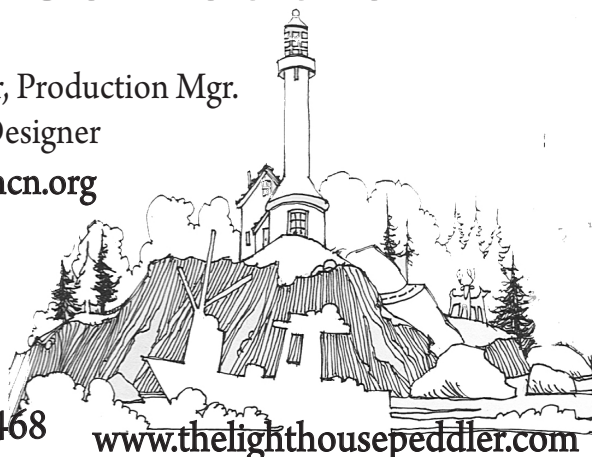
Dolly Steffen: Publisher, Production Mgr.
 David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



WE HAVE SLIPPERS!

For Men
& Women



MERRELL

UGG

ACORN



Village Bootery

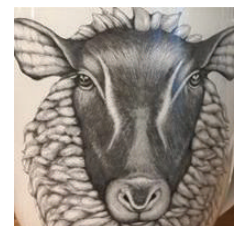
Open Daily 11:30 - 6:00

Across from Sealiff

GUALALA 884-4451



winter is
coming




wool is warm

red stella

dress ★ shoe ★ gift ★ home

open daily 11-5 • sunday 11-4

hwy 1 gualala • 707-884-1072 • www.redstella.com




**THE SEA TRADER
GUALALA**

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

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

**FOUR-EYED
Frog
BOOKS**



Gualala
Cypress Village
Open 7 days
707-884-1333

Community
Owned
Bookstore

www.foureyedfrog.com

"I am grateful for each and every food bank that helps families in need. Now, more than ever, hunger is a crisis in America, and yet it is not spoken enough and people have yet to give enough to help those in need. Local food banks help fill this need but they need our help, our support, and most importantly, our dollars. No one should ever go hungry."
Marlee Matlin (1965-)

POINT ARENA LIGHTHOUSE



The Light Station Store and Indoor & Outdoor Museums are open again! Our seven unique and charming vacation cottages are also available to rent. We are open daily 10 a.m. to 3:30 p.m.

explore * stay * be inspired!

Visit the historic Point Arena Light Station, celebrating its 151st year of lighting the way on the coast in 2021! Shop in the Light Station Store and explore our Indoor and Outdoor Museums. You can also spend the night in one of our seven vacation cottages. Watch migrating Gray Whales from our bluffs and visit the Point Arena/Stornetta Unit of the California Coastal National Monument just outside our gate.

45500 Lighthouse Rd, Point Arena, CA 95468
877.725.4448x1 info.palight@gmail.com

PointArenaLighthouse.com

Virtual Third Thursday Poetry Presents San Francisco Poet Harry Scifres Robins, Plus Open Mic Follows.

Point Arena Third Thursday Poetry presents a virtual Third Thursday Zoom Poetry reading at 7:00pm on Thursday, November 18. This month features San Francisco Poet Harry Scifres Robins, with open mic to follow.

Harry S. Robins (born November 28, 1950), known as "Hal", is a man of many talents in the visual, literary and performance arts. As an American voice actor, Robins is best known for his vocal work in the Half-Life series of computer games, and has made a return as the voice of "Tinker" in Dota 2. He is also a prominent member of the Church of the SubGenius as Dr. Howland Owl. In that persona he voiced the narrator in Arise! The SubGenius Video and made brief appearances in Grass. His official title within the Church of the Subgenius is "Master of Church Secrets."

As a radio personality, he can be heard on KPFA FM on a show called 'Puzzling Evidence' that started back in 1982. He describes the show as "deranged "edits" [that] segue into a cascade of echoing glossolalic madness, the voicing of lyric ruminations from the free-falling brains of disintegrating personalities. And some people, demented individuals, obsessively record every word and squealing sound effect. Of course, you may just hate it."

Robins has his own podcasted live radio show on Radio Valencia.FM in San Francisco. The show has a national audience which listens live (10PM Friday nights PST to 1:00 AM Saturday morning) but may be downloaded at any time from the Radio Valencia Podcast Page: <http://www.radiovalencia.fm/podcasts/?show=ask%20dr%20hal>.

As a screen writer, Robins co-wrote the film Kamillions with director Mike B. Anderson, in addition to playing Nathan, the Wingate family patriarch, he also played the dangerous, though benevolent mad scientist. He appeared on a television show, The Conspiracy Zone, for two seasons in 2002, on now-defunct TNN, in which he was the announcer and made several on-camera appearances. He also appeared as one of several underground comic experts in the



documentary film, God's Cartoonist: The Comic Crusade of Jack Chick.

As Dr. Howland Owl, Robins contributed to The Book of the SubGenius and Revelation X: the "Bob" Apocryphon. His short story "The Smoker from the Shadows" appears in the anthology Three-Fisted Tales of "Bob". He also contributed to the SubGenius comic book, "Bob's" Favorite Comics (a rarity, of which most copies were burned in a warehouse fire). In addition, Robins' work appears in the 2006 SubGenius book, Psychlopaedia of Slack: The Bibliographon.

Robins is also known for his Ask Dr. Hal! Show, a live night-club show which began in 1998 and continues to this day.

In addition to these many talents, Robins is also a renowned graphic artist, painter and illustrator. His exhibition Dragonolatry in 1996, curated by the Fuse Gallery in New York City, led to his inclusion in the international exhibition, Draw which traveled to countries around the world and last exhibited in the Museo de Ciudad de Mexico.

His comics and cartoons have appeared in R. Crumb's Weirdo magazine and various comic books, including Legal Action Comics II and Alien Apocalypse 2006. Many of his horror comics were anthologized in Grave Yarns. He also wrote and illustrated The Meaning of Lost and Mismatched Socks published by Frog, Ltd. (a division of North Atlantic Books), which also published his book Dinosaur Alphabet. His work also appears in popular trading card sets, including Dinosaurs Attack by Topps, and Tune In For Terror from Monsterwax Trading Cards.

To watch or participate as an open mic reader, please email blake@snakelyone.com. Third Thursday Poetry Zoom continues to be supported by Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

Read "Wisteria", a poem by Harry Scifres Robins, on this page.

Third Thursday Poetry Zoom made possible by the Arena Theater and continues to be supported by Poets & Writers, Inc. through a grant it has received from The James Irvine Foundation.

Wisteria
by Harry Scifres Robins

Poor bowerbird, your gifts are gone;
Your far-sought true love spurns your heart.
Her bright eye gleams no longer on
Your favor, and you must depart.

In Summer's field she will disdain
The tribute to her you would build--
Within, in solitude, remain,
Your dying lovesong vainly spilled.

Brighter the eyes, sharper the beaks
Ringed round to pluck and pierce your back
As she looks on, but never seeks
To block the suitors' fierce attack.

The way is shut, the timing wrong,
That season has no more to live;
Remembered not, your fading song
With wanton wing she will forgive.

"Poetry is not a turning loose of emotion, but an escape from emotion; it is not the expression of personality, but an escape from personality. But, of course, only those who have personality and emotions know what it means to want to escape from these things."

T.S. Eliot (1888-1965)

Teen and Young Adults Poets Circle Starts November 3. Hosted by Melissa Eleftherion Carr and Blake More

Beginning in November, the Ukiah Branch of the County Library will be offering a new Poetry club for teens & young adults ages 15-28. Starting November 3, meetings will be on the first Wednesday of the month on Zoom, from 3-4:00pm.

Local Poets Laureate Melissa Eleftherion Carr (Ukiah) and Blake More (Point Arena) are excited to lead this writing group. Participants are invited to pop in to write with other teens and young adults, sharing their poems in a supportive, creative, and nurturing environment.

Email Blake (blake@arenatechcenter.org) or Melissa (carrm@mendocinocounty.org) for the Zoom link. Sponsored by the Mendocino County Library and the Friends of the Ukiah Valley Library.

Jazz group UnCommon TymZ Set for Sea Ranch Lodge

November 12

Sunset & Jazz with Harrison Goldberg and Friends continues at the newly renovated Sea Ranch Lodge on Friday, November 12, from 6:00pm to 9:00pm. Admission to this event is free. TSRL jazz events will be regularly scheduled in The Fireside Room on the second Thursday of each month from 6:00-9:00 pm. The bar and lounge, and the dining room will be open per their regular schedules.

Goldberg has assembled his latest trio, UnCommon TymZ, with two Sonoma County-based veteran musicians with whom he has performed in the past. Guitarist Gino Raugi and upright bassist/guitarist Joel Kruzic have also been featured with the Susan Sutton Trio that performed at St. Orres as part of the Annual Sonoma Mendocino Coast Whale & Jazz Festival. With Goldberg's saxophones the trio will present their instrumental arrangements of jazz standards, Bossa Novas, and pop tunes.



Recently relocated from the Monterey Bay area to Sonoma County, Gino Raugi has shared the stage with jazz greats including Mundell Lowe, Lew Soloff (Blood, Sweat and Tears), Bill Watrous, Rob McConnell, Barbara McNair and many, many others. "Gino's style follows the great guitar traditions of the Blue Note Jazz era. Think Kenny Burrell, Pat Martino, Barney Kessel, and throw in some Joe Pass and you'll have a pretty good idea of where he's coming from", says Goldberg.

Joel Kruzic is a jazz upright bassist and guitarist based in Guerneville. He grew up in the Sonoma Valley, and received his BFA in music performance at the New School for Jazz and Contemporary Music in New York City in 2013. In addition to teaching lessons and working in his family's cabinet shop, he regularly performs throughout the Bay Area as a sideman with various jazz artists, including Calvin Keys, Bruce Gordon and Susan Sutton. When not playing music, he spends much of his winters on the North Coast Rivers fly fishing for steelhead, and in the Sierras in the summer.

The Sea Ranch Lodge is located at 60 Sea Walk Drive, The Sea Ranch. For additional information please contact: community@thesearanch.com

Two events with Author Obi Kauffman

Book Signing November 13 • Nature Walk November 14

The public is invited to a book signing event with author Obi Kauffman at the Sea Ranch Lodge on Saturday, November 13 from 6:00pm to 7:00pm. Those attending can meet in the Fireside Lounge.

Kauffman's "The California Field Atlas" (a #1 San Francisco Chronicle Best Seller) is a major work that not only guides readers through the Golden State's forested lands, but also presents a profoundly original vision of nature in the twenty-first century. "The Forests of California" features an abundance of Kauffman's signature watercolor maps and trail paintings, weaving them into an expansive and accessible exploration of the biodiversity that defines California in the global imagination.

Expanding on the style of the Field Atlas, Kauffman tells an epic story that spans millions of years, nearly one hundred species of trees, and an astonishing richness of ecosystems. The Forests of California is the first volume in a planned trilogy of field atlases, with The Coasts of California and The Deserts of California to follow, and Kauffman seeks to create nothing less than a new understanding of the more-than-human world. The lessons in this book extend well beyond California's borders. If Peter Wohlleben's "The Hidden Life of Trees" and



Richard Powers's "The Overstory" opened readers' eyes to the awesome power of arboreal life, "The Forests of California" gives readers a unique and unprecedented immersion in that power.

And if Kauffman's book is not enough, the author will host a 2-hour Nature Walk on Sunday, November 14, beginning at 10:00am. The walk will be organized with those interested meeting in front of the Lodge. This is a unique opportunity to join Kauffman for a stroll along the bluffs on a nature walk, where he will contextualize the local ecology of Sea Ranch against the larger tapestry of California's natural world. It is Kauffman's belief that from the deep past to all possible futures, the truth of the landscape reveals patterns in time, as evidenced through the local ecosystems, that point the way to a better understanding of ourselves as stewards and cooperators inside of the ever-unfolding story of California.



This promises to be a slow-going hike with lots of breaks and lots of chances to discuss the big ideas of the day, whether it is the identification of a flower or a beetle, to discuss the sources of hope in the face of the world's most pressing issues.

The Sea Ranch Lodge is at 60 Sea Walk Drive, The Sea Ranch, 95497. More information is available at 707-579-9777, and by email at info@thesearanchlodge.com.

"Winter Wonderland" Returns To Gualala Arts Opens Thanksgiving Week • A Family Destination

Gualala Arts' "Winter Wonderland" returns Thanksgiving week to help kick-off the holiday season. From Friday, November 26 through Friday, December 31, Gualala Arts will shine with holiday spirit. Everyone is invited to stop by. Open every day (except Christmas Day), 11:00am to 4:00pm to celebrate and get inspired. Admission is free.

Once again there will be great gift ideas for almost everyone. For example, look for Gualala Arts-branded wearables—caps, hats, tee-shirts, aprons—plus wine glasses, water glasses, champagne flutes, pens and notepads, along with gift cards and photographs by Scott Chieffo. The Holiday Raffle returns this year and raffle tickets will be available at Gualala Arts and the Dolphin Gallery. You can also purchase a gift-membership to Gualala Arts. And of course, there will be trees. Decorated and undecorated!



Shoppers and visitors will find that the Burnett Gallery, the Elaine Jacob Foyer and Coleman Hall are ready. Executive Director David "Sus" Susalla adds, "We're following safe protocols, along with fresh pacific breezes, doors open, holiday music, lots of artist displays, social distancing, phone orders and curbside pick up by calling 707-884-1138. The Dolphin Gallery will be open as well and available with the same protocols."

The Bell Ringers will be performing during Winter Wonderland on Friday the 26th from noon to 1:00pm, and Saturday, November 27th from noon to 1:00pm. Santa and Mrs. Claus will have their special mailbox ready to accept childrens' letters to Santa with their wants and wishes throughout the Winter Wonderland! It's cheerful good fun for the family that puts everyone in the holiday mood!

GUALALA ARTS

Gualala Arts
SINCE 1961
707.884.1138
GualalaArts.org
4650I Old State Hwy
Gualala, CA 95445

Grammy Winning Guitarist
Jason Vieaux
A Concert at Gualala Arts' JAMI Amphitheater
Wednesday, Nov. 17, 2 pm
Featuring the music of Spain, Latin America, J.S. Bach, Pat Metheny
Tickets available at Gualala Arts, Dolphin Gallery, and EventBrite.com.

"Flying Free"
An Exhibit at Gualala Arts from the Pacific Piecemakers Quilt Guild
Continues thru Sunday, November 7
in the Burnett Gallery & Foyer

"River Wild"
An Exhibit at Gualala Arts from the Pointless Sisters Art Quilt Group of Sonoma County
Continues Sunday, November 7, 11 am
in Coleman Hall at Gualala Arts

"North Coast Live" and "Area 52"
Two Exhibits featuring
Chris Grassano and Paula Haymond
Continue thru November 21
at the Dolphin Gallery, Gualala

Winter Wonderland Returns to Gualala Arts in November
with Holiday Music, Artist Displays, Gifts, Decorated & Undecorated Trees, the Bell Ringers, See's Candies, Santa's Mailbox and more.
Opening Thanksgiving Week, 11 am to 4 pm.
(Open daily except Thanksgiving Day and Christmas Day)

4 New Chamber Concerts in 2022
January 9: David McCarroll
February 20: Alexander String Quartet
March 13: Eric Kritz & Friends
April 10: Gabrielle Despres
(Klein Competition)
Tickets: \$40 advance, \$45 at the door
Season tickets are also available by contacting
Gualala Arts at 707-884-1138.

Gualala Arts: Open daily, 11 - 4
Dolphin: Open Thu-Mon, 11 - 4

Gualala Arts and Dolphin Gallery require face masks for all, inside and outside during events.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
John F. Kennedy (1917-1963)

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

Solution to Crossword:

New Moon



November 4

Full Moon



November 19

"A society is only as healthy as its ideas are humane."

Kurt Vonnegut (1922-2007)

FRANNY'S CUP and SAUCER

THANKSGIVING AT THE BAKERY

CRANBERRY RELISH, FRESH ROLLS & PIES, PIES, PIES...

to place your order, please call us at 882-2500 www.frannyscupandsaucer.com

Join The Fight Against The "Coal Train" Redwood Coast Democrats Bring the Invitation

At the request of State Senator Mike McGuire, Redwood Coast Democrats recently drafted a resolution entitled "Resolution Opposing Shipping Coal by Train through California's North Coast", in opposition to the proposed "Coal Train" currently under consideration by the Surface Transportation Board, a federal agency that is charged with the economic regulation of various modes of land transportation.

The resolution was unanimously approved by the RCD membership and sent to McGuire's office for inclusion in a package of similar resolutions being submitted from Democratic Central Committees and Clubs in Humboldt, Del Norte, Trinity, Mendocino, Sonoma and Marin Counties.

The entity behind the "Coal Train" proposes to refurbish existing, unused railways to bring coal from Wyoming to the Bay Area, then up through the north coast region to Humboldt where it would be shipped to Asia.

It is being pushed by an anonymous corporation called the North Coast Railroad Company, which appears to have been created specifically for this project

The railroad right of way is governed by a law that gives extraordinary approval powers to the Surface Transportation Board,

currently staffed by a number of Trump appointees

If approved, this heinous proposal would allow the North Coast Railroad Company to seek a loan to activate the old tracks that are currently a part of Governor Newsom's recently created Great Redwood Trail and would move 800 cars of air, water and ground-polluting coal through Northern California each day.



Senator McGuire's staff is collecting these resolutions and giving them to Congressmen Jared Huffman and Mike Thompson

to present to Transportation Secretary Pete Buttigieg and to the Surface Transportation Board.

This effort is to demonstrate that there is ZERO tolerance or support for the "Coal Train" proposal on the North Coast.

In addition to the groups opposing the "Coal Train", all citizens of the affected regions are urged to add their voice in opposition too by calling their Congressional Representatives or their State Senator. If you would like to help Redwood Coast Democrats in this effort, you can join the club by visiting their website at redwood-coastdemocrats.org and clicking on JOIN.

Image credit: Ben Scherjonb from Pixabay.

"We are like tenant farmers chopping down the fence around our house for fuel when we should be using Nature's inexhaustible sources of energy - sun, wind and tide. ... I'd put my money on the sun and solar energy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that." Thomas Edison (1847-1931)

Welcome to the November Events and Happenings for Ft. Ross, Jenner, Timber Cove and Cazadero.

Here are some of the activities and events happening in Coastal Sonoma County.

A free Narcan Training & Addiction Education online Workshop is scheduled for Monday, November 8th from 4:00pm to 5pm. Hosted by Mendonoma Health Alliance, Participants will learn about addiction, how to use Narcan, and how to save someone from an opioid overdose. Free units of Narcan will be available to all who participate. Participants who wish to remain anonymous can do so by simply turning off the camera on their computer or smart phone upon logging in. The training will be hosted by Emily Peterson, Doctor of Pharmacy. You can find the Zoom link at mendonomahealth.org under the header for "Important Updates". Visit the website, email info@mendonomahealth.org or call MHA at (707) 412-3176 x102.

The Fort Ross Dialogue 2021 Virtual Conference is scheduled for November 2. Fort Ross Conservancy is pleased to announce that registration is now open and registration is free. The list of panels and speakers is available online. To register, please sign up online. www.fortross.org.

Mendonoma Health Alliance offers regular (free) screening for A1C, Cholesterol, and Blood Pressure at the Gualala office, Monday-Thursday, 9:00am to 3:00pm. Call for an appointment: 707-412-3176 x 102.

CHCP Sunday Community Market continues at Fort Ross School every Sunday from 10:00am to 12:00pm. NOTE: Rain cancels and School COVID-19 protocols are in place.

Thanks to the Coastal Hills Community Bulletin

GUALALA SUPERMARKET

We Will Be Open Thanksgiving Day

Special Thanksgiving Day Hours 7:00 am till 3 pm

For All Your Holiday Needs

SENIOR DISCOUNT EVERY MONDAY

WE ACCEPT EBT CARDS



SUNDSTROM MALL, GUALALA 884-1205 Monday - Saturday, 7AM - 8PM Sunday, 7AM - 8PM

Words on Wellness • Wild. Turkey!

by Karin Uphoff

Most Americans associate November with that 'turkey time' of year and the celebration of Thanksgiving feast. Whole menus are planned around the bird, who is a direct descendant of the wild turkeys we enjoy watching in our fields and woodlands. If you wonder what wild turkeys eat, you should know that they are some of the most diverse feeders in the bird world. If turkeys planned a thanksgiving feast, it would include: acorns, hickory nuts, walnuts, all seeds and grains, huckleberries, blackberries, thimbleberries, raspberries, strawberries (they love berries), wild grapes, crabapples and other small fruits, small lizards, slugs, snails, snakes, flower heads, buds, roots, bulbs, succulents, worms, grasshoppers, caterpillars, tender greens, plus sand and small gravel for grit to aid proper digestion. Basically a nutrient-rich diet with enough roughage to process it – exemplars of sound nutritional practice.

They naturally adapt their diet to what is available seasonally but must swallow their food whole. The material is stored in the bird's crop to be digested little by little with the help of the gravel-filled gizzard. This means after eating, turkeys will usually roost

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 Robbi Drake from Pixabay.



quietly for several hours while they digest their meal. That's what most of us need to do after a holiday meal as well. We have a much different digestive tract, which works faster, but even so, our digestion is always improved by slowing down after eating. Resting in quiet activity, a slow stroll or even a nap, for at least 20 minutes after a meal, can boost the initial digestion in your stomach and allow the contents to pass along more easily into the small intestine. This reduces any tendency towards hiatal hernia, heartburn and indigestion. Relaxed activity for the two hours after eating facilitates better absorption of nutrients and more efficient passage of waste. Holiday meals often end with dessert, so consider accompanying this with a digestive tea like chamomile, ginger or mint.

Turkeys also demonstrate how eating with family can be a mellow and joyful experience if we keep it simple. Just listen for the male's gobble and female's purrs and putts early mornings and sundown, as the group leisurely grazes and talks with each other while doing so. It's easy to get caught up in the rush of this season, but you might consider letting turkey medicine slow you down.

Black-Crowned Night Heron: "Experts at Still Fishing"

An odd but not uncommon sound in the night is the flat, barking "quork" of the Black-crowned Night Herons as they fly to their nighttime hunting grounds along ponds, salt-water marshes and slow-moving streams. The Black-crowned Night Heron is very stout or chunky, standing about two-feet tall. It has a large head, short neck and relatively short, yellow legs.

The immature herons are grey-brown with heavy streaking, creamy-white spots on their wings and a yellowish bill. Adults are striking with their jet-black cap, bill and back. They have large red eyes. Their cheeks and underside are white; wings and tail are gray. Breeding adults have two beautiful long, white, skinny plumes of feathers trailing from the back of their heads. Their feet can turn a brilliant red during courtship.

During the day, they typically roost communally in dense stands of trees or brush, sleeping with their bill tucked in their breast feathers. When night falls, they spread into almost every kind of aquatic habitat to hunt

amphibians, reptiles, fish, invertebrates, small mammals and birds. In some areas they are known to be significant predators of ducklings and rails. Black-crowned Night Herons are expert at still-fishing. They wait motionless for their prey then strike them with their heavy, sharply-pointed bill. By feeding at night they don't compete with other herons and egrets. When Black-crowned Night Herons feed by day they are often attacked by other herons and egrets.

Black-crowned Night Herons nest colonially in almost every kind of habitat: from pine groves to cattail marshes, willows, orchards and city parks. In courtship, the male bows to the female. He stretches his neck and erects his breast feathers and the plumes on his back. The female responds similarly. The pair will rub bills and smooth each other's feathers. The male collects the nesting material for the female, who builds the nest of loose sticks with fine inner lining. Both parents incubate the three to five bluish-green eggs for two weeks and together care for the young for six to seven weeks.



Rare Beluga Whale Sighting In Puget Sound Stirs Excitement — And Concern

by Hanna Weinberger / Crosscut.com

Marine Mammal Conservation Groups Are Working To Get A Health Assessment Of The Whale, Which Was Identified From A Video Taken Sunday, October 3.

After sitting on the windless waters of Commencement Bay on Sunday, Jason Rogers and his friends joked they had picked the wrong day to go sailing. Then came the whale.

At first glance, the party assumed the snow white hump belonged to an orca. But while watching it move, something clicked for them: That could be a beluga, an Arctic or sub-Arctic-dwelling whale not officially recorded in Washington state since 1940.

It would be an obscure sighting of the species. The closest beluga population, which lives at least 1,400 miles away in Alaska's Cook Inlet, is endangered and covered under the Marine Mammal Protection Act. Rogers' wife, Amy, recorded a video of the encounter. The couple posted it to a local Facebook group and sent it to a conservation monitoring organization, Orca Network. Orca Network received the video at 8:34 p.m. October 3 and was "99.9% sure it was a beluga," says Orca Network co-founder Howard Garrett. But given how rare that would be, the network sought identification assistance from NOAA Fisheries and a host of groups involved in marine mammal stranding response and veterinary science.

Various other reports trickled in, with area residents looking for confirmation that they weren't hallucinating a "bulbous figure."

Shannon Felix saw the whale, too, while kayaking Monday evening with her husband and dog in Elliott Bay, near Jack Block Park. "At first I thought it was a sea lion, but it was completely white," Felix says. "Then it breathed like a dolphin and I thought, albino harbor porpoise?"

Rogers woke up to an email Tuesday confirming that he and his friends had shared space with a beluga.

"How cool is it to see an animal that hasn't been observed in our waters for over 80 years!" Rogers says. "But how sad is it, too? The whale must be horribly lost and my wife [Amy] and I are concerned for its safety and hope it can find its way back home. My wife and I are left with this feel-

ing that we are connected to something so awesome and want to get all the updates about it. Like, how's it doing? Is it safe? Did it find its way home?"



Rogers isn't the only one with lingering questions and concerns about the interloping beluga — both in what its presence here means and whether it will be OK.

Social butterflies by nature, a beluga

that's alone and more than a thousand miles from home raises a yellow flag. Researchers are looking into the ways health and availability of prey may have played roles in this sighting.

"Marine mammals are apex predators and their health and behavior are always telling us about the health of the ocean as a whole," says Casey Mclean, a veterinary nurse and executive director of Sealife Response + Rehab + Research (SR3). When she realized a beluga, whose English name derives from a Russian description of its color, was in our midst, her first thought was shock and sadness. "This is another indication of how our oceans are not healthy and the wildlife are suffering," she says.

"When things are way out of their range I get concerned first off," says Kersti Elisabeth Muul, a conservation specialist in Tacoma and member of Seattle Audubon's conservation committee who has been keeping tabs on the whale through friends and social media. "Like every other lover of all things wild, I get excited, too. It's a mixed bag of emotions and a lot of times a warning."

Michael Milstein of NOAA Fisheries says that, given how far the whale has traveled, he and his colleagues are concerned the animal may be ill, a worry when a whale is outside of its normal range. "Additional people around the animal would likely cause stress, so we do want to encourage people to stay away," he says. As is the case with orcas, boat noise can agitate belugas and make it hard for them to navigate and feed. While belugas sometimes approach people out of curiosity or to play, that can be dangerous to both the whales and people, Garrett says.

Continues on page 15.

Above Beluga whale, spotted in Puget Sound in Tacoma in October. Seen in Elliott Bay and by Fox Island, the Bremerton shipyards, and the Port of Tacoma. Photo credit: Michael Dougherty courtesy of Orca Network.

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

Discovery Gallery Artists Collective

Paula Haymond Joins the Collective, and Winter Holidays Exhibit Set

Discovery Gallery Artist Collective is proud and pleased to announce that Paula Haymond has joined the management team of the gallery. In addition to her unique and award winning wood turning and sculpture skills, Paula brings many years of gallery experience. While she lived in Houston she was invited to become a member at the Archway Gallery—the oldest artist-owned and operated gallery in the United States. "Her years of experience at Archway Gallery have been and will continue to be valuable to our gallery." More information about Paula and her work is at www.paulajhaymondartturnings.com.

Discovery Gallery's Winter Holidays event is Friday, December 3 from 5:00pm to 7:00pm. Mark your calendar now before

your December calendar gets filled. The gallery's artists will be changing all of their current art during the days before the opening. There will be unique and beautiful holiday cards and many great one-of-a-kind gift items. In addition to beautiful art in a multitude of mediums, our member artists will be providing food and drinks at the Winter Holidays event.

If you haven't been to the gallery recently, you may want to come in before the art is changed so that you can fully enjoy viewing the current and the winter displays. Discovery Gallery is at the Sea Cliff Center on the west side of Highway 1 in Gualala, just a few steps from Trinks Restaurant. We are open Thursday through Tuesday from 10:00am to 4:00pm (closed on Wednesday).



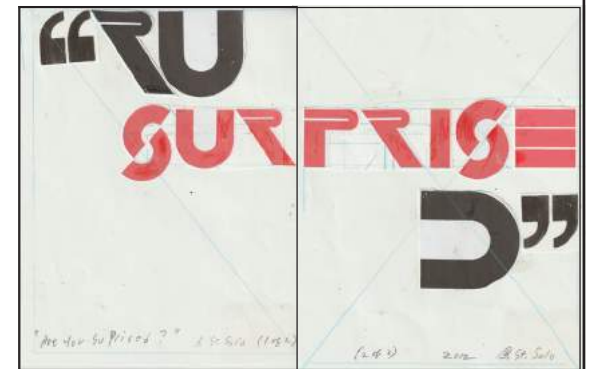
Barbara Stauffacher Solomon's Works

Featured in November In A New Exhibit at the Sea Ranch Lodge

Barbara Stauffacher Solomon's work will be featured at an exhibit at the Sea Ranch Lodge, and the exhibit is scheduled to run throughout November. Her work is known to many on the Mendocoma Coast and this exhibit will also present her latest art collection. The Sea Ranch Lodge is at 60 Sea Walk Drive, The Sea Ranch, 95497. Information is at 707-579-9777. The exhibit is open to the public.

Stauffacher Solomon's large scale supergraphics were highly influential in the 1960s and 70s, and exterior signage at Sea Ranch – the architectural marvel that has earned international recognition for evolving a concept of "living lightly on the land." This new Supergraphic Land(e) scape and her latest art collection will be on view at The Sea Ranch Lodge—the place

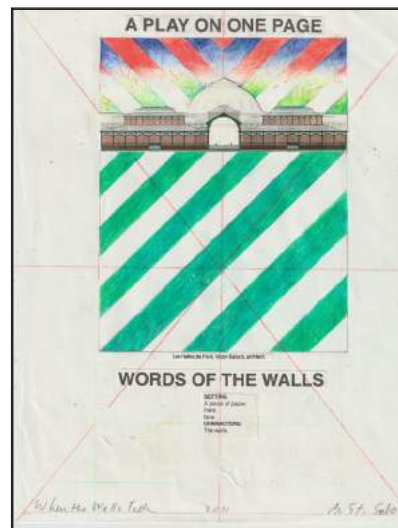
and meaning, sometimes breaking them into illegibility and other times creating a visual onomatopoeia, words that come to resemble the thing they signify. Across nearly two dozen textual drawings (all on



8.5 x 11" letter paper) she creates a halting and inquisitive verbal barrage.

Stauffacher Solomon's amazing art will span the walls of the new Bar and Lounge at The Sea Ranch Lodge and be art that you can walk into. Inspired by the sea outside at night, when guests go from walking into the lobby to having a drink at the bar, they will be surrounded by her painting. As with all Supergraphics, the piece is generated in response to the parameters of the space. In this case, the primary guides are the upper clearstory windows and the bar overhang. The proportions and angles of the lines relate to the windows and their corners while also implying raking shafts of colored light spilling down and radiating up from the windows, drawing the outside in, while also wrapping around the bends of the room.

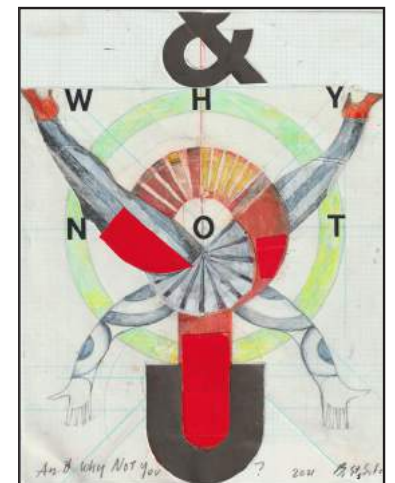
The exhibit will be on display through December 5, 2021. The Sea Ranch Lodge is a short, beautiful drive from Gualala, An-



chor Bay or Point Arena on the north, and Jenner, Timber Cove Cazadero and Fort Ross to the south. More information is at TheSeaRanchLodge.com

where she first started in the 1960s. Her new works on paper being displayed in the Lodge are a continuation of her exploration of language. Born in San Francisco in 1929, Barbara Stauffacher Solomon has worked as an artist, designer, and landscape architect across eight decades. Best known for her invention of Supergraphics in the 1960s, her iconic style of mixing Swiss Modernism and West Coast Pop, pioneered the look of the California Cool—an important moment in graphic design history. She has also shown her paintings and drawings widely and is represented in the permanent collections of MoMA, LACMA, The Walker Art Center, and many more. Additionally, she has published eight books with a ninth forthcoming.

Having studied lettering with Armin Hoffman in Switzerland and the philosophy of language with John Searle at Berkeley, Stauffacher Solomon is constantly trying to tease apart the relationship between form



"Old Mill Site"

The Old Mill site sits on almost an acre just off Sunset Drive in Enchanted Meadows. Gently sloping land, redwoods abound. The shingle mill still stands with active water service, 3 bedroom perc test and electricity to site. This is a beautiful, very private parcel



off the beaten path, with easy access to Anchor Bay and all it has to offer: restaurants, grocery store, coffee shop, beauty salon, yoga studio, massage parlor and Anchor Bay Cove.

\$125,000



Banana Belt Properties

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

Haiku for November

"cloudless sky
faint calling
high above
geese in
chevron"

by mai haiku

the green
ROOM
CannabisMendocino.com

HOURS: MON-THURS 11-6PM • FRI-SUN 11:30-7PM

707-320-1918

CALL FOR DELIVERY • 138 MAIN STREET, POINT ARENA

In November, Arena Theater Film Club Brings Together Good Friends, Seeming Opposites, and Competing Forces.

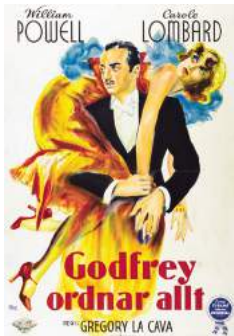
The Arena Theater Film Club returns with some gems of the cinema this month.

First up is "Perfecto Desconocidos" on November 1. Shot in Spain, the film is in Spanish with English subtitles. Directed by Manolo Caro ("The House of Flowers"), the film follows a gathering of a group of best friends who decide to get together during a lunar eclipse to share an intimate dinner in the tasteful house of Eva and Antonio. They suspect it's just another typical night until the hostess proposes a game.



All guests must lay their cell phones on the table and read aloud all incoming messages and answer all incoming phone calls in front of the entire group. What begins as a provocative party game quickly becomes a wild ride. The film is Rated 'R' and has a running time of 101 minutes. The cast includes Bruno Bichir, Cecilia Suárez, Manuel Garcia-Rulfo, Mariana Trevino, Miguel Rodarte. "Perfecto Desconocidos" is in Spanish with English subtitles.

On November 8, it's a 1936 classic. Director Gregory La Cava brought together an amazing cast which included Carol Lombard, William Powell, Eugène Pallette, Alice Brady, Gail Patrick. It's one of the best examples of films that end up creating a genre: the Screwball Comedy, a potent cocktail of romantic repartee and social critique. In a nation still recovering from the Great Depression, the premise could easily have gone awry. Yet La Cava brings it home.



Irene (Lombard), an eccentric, wealthy Manhattanite, wins a society-ball scavenger hunt after finding a "forgotten man" (Pow-

ell)—an apparent down-and-out drifter—at a dump. She gives him work as the family butler and soon falls head over heels for him.

Her attempts to both woo Godfrey and indoctrinate him in the household's dysfunction make for a string of madcap high jinks that has never been bested. The film received four Oscar nominations, and remains one of Hollywood's greatest commentaries on class and the social unrest era. The film is unrated. It has a running time of 93 minutes, and is in glorious black and white.

The final film this month. "The Usual Suspects", is Bryan Singer's take on an idea and, after a fashion, turns it upside down. In short, a suspect in custody begins to lay out the complex and intriguing story of how a police line-up of criminals ends up working together on a high-earning heist that goes a little bit wrong. It raises the question, just what is the truth? The 1995 film won two Academy Awards including Best Original Screenplay. This masterful, atmospheric film noir enraptured audiences with its complex and riveting storyline, gritty, tour-de-force performances (including Oscar-winner Kevin Spacey) and a climax that is truly deserving of the word stunning. The cast includes Benicio del Toro, Stephen Baldwin, Gabriel Byrne, Giancarlo Esposito, Chazz Palminteri, Kevin Pollak.



Admission to all Film Club movies is \$7 for Arena Theater Association members, guests welcome at \$10. Cash at the door, please, maximum audience of 55 people. Face coverings required except when seated while eating or drinking.

The Bolshoi Ballet Returns to Arena Theater November 21 With a Spectacular Production of "Spartacus"

The Bolshoi Ballet returns to Arena Theater in November with "Spartacus", the sensational ballet composed by Aram Khachaturian. This will be another original production, captured live and brought to the screen straight from the Bolshoi Theatre's historic stage.

The telecast of "Spartacus" is set for Sunday, November 21. Showtime is 1:00pm. Tickets are \$18, \$5 youth (18 and under)



In addition to Music Khachaturian's music, the production features choreography by Yuri Grigorovich. Grigorovich is also given credit for the libretto, (after the novel by Raffaello Giovagnoli, ideas from Nikolai Volkov's scenario).

In Imperial Rome led by Crassus, Spartacus and his wife Phrygia are reduced to slavery and are separated by slave dealers. His love for her and his desire for freedom

lead him to revolt against the Roman army with the help of the other captives. But the treacherous Aegina, who seeks to conquer Crassus and gain power, will get in the way of Spartacus's plan.

Huge in scale and spectacular in effect, "Spartacus" is a true tour de force of a ballet, set to Aram Khachaturian's superb score. With an incredible display of might from the four leading dancers to the entire corps de ballet and its passionate pas de deux, "Spartacus" is the ultimate spectacle of virtuosity and lyricism born at the Bolshoi Theatre.

Running time is 2:50 (170 min.) There will be two intermissions.

Tickets for the ballet telecasts can be purchased online at ArenaTheater.org. The theater is located at 214 Main Street, Highway One, in Point Arena. Information is at 707-882-3272.

"I was always the kid down the street who got the other kids to put on a show. But it was only when I was 19, and discovered ballet and contemporary dance, that I got interested in the fact that you could have a whole evening of dance - rather than just waiting for the dancers in a musical."
Matthew Bourne (1960-)

OPEN SUN - THURS 2PM - 9:30PM
EXTENDED HOURS FRI - SAT 2PM - 12AM

The River Grill & Bar
Dine-in or Take-out
467-5320

GARCIA RIVER CASINO

Health and Safety is priority ONE
Come enjoy our **SAFE**, clean environment
NEW games introduced frequently
No Smoking Inside Casino - Under 21 Prohibited

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

WE ARE WITH YOU EVERY DAY!

KZYX IS YOUR SOURCE FOR NPR, LOCAL NEWS, DIVERSE MUSIC AND INNOVATIVE LIVE PROGRAMING IN MENDOCINO COUNTY.

STREAMING NOW AT:
KZYX.ORG

(707) 895-2324 / PO BOX 1, PHILO CA 95466

Touching Souls, Savoring Life

by David Steffen

When it comes to holidays and special occasions, there are norms to be understood, and axioms to be accepted. For example, everyone knows that right after Halloween, with all of its scary fun and delicious treats, we are faced with the prospect of a more formalized collective happiness. Tis the season to be cheerful. And grateful. Or we must (at least) make an effort to be both for Thanksgiving and Christmas. Memories come from our minds, our cameras, and sometimes a cinematic reflection.

Anyone with the requisite number of birthdays behind them will recognize themselves in different parts of the 1983 film, "A Christmas Story". I always gravitate to the scene when the Parker family—the Old Man, the Mother, Ralphie and Randy—go to downtown Cleveland one evening to look at holiday displays in the Higbee's department store windows. These dioramas in miniature contained scenes of holiday life, complete with an electric train, tiny people, horse-drawn carriages, toy buildings with snow on the roofs, angels, fairies, stars and Christmas trees. For this 10-year old in the late 1950s, Gimbels' main store in downtown Milwaukee was the place to see those big decorated windows. Standing and staring through the window next to my older sister, brother, my mother and father, we saw our own personalized holiday scene. Like Ralphie, I was in awe.

Twenty years later I was regularly traveling to New York, and by 1990 I was working from an office in Manhattan. I admit that being in the Big Apple in December always brought back memories of my family's Christmas visit to Gimbels, and to recharge that memory I'd make an effort to swing by Macy's flagship store at Herald Square to take in the magic in their windows. Those dreams were helped along by the sight and sound of the Salvation Army bell ringers on the corner of 34th and Broadway. Let's be honest. None of us want to be sad or angry or depressed as Thanksgiving and Christmas approached.

My daughter Caitie's first Christmas was in 1988, and we made an effort to give her some of what we had as children. Mostly it was about the holidays in our home as we enjoyed a Christmas in Connecticut. Before you jump to conclusions, our holiday was not a comparison of the 1945 film with Barbara Stanwyck, Dennis Morgan and Sydney

Greenstreet. Yes, we lived in an old Connecticut farmhouse, but unlike Stanwyck's character, Dolly knew how to make the house warm, prepared an amazing meal, and took care to get the delicious aromas of turkey or goose into every nook and cranny of that old farmhouse. Snow was almost always on the ground by Thanksgiving, and that, of course, meant Caitie and I would build a snowman.

And here we are again. Another holiday season is ready to begin, and we hope that this November and December our mood will reflect the best of the season including, of course, good tidings and great joy. And yet, as you undoubtedly know, when the holidays approach, some of us may, at times, seem a little sad or blue. Leave it to the psychologists who, forty years ago, described this phenomenon as a symptom and, in turn, create a malady: SAD. Voila! With Seasonal Affective Disorder, western medicine pigeon-holed an emotional issue. It's worth noting, however, that at least one North American indigenous people, the Inuit of Northern Canada, identified a similar condition centuries earlier. The Inuit term is piblokto, and it has nothing to do with pilgrims, turkey, Santa Claus or the baby Jesus.

Most of the Inuit people live in northern Canada. Their homeland is known as Inuit Nunangat—that is, the land, water and ice of the Arctic. Like SAD, the psychologists decided to define piblokto, which occurs mostly in winter:

"A society-bound syndrome viewed mainly in female Inuit and other arctic populaces. People experience an abrupt dissociative period of intense excitement wherein they frequently tear off clothes, run nude through the snow, shout, throw objects, and engage in other wild actions. This commonly ends with convulsive seizures, followed by an acute coma and amnesia of the occurrence. Commonly referred to as arctic hysteria."

For most of us, reading that definition one can see how the Inuit were prescient enough to recognize this specific seasonal disorder long before "SAD." Perhaps we can even see ourselves somewhere (or entirely) within the definition of piblokto. I'm will-

ing to admit that at some point in my life I have done at least a few of those things: torn off my clothes, shouted, thrown objects, and engaged in other wild actions. Don't ask. It's possible I ran nude through the snow but I don't recall. Nor do I have any recollection of a convulsive seizure, or an acute coma and amnesia of the occurrence. At least that's my story and I'm sticking to it. So just how do we deal with holiday emotions?

Perhaps you and your family are entirely happy, civil, warm and fuzzy throughout the entire holiday season. No arguments, no disagreements, no squabbles, no election conversations, and no dress code violations. No debating whether everyone will attend Christmas Eve or Christmas morning services, or maybe just opt out entirely. Some may suggest another way: leave religion alone this season, and turn the conversation to one of happy memories, hope for the new year, and real togetherness.

For me, I've been thinking about one simple word in 2021, a focus this year more than any recent year. That word is thankfulness. I have a lot for which I am thankful. I'm not talking about material things. I truly don't care if I get any material gift this year. (Of course I won't object if one shows up, but family, take note. No gift needed.) I have been making an effort to reach out more—calling and writing—to friends old and friends new. I'm taking time to stop and smell the roses or whatever else is in season. Instead of a drive-by as I head north or south on Highway One, I'm stopping to look at the Pacific Ocean more than in the past. One of the great lessons of the Pacific Ocean (or the Grand Canyon, or the moon, or the north star) is that they all go on and on, and we are here only for a moment.

It's exactly 50 years since Joni Mitchell released her "Blue" album, and I'm not bringing it up just for the song "River." That song has become a bit of a Christmas standard given the opening riff from Jingle Bells, and the first verse lyrics:

*It's coming on Christmas
They're cutting down trees
They're putting up reindeer
And singing songs of joy and peace*

One way or another the album finds its way into our consciousness. Not with a shouting voice but with an entreating voice. Consider another song: "A Case of You". For the record, my talents are not those of a painter, or a sketch artist, or a songwriter, or a car-

penter. And yet, in one verse, Mitchell uses her formidable song writing gift to dive into a human relationship. Fifty years after first hearing "A Case of You", I can still embrace its premise as a reminder of where I am in this world, particularly with the people in my life.

*I remember that time you told me
You said, "Love is touching souls"
Surely you touched mine
'Cause part of you pours out of me
In these lines from time to time*

*Oh, you're in my blood like holy wine
You taste so bitter and so sweet
Oh, I could drink a case of you, darling
And still I'd be on my feet
I would still be on my feet*

This is clearly a personal song and yet, the sentiment can be applied elsewhere. The German inventor Friedrich Gottlob Koenig (1774 – 1833) offered some advice on happiness: "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

Many of us will choose to gather together this Thanksgiving, or Hanukkah, or Christmas. Others will be satisfied staying in place. Whether we embrace the heavens or the earth, whether we pray for the future or remember the past, regardless of our choice of reaching out to friends and family, or staying home, let's at least agree that there is something for which we can all be thankful. And only you know what that something is. The older I am I find that Mitchell's "A Case of You" can be readily adaptive. For me, the world this year is like that holy wine. Some bitterness, some sweetness, but nothing we can't handle.

Take stock of your blessings, seek out the sweet, and drink it all in. We'll still be on our feet. And savoring life.


*Images: Upper left: David with Caitie, 1993.
Near left: "Blue" album cover. (1971).*



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

MON - SAT 8-7
SUNDAY 8-6

884-4245



"Mary Astor's Purple Diary: The Great American Sex Scandal of 1936"

A Book by Edward Sorel • Reviewed by Jennifer Bort Yacovissi

Edward Sorel fell in love with Mary Astor while peeling up linoleum in his New York City apartment. The year was 1965, and under the layers he found a trove of newspapers from 1936. He never does say how the new kitchen turned out, but once he started reading those screaming headlines — ASTOR DIARY "ECSTASY," ASTOR'S BABY TO BE JUDGE — he was hooked on the starlet.

It took the much-lauded cartoonist/caricaturist/illustrator another 50 years to get around to capturing that story in words and his inimitable illustrations. When he finally did, the project expanded beyond the diary scandal to become a more complete biography, Mary Astor's Purple Diary. (Sorel notes that, oddly, for a pretty big star of Hollywood's Golden Age, one had not been written on Astor before.) What's even better is that he peppers Astor's story with snippets from his own life, which gives the book its relatable center and the reader a two-for-one memoir.

Sorel leads us on a rollicking tour through scads of cads and scandal in Old Hollywood, of which Mary Astor was a packaged, commoditized product. Beginning her career in the silent movies of the 1920s, she had the face of an angel, the diction of a queen, and, apparently, the language of a longshoreman. Born Lucile Vasconcellos Langhanke in Illinois to a rapacious set of parents who used her as a meal ticket, she got her first movie contract and her new name when she was 14.

By 17, still very much under her parents' thumb, Mary nonetheless was able to under-

take an affair with dashing alcoholic superstar John Barrymore. According to her autobiography, *My Story*, he was the great love of her life, but her unwillingness to cut ties with her tyrannical parents led him to find a replacement. His memorable break-up line to her: "Dear Goopher, I'm just a son of a bitch."

Generally, the rest of her men, especially husbands, were no better to her or for her, and often seemed chosen at random. Her lifelong habit of keeping a diary got her into trouble with her second husband, Franklyn Thorpe, a black-hearted gynecologist who thoroughly enjoyed the lifestyle that Mary's salary purchased, but who treated her with contempt.

When, after their divorce, Mary tried to change the custody terms for their daughter, Marylyn, Thorpe made good on his pre-divorce threat to use her explicit diary as proof she was an unfit mother.

Thus, what should have been a quiet custody hearing turned into a protracted, salacious, media-frenzy of a trial that took place in the evenings to allow Mary to continue to work on the film "Dodsworth." Thorpe kept leaking purported sections of the diary to the press, many of them fabricated, to feed the frenzy.

Stakes were high for Mary, since Samuel Goldwyn could easily fire her on a morals clause and kill her career. Stakes were equally high for those discussed in the "purple" diary, most notably playwright George S. Kaufman, whose sexual prowess and stamina gave her much to write about. But because of a faulty chain of custody and clear

evidence that it had been tampered with, not to mention overwhelming pressure on the judge to bury it, the diary was rendered inadmissible.

The details of the behind-the-scenes machinations of studio bosses and other power-wielding folks like morals boss William Hays are fascinating, while Mary's continual poor choices in men and career are both maddening and saddening.

But the reason to read this book — in hardcopy form, please — is to enjoy what may be 87-year-old Sorel's last collection of original artwork. The two-page reclining nude of Mary that graces the book's endpaper, surrounded as she is by the defining elements of her celebrity, is by itself worth the purchase price.

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.

An Open Note From Nancy Morin, President of Friends of Coast Community Library

Dear Friends of the Library. I am happy to announce that Mellissa Hannum has accepted the job offer to take Julia Larke's place (she's retiring) as Coast Community Library's Librarian, if she can find a place to live. Mellissa was a librarian in Grass Valley and has been working as a youth services librarian. She and her partner Charles and their two dogs are looking for a modest place in our area to buy or rent. If you have any leads please contact me and spread the word that she is looking for a place to live. eMail at: focclvol1@gmail.com

November's Reading List Best Sellers and Best Bets

"Reading gives us someplace to go when we have to stay where we are."
Mason Cooley (1927-2002)

- **The Lincoln Highway** by Amor Towles
- **The Wish** by Nicholas Sparks
- **Untamed** by Glennon Doyle
- **Midnight in Washington** by Adam Schiff
- **The Storyteller** by Dave Grohl
- **The Boys** by Ron Howard and Clint Howard
- **Peril** by Robert Woodward and Robert Costa
- **Talking to Strangers** by Malcolm Gladwell
- **Braiding Sweetgrass** by Robin Wall Kimmerer
- **Maid** by Stephanie Land
- **On Tyranny** by Timothy Snyder
- **The Forever Dog** by Rodney Habib and Karen Shaw Becker
- **The Christmas Pig** by J.K. Rowling
- **Refugee** by Alan Gratz
- **The Hawthorne Legacy** by Jennifer Lynn Barnes
- **One of us is Lying** by Karen M. McManus
- **Once Upon a Broken Heart** by Stephanie Garber

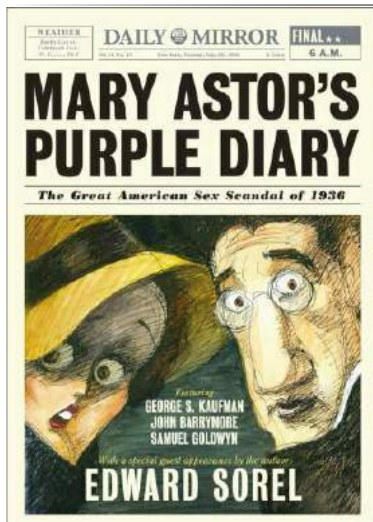
Another Book You Might Like*

*. **Mary Astor's Purple Diary: The Great American Sex Scandal of 1936**

A Book by Edward Sorel
(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.

Our thanks to Four-Eyed Frog Books, a Community-owned Bookstore.



ARENA FRAME

Custom Mats
& Frames

Anna Dobbins,
APFA

882-2159

The Loft
in Gualala

The Loft
Creativity Soars Upstairs

Quilting, Fine Yarns, Fabrics,
Arts & Crafts, Handmade Gifts, Jewelry

884-4424 • Tue - Sat / 10 - 5

Sundstrom Mall, Gualala

GUALALA

BUILDING SUPPLY & HARDWARE

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

Helping you build better.

38501 South Hwy 1
707.884.3518
GualalaBuildingSupply.com

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

Solution to Sudoku

Scuttlebutt

by Mitch McFarland

I don't tend to write about local current events. Our political conversation moves so fast these days that a monthly can't keep up. Nevertheless, a recent agenda item at the Arena Theater board meeting has national overtones. The issue was about Covid protocols to be observed while attending events there.

Mendocino County Health Dept. is mandating that the theater post one of three placards to inform audiences as to how the management is handling vaccine requirements. A green placard means all employees are vaccinated or tested weekly and audiences must show proof of vaccination. A yellow placard means the employees are vaccinated or tested weekly, but audiences need not be and a red card means there are no requirements for vaccines of anyone. Mask wearing is still required when not eating or drinking in all cases.

Mimicking the national conversation, if that is what we call our current political dialogue, the discussion at the board meeting ranged from the very cautious (green) to the extreme other end in which a comment was made that vaccination mandates will "usher in totalitarianism". Apparently no one mentioned Bill Gates microchip.

I get why there is a wide variation in opinion concerning vaccination. Simply put, deciding whether or not to be vaccinated for Covid comes down to personal (and societal) risk assessment. We all face risks beginning as soon as we get out of bed in the morning, but we all have different ways to assess risk. We are never going to come to a common understanding of the amount of risk a particular behavior contains. How risky is riding my motorcycle without a helmet the half mile down my dead end road to my neighbor's house versus navigating traffic in San Francisco?

Those who oppose a mandate correctly point out the numerous precautions being taken by theater staff. Staff are all vaccinated, but one, who is willing to be tested weekly. Also highly efficient air purifiers have been installed, in addition to thorough cleaning between shows. Finally, patrons are seated socially distant and must wear masks when not eating or drinking. These facts and the low transmission rate in our area in general could easily lead someone to conclude that being protected by a vaccine is not necessary to enter Arena Theater.

Folks on the green placard side point to statistics that pretty clearly demonstrate that after administrating over 4 billion doses

to many hundreds of millions of people that the vaccines are safe and effective. It has also been pointed out that the potential negative side effects of the vaccine are much

easier to treat than Covid.

They might also argue that the quickest way to end Covid and recycle ALL the placards and masks is for folks to simply get the vaccine. Herd immunity is the only way out of this pandemic. Anti-vaxxers like to skewer statistics to support their position that the vaccine isn't that much of a help. This isn't true, so their focus then turns to their civil rights (I don't think we have any of the chip idiots around here). This is where I part ways with their arguments. They claim a right to control their own bodies as well as the right to decide their behavior around others.

I would like to suggest that there is no such thing as natural rights. If nature had imbued us all with natural rights, then we would all be in agreement as to what they are, just as we all innately agree that a charging lion is a threat and the sky is blue. No entity in nature actually has any "right" to anything. Our idea of rights is established by societies of people. That is why they are called human rights.

The human rights established by societies virtually always come with some responsibility to exercise those rights without endangering others. I have been given the right to drive a car, but only after I have expressed a willingness to drive on my side of the road.

No one should deny others the right to control their own body. Those who wish not to get vaccinated should be given that right, but may not use it to endanger others. In this case the body of the Arena Theater is their audiences which theater management has the right and duty to protect. To pretend otherwise is arrogance.

I believe to frame this as a civil rights issue gives powerful ammunition to those who work to restrict our actual civil rights.

"No entity in nature actually has any 'right' to anything. Our idea of rights is established by societies of people. That is why they are called human rights."

It allows them to equate, for example, constitutionally enumerated voting rights with the right to see a movie while unvaccinated. To me it trivializes all our rights when folks look to claim that whatever behavior they choose to declare a "right" should be respected.

I wonder if the issue of individual rights is being taken too far to its own detriment. On one hand you have some college students complaining that they want a "safe" place where they won't be offended by anything. On the other hand you have people who think they have the right to storm the Capitol and overthrow the government. I don't think anyone ever told college students they will be protected from ever hearing something that bothers them and certainly no government has ever given anyone the right to violently overthrow it.

I have to ask if those protesting vaccine mandates will join me in protesting helmet laws? Helmets protect no one but the user, thus there is no individual but me at risk of head injury should I crash my motorcycle, yet the non-motorcycle riding public overwhelmingly supports helmet laws. I assume anti-vaxxers would oppose this form of oppression.

And if you are still wondering how the board voted, they went with the yellow. Employees are fine with their requirements and the anti-vaxxers can go watch movies. I wonder if they will? Will you?

Mendocino Coast Coffee Roastery



Locally Roasting Specialty Coffee in Small Batches and Delivering Often, for Freshness & Flavor

Available In Stores Locally, and online at littlegreenbeanroastery.com

The Little Green Bean • 211 Main Street (Hwy 1) Pt. Arena, 95468 • (707) 684-9813

100.5 FM

KTDE -The Tide

Tune in to Local Radio

38598 Cypress Way, Gualala
Office 884-1000
Studio 884-3000

www.ktde.com

JIN SHIN JYUTSU

Uplift & Harmonize

**Body
Mind
Spirit**

Denise Green, CMT
882-2437

www.wellnessonthecoast.com

SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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

Copyright 2021 by The Puzzle Syndicate

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)

How To Cut Carbon Emissions At Home Mendocino County's Default Electric Utility Is Mandated To Help

by Suzanne Pletcher

If you are building a new home or purchasing new appliances for your existing home, you may qualify for significant local discounts and rebates. The deals are offered by Sonoma Clean Power, Mendocino County's default electricity provider, as part of its mission to help people cut their carbon footprint.

With a grant from the California Energy Commission, the utility built an Advanced Energy Center in downtown Santa Rosa that provides a showroom for energy-efficient products offered at unbeatable discounted prices. The utility then adds additional rebates to cut the cost of some products even more. For example, Sonoma Clean Power customers who are low income may qualify for a brand new hot water heater for zero dollars, and the cost of installation can be paid off over time on their monthly bill with zero percent interest.

"It's really important as far as climate change is concerned to get off fossil fuels," said Jim Tarbell of Caspar.

Tarbell is on the front lines of Mendocino County citizens' efforts to combat climate change, and exemplifies a clean energy lifestyle. He and wife Judy drive a plug-in hybrid electric car, installed a solar system and car charger, and run their Caspar household on 100% EverGreen electricity from local solar and geothermal renewable energy through Mendocino County's default electric utility, Sonoma Clean Power.

Sonoma Clean Power is the only utility in California to provide the option of 100% renewable, locally produced energy 24/7, and its website states EverGreen costs the average household about \$13 extra per month.



Now Tarbell is considering an electric mini-split heating system that will free him from gas. Several types are on display at the Advanced Energy Center.

The Advanced Energy Center opened this past June. It's a 9,000 square foot hub of energy-efficient home appliances, cooktops, back-up batteries, heating and air conditioning units, hot water heaters, meeting space and more. Anyone can visit the Center Tuesday through Saturday, and tours can be booked online at <https://scpadvancedenergycenter.org/book-a-tour>.

"We wanted a place to educate customers about these products, help them find contractors who know how to properly install them, and ensure low-income customers of Sonoma Clean Power are able to afford these energy efficient appliances," said David Harvey, store manager.

In fact, Harvey said, any Sonoma Clean Power utility customer with a good history of paying their bills can qualify for zero percent financing on up to \$10,000 in purchases of energy efficient products offered by the Advanced Energy Center.

When ready to purchase, anyone can browse and choose products on the Advanced Energy Center website, which lists discounts, rebates, and installers.

A short list of our favorite offerings by Sonoma Clean Power:

1. Free do-it-yourself toolkit. Anyone can check out a toolkit from any Mendocino County library and install free LED light-bulbs, weather-stripping, and showerheads.

The kits come with a bi-lingual how-to booklet and tools to help people reduce their energy and water use.

2. Heat recovery ventilation system. This ingenious machine brings outside air into a tightly-built home, filters it, and takes heat or cold from stale outgoing air so the heating and cooling system doesn't have to work hard to keep the inside temperature stable. Outfitted with a HEPA filter, it can purify smoky air for the whole house.

3. Induction stovetop. An induction stovetop is fire safe, can't burn fingers and hands, and eliminates indoor air pollution and excess heat from gas stoves. With induction, a magnetic field excites atoms directly in the cookware. A cook can quickly boil water or melt sugar at an ultra-low simmer. Sonoma Clean Power customers who purchase an induction stovetop through the Center get a free set of quality cookware.

4. Commercial dishwasher. It uses only 15 quarts of water a day. The heat recovery system takes heat from the previous load and uses it to heat water for the next load.

5. Whole house battery back-up system. This supplies a house with electricity during peak demand when utility costs are highest and maintains a reserve for use during power outages. The battery can be controlled with an iPhone using wifi or cell service.

6. Heat pump water heater. Set like a bowler hat atop the water heater, it pulls heat energy from the air to help heat water in the tank. Concurrently, it cools the garage it's in or can be vented to cool another space. It connects to the electric grid for remote control.



Pictured

Top (l-r): Judy Tarbell, Ann Cole, Jim Tarbell

Bottom: David Harvey

First Run Films at Arena Theater

Now Playing: "The Many Saints of Newark". Young Anthony Soprano, growing up in one of the most tumultuous eras in Newark, New Jersey, history, is shaped into the all-powerful mob boss, Tony Soprano. Directed by Alan Taylor. 'R'. Run time: 120 minutes. Showing November 3 and 4.

Opens November 5: "No Time To Die". James Bond is enjoying a tranquil life in Jamaica after leaving active service. However, his peace is short-lived as his old CIA friend, Felix Leiter, shows up and asks for help. Directed by Cary Joji Fukunaga. 'PG-13'. Run time: 163 minutes. Showing November 5, 7, 10 and 11.

Opens November 12: "Dune". In this riveting sci-fi adventure, a brilliant and gifted young man must travel to the most dangerous planet in the universe to ensure the future of his family and his people. Directed by Denis Villeneuve. 'PG-13'. Run time: 155 minutes. Showing November 12, 14, 17 and 18.

Opens November 19: "The French Dispatch". A love letter to journalists set in an outpost of an American newspaper in a fictional 20th-century French city that brings to life a collection of stories published in "The French Dispatch." Directed by Wes Anderson. Rated 'R'. Run time: 103 minutes. Showing November 19, 21, 24 and 25.

TheZenHouse.net



Point Arena
707-882-2281

Tuesday - Saturday: 9am - 5pm

Alysia Calkins & Dorothy Barrett's

Rollerville
Cafe



882-2077

Outdoor Deck

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

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

arena technology center

monday and thursday

3:30pm - 7pm

(PLEASE NOTE REDUCED HOURS DUE TO COVID-19)

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

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

707.882.4173
arenatechcenter.org

(a subsidiary of the point arena schools)

Health Insurance Plans for Individual,
Family, & Small Business



Open enrollment
Nov 1 - Jan 31

KEEP
CALM

AND CALL

884-4640

VANESSA

Call now to schedule your
appointment, please!

ignacio
health

vanessa@ignaciohealth.com

insurance services
#0H53499 | #0K08156

Crossword

by Margie E. Burke

ACROSS

- 1 Jack, for one
- 5 Still life subject
- 9 Tentative agenda
- 14 Sheltered, in a way
- 15 Blow the whistle on
- 16 Tax man's task
- 17 Islands with giant tortoises
- 19 Cartoon canine
- 20 "Lose Yourself" rapper
- 21 Voice of Buzz Lightyear
- 23 Disney dwarf
- 24 Sooner or later
- 26 "Right you ___!"
- 27 Southern veggie
- 28 Establish as law
- 30 Full of nerve
- 33 Buzzed

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20							21		22					
23				24		25						26		
			27					28			29			
30	31	32				33	34				35		36	37
38						39					40			
41						42					43			
			44		45				46	47				
48	49			50				51				52	53	54
55			56						57		58			
59							60		61					
62							63					64		
65							66					67		

Copyright 2021 by The Puzzle Syndicate

- 35 Capitol Hill worker
- 38 Throw off
- 39 Really neat
- 40 Make a reservation
- 41 Fancy trim
- 42 "Nay" sayer
- 43 Netflix activity
- 44 Cashless deal
- 46 Arkin, for one
- 48 "Gotcha!"
- 50 Julianne's "Next" co-star
- 52 "___ whiz!"
- 55 Stage curtain, e.g.
- 57 Ceremonial act
- 59 Up and about
- 60 Like some genes

- 62 Shoulder wrap
- 63 Motivate
- 64 Smart-___
- 65 African laughter
- 66 Kind of palm
- 67 Medical advice, often

DOWN

- 1 Like Angelou's bird
- 2 Texas siege site
- 3 Dig discovery
- 4 Rat Pack member
- 5 Captivate
- 6 Tail movement
- 7 Ham it up
- 8 Like suburban streets

- 9 Tropical fruit
- 10 Down time
- 11 Fawning praise
- 12 Gunpowder component
- 13 Sculptor's medium
- 18 Annoying
- 22 Like a stray dog
- 25 "Semper Fi" group
- 27 Blender brand
- 29 Rustic digs
- 30 Salon goo
- 31 Thurman of "Kill Bill"
- 32 Game with x's and o's
- 34 Back at sea

- 36 Monopoly token
- 37 ___ out a living
- 39 Zenith's opposite
- 43 Foundation
- 45 Tuscan tenor Bocelli
- 47 City on the Rio Grande
- 48 Embarrass
- 49 Hurried
- 51 Puccini work
- 52 Deviousness
- 53 Roof part
- 54 President-___
- 56 Potter's oven
- 58 Russian despot
- 61 Lowly worker



FEED & PET SUPPLIES

dogs know us by name

New Hours

Mo, Tu, Th, Fr, 10 am - 5 pm

Sa, 10 am - 3 pm

707.884.1832

Hwy 1 & Pacific Woods Rd, Gualala



39150 Ocean Drive, Suite 2
in Gualala

PRINT • SCAN • FAX • EMAIL

Business Cards • Building Plans
Postcards • Flyers • Posters
Signage • Secretarial Services
Office Supplies • Tech Accesories

ph 707.884.9640
fax 707.885.0191
officesourcegualala@gmail.com

BUSINESS HOURS

Mon • Tue • Thu • Fri

2pm - 4pm

CLOSED: Wednesday and Weekends

"Never leave a crossword unfinished."
Charles Krauthammer (1950-2018)

Phillips Insurance Agency

Auto - Boats - Homeowners - Renters
Business & Commercial - Life Insurance
Annuities & IRA's

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



884-1740

In Person Appointments Available

RARE BELUGA cont'd from page 7

Groups like Orca Network discourage Seattleites from actively seeking out and photographing the whale. But those who do happen to see it can share sighting information and GPS locations directly with these groups. Orca Network is collecting sighting information via 1-866-ORCANET.

NOAA Fisheries is working with the Cook Inlet Beluga Whale Photo-Identification Project to see if any of the pictures match those in the catalog of whales from Cook Inlet and Yakutat Bay, Milstein says. "So far, image quality has not been of high enough resolution," he says.

Milstein says NOAA Fisheries prefers that people alert the agency so that experienced researchers who are allowed to approach whales under scientific permits can take photographs to help with photo identification and behavioral and health assessments without agitating the whale.

"[We] were hoping [Rogers' video] wouldn't go viral on social media so have been keeping it quiet/safe for a while, but the cat is out of the bag," Orca Network co-founder Susan Berta says



in an email. "We want to get the word out to members of our sighting network and the public, so they know where to report it, but don't want everyone out in their boats looking for it!"

NOAA Fisheries is aware of only one whale at this point, and Milstein says more are unlikely.

One-off sightings of belugas in curious places do happen, including a 2020 sighting near San Diego. The beluga in that scenario likely did not survive its venture beyond its home waters.

A NOAA Fisheries survey in the Gulf of Alaska, published in 2000, found 28 instances of beluga sightings in waters south and east of the Alaskan Peninsula, excluding Cook Inlet. Kim Shelden, one of the paper's authors, says there have been a few more reports since then in the Western U.S., mostly in southeast Alaska, as well as the San Diego sighting.

A local biologist, Florian Graner, claimed to have seen a beluga in Saratoga Passage a few years ago, Garrett says, but wasn't able to take photographs.

While scientists are hesitant to extrapolate meaning from single events, Milstein says NOAA Fisheries is investigating the influence climate change may have had as well.

"In this case and many other past examples of unusual occurrences of single sightings, I tend to not assign big interpretations," says John Calambokidis, a research biologist with Cascadia Research, who assisted with the be-

luga species identification.

Garrett says it would seem counterintuitive that climate change would prompt a move southward when belugas prefer northern latitudes. But he says it's possible, if a lack of prey in its usual northern foraging areas drove the whale in our direction. In recent years, gray whales—which have been dying in large numbers—have stayed longer to feed in Puget Sound and off the Washington coast, he notes. "[That] could also possibly indicate issues with food sources in the northing feeding areas as well," he says.

Employees of Point Defiance Aquarium in Tacoma reported seeing a beluga in the spring of 1940, which they followed in a boat for about a mile along the shore. "We are inclined to believe that the whale ... was a white whale or beluga, far removed from its native haunts. To the best of our knowledge, the species has not previously been seen south of Cook Inlet, Alaska," write Fish and Wildlife Service employee Victor B. Scheffer and historian John W. Slipp in a 1948 publication of The American Midland Naturalist.

With the beluga moving northward but still in Puget Sound, marine mammal response groups are coordinating their efforts in the event the whale needs help or sticks around. Mclean, the veterinary nurse, says the stranding network has had conversations about tracking and health assessment. The network is made up of agencies like the Washington state Department of Fish and Wildlife and NOAA Fisheries and volunteers coordinated by wildlife monitoring groups and veterinary outfits. Most recently, the beluga was reported near Bremerton on October 5.

Stephanie Norman, a veterinary epidemiologist involved in the beluga identification, says no one has done a health assessment yet because of the pace of communications. "The tricky part has been obtaining real-time sightings," she says, with groups like NOAA and Orca Network receiving word of a sighting a few hours after the fact, by which time the whale has moved on. "That's about all we have right now. So it's a waiting game, kind of like whack-a-mole."

Mclean says any actions will be coordinated with NOAA Fisheries. "The decision and logistics of attempting to help a wild, free-swimming whale are extremely difficult and not taken lightly," she says.

Visit crosscut.com/donate to support non-profit, freely distributed, local journalism.

File Beluga image (above) by "Brigitte makes custom works from your photos, thanks a lot" from Pixabay.

Goodbye Summer, Hello Fall by Alison Trujillo

Goodbye Summer, Hello Fall. How was your summer? Reply and tell me! I spent most of summer in New Mexico, and you can read about it in my recent blog post, "Talking New Mexico". Now that we're firmly in the month of October, I'm enjoying everything fall has to offer.

Here in Northern California, the grape harvest is wrapping up. I've provided translation for members of the wine industry for a couple of years now, and I recently wrote about trends and changes in the wine industry. From a language perspective, there are many opportunities for vineyards and wineries to reach more customers, support their workers, and connect effectively with neighbors and conservation groups. No matter where in the world a vineyard or winery is, translation is often a key part of those communications.

Back-to-school language services. As students return to in-person school, good communication continues to be of the utmost importance. Remote interpreting for parent-teacher meetings (like conferences and IEP assessments) is still common. Likewise, written communication is sent out in a variety of languages, so school districts need to hire translators. I've been translating and interpreting for a couple of different schools this fall.

If you work with a translator, the process is pretty straightforward: You send someone like me your document, the translator will likely ask some clarifying questions, and then the document is delivered to you.

If you're working with an interpreter, the process may seem daunting. You might not be sure what to expect or how to prepare. There are a few key things to keep in mind regarding the technology you choose to use, information the interpreter needs before the meeting, and what interpreting



style (simultaneous or consecutive) you need. Sounds confusing? It can be, but this video from Interprepedia will ensure

that you'll be ready to work seamlessly with an interpreter for your next meeting.

If you have any questions about how translation or interpretation will help you or your organization, I'm happy to be a resource. Happy Fall,

Alison

Alison Trujillo can be reached via email at: trujilloalison@gmail.com or at her office: 707-847-3970.

Build YOUR Ocean View Home on the Gualala Ridge.

New Lower Price! \$39,997

- Create an Ocean View or Nestle Your Home among the Beautiful Trees.
- Improved lot on Ocean Ridge Dr.
- Away from the Highway 1 Noise.
- It's Warmer on the Ridge.
- Quiet Residential Area.
- Water meter at Street. (Subject to moratorium).
- Electric at Street.
- Septic Permit on file.
- High speed internet available.



contact: Robert Juengling, Lic. 00920708

Oceanic Land Office

39150 S. Hwy 1, Gualala, 95445

707-884-4757 • OceanicLand.com

Look for the Oceanic Land Company sign at 38060 Ocean Ridge Drive, Gualala, CA 95445.

KGUA IS EVERYWHERE



You can now stream KGUA live on your cell phone or tablet anywhere on earth. Simply go to www.kgua.org and click on "LISTEN LIVE".

**YOU ARE THE YOU IN
KGYUA**
88.3FM • MENDONOMA PUBLIC RADIO
Programming schedule is on kgua.org • 884-4883

Random Definitions

[1] idiocracy
(idē'ākresē)

a society or group that is controlled by or consists of people of low intelligence.

[2] idiocy
(idēāsē)

extremely stupid behavior.

[3] GOP
(jē ō pē)

See #1 or #2 above.

An advertisement in the public interest paid for by a concerned citizen.



"White Sharks Finally Catch A Break" by Mary Jane Schramm, Freelance Writer, Naturalist

It was dark night, and the vessel Merva W sat anchored off Southeast Farallon Island in NOAA's Greater Farallones National Marine Sanctuary. Owner Mike McHenry and his crew were on a mission. They were chucking fish guts and huge, baited hooks overboard to the delight of sea lions who leapt and jostled for the gory leftovers. The Farallones sharks were known as the biggest bad-ass whites, and just seeing one was rare. But, suddenly, a tall, triangular dorsal fin broke the surface: a white shark, aka great white shark: *Carcharodon carcharias*. Soon, another appeared, and eventually others were drawn in. That night, at least five white sharks visited the boat. And by



daybreak, four 13- to 16-footers had been hooked, shot dead, and yanked aboard the Merva W's deck with a hydraulic winch. The 1982 story made headlines worldwide, and McHenry and crew were hailed as heroes.

CHECKS AND BALANCES: White sharks, being apex predators, are vital to the marine ecology of the ocean, so federal and state agencies, science and conservation groups had a different take on things. The Farallones sharks are ecologically important, since all are breeding age adults and sub-adults. Plus, they kept in check the burgeoning pinniped populations - seals and sea lions.

SEAFOOD DELIGHTS: Experts from Pt. Blue Conservation Science (then "Pt. Reyes Bird Observatory") had long studied them, documenting their predation patterns. (Farallones "Seasonal Specials" feature elephant seals, fat from months spent feeding at sea. Harbor seals and sea lions, though available year-round, are chuck steak to the e-seals' Kobe). Local white shark numbers were estimated at a couple hundred. But take away four lusty, hungry adults, and you get ...?

REPERCUSSIONS: The Pt. Blue data showed, "The elimination of four sharks from the population in 1982 resulted in a significant decline in shark attacks witnessed at the Farallones during 1983-1985," Their simultaneous slaughter had

destabilized the balance between predator and their prey over several years. This jolted advocates into forming a coalition of scientists, conservationists, agencies, fishermen (happy to see fewer sea lions compete for "their" salmon); and, commendably, surfers. They secured passage of California's Assembly Bill 522 that, effective January 1994, protected white sharks from fishing and hunting throughout California waters.

SHARK CIRCUS: That threat was gone now, but others remained. In the late 1990s shark tourism flourished, unregulated. Vessels jockeyed for position in Fisherman's Bay and Mirounga Bay, their operators eager to deliver the ultimate (and highly lucrative) cage dive experience. Crews chummed with fish, cow parts, blood, and even frostbite-yellow whole chickens. When a natural shark attack occurred, vessels charged in, often driving sharks permanently away from their hard-won kills. For a species that migrates thousands of miles annually, losing even one calorie-rich seal meal could leave it nutritionally deficient at the end of its journey. Diseases from chum and chemical attractants were added concerns. So, in 2003 Pt. Blue issued a "Call for the Regulations of White Shark Adventure Tourism and Research Activity at the Farallon Islands, California." The Farallones Sanctuary Advisory Council Wildlife Disturbance Working Group met with biologists, the industry, and other experts, and in 2009, with further input and public comment, the National Oceanic and Atmo-



spheric Administration enacted regulations keeping vessels 50 ft. from white sharks near the islands, and forbade use of attractants in sanctuary waters.

REAPING REWARDS: With protections in place, there was hope these measures would help the whites increase; a 2011 survey had counted just 219 individuals. But, in May 2021, biologists from Stanford University, the Monterey Bay Aquarium, and Oregon State University announced they now number around 300! While still low, it

validates the benefits that science-informed wildlife protection and management can provide - even to a species as magnificently formidable, yet vulnerable, as white sharks.



For the White Shark Stewardship Project, see <https://farallones.noaa.gov/eco/sharks/>
For OSU-TOPP study details, see <https://today.oregonstate.edu/news/white-shark-population-small-healthy-coast-central-california-study-finds>

Photo Credits:

Far Left: Farallones white sharks now number around 300. Photo: WikiCommons (cc-by-2.0).

Above: Whitesharkfin1- ScotAnderson.jpeg
Below: Farallones sharks are all adults or subadults- apex breeders and feeders.

Photo: NOAA Fisheries

JASON VIEAUX from cover story:

... the 2015 Grammy-winning album for Best Classical Instrumental Solo, "Play".

Recent performance highlights include debuts at the Domaine-Forget Festival, Carmel Bach Festival, as well as a return to San Francisco Performances (part of an annual Artist Residency), Caramoor Festival (as Artist-in-Residence), Ravinia, and Philadelphia Chamber Music Society.

In March 2021, Jason Vieaux performed the premiere recording of a new solo guitar suite, "Four Points of Light" composed for Jason by jazz legend (and 20-time Grammy-winner) Pat Metheny for his new album Road To The Sun (BMG Modern). Also released on Naxos is the 2019 recording of Jonathan Leshnoff's Guitar Concerto with Nashville Symphony.

This is a wonderful opportunity to hear a world-class guitarist (and a Grammy-winner!) Tickets are at Gualala Arts, the Dolphin Gallery and EventBrite.Com.

GOTWhales?
Call 1-866-ORCANET (672-2638)
To report orca sightings
Or email info@orcانetwork.org

 
Orca Network
www.orcanetwork.org



VISIT OUR WILLITS OR FORT BRAGG DEPOTS FOR GIFT CERTIFICATES, ANNUAL PASSES, AND OTHER GREAT HOLIDAY GIFT IDEAS!

Christmas TRAIN
Magical Journey



skunktrain.com | 707-964-6371

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

Please be advised that 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.

- Monday 01: Barbara Stauffacher Solomon exhibit continuing at Sea Ranch Lodge
- Monday 01: 7:00pm, ATFC Presents "Perfecto Desconocidos" at Arena Theater in Pt. Arena.
- Wednesday 03: 2:00pm, New film at Arena Theater: "The Many Saints of Newark".
- Wednesday 03: 3:00pm, YA Poets Circle, Ages 15-28. Poets Circle meets via Zoom.◇◇
- Thursday 04: 7:00pm, New film at Arena Theater: "The Many Saints of Newark".
- Friday 05: Noon, Pottery and Paintings. New Exhibit at Coast Hwy Art Collective, Pt. Arena
- Friday 05: 7:00pm, New film at Arena Theater: "No Time To Die".
- Sunday 07: 4:00pm, New film at Arena Theater: "No Time To Die".
- Monday 08: 4:00pm, NARCAN Training & Addiction Ed. Online workshop. ◇◇
- Monday 08: 7:00pm, "My Man Godfrey" at Arena Theater in Pt. Arena.
- Wednesday 10: 2:00pm, New film at Arena Theater: "No Time To Die"
- Thursday 11: 7:00pm, 4:00pm, New film at Arena Theater: "No Time To Die"
- Friday 12: 6:00pm, Jazz night featuring Harrison Goldberg and Friends at Sea Ranch Lodge
- Friday 12: 7:00pm, New film at Arena Theater: "Dune".
- Saturday 13: 3:00pm, Cynthia Myers, Glass, at Artists Collective in Elk.
- Saturday 13: 6:00pm, Book Signing with Obi Kaufmann ("California Field Atlas")
- Sunday 14: 10:00am, Nature Walk with Obi Kaufmann at Sea Ranch Lodge
- Sunday 14: 4:00pm, New film at Arena Theater: "Dune".
- Tuesday 16: 6:00pm, City of Pt. Arena Council Meeting.◇◇ <https://zoom.us/j/92924523393>
- Wednesday 17: 2:00pm, Grammy Winning Guitarist Jason Vieaux, in Concert at Gualala Arts
- Wednesday 17: 2:00pm, New film at Arena Theater: "Dune".
- Thursday 18: 7:00pm, 3rd Thursday Poetry featuring Harry Scifres Robins. ◇◇
- Friday 19: 7:00pm, New Film at Arena Theater: "The French Dispatch".
- Sunday 21: 1:00pm, Bolshoi Ballet's "Spartacus" at Arena Theater in Pt. Arena.
- Sunday 21: 4:00pm, New Film at Arena Theater: "The French Dispatch".
- Monday 22: 7:00pm, ATFC Presents "The Usual Suspects" at Arena Theater in Pt. Arena.
- Wednesday 24: 2:00pm, New Film at Arena Theater: "The French Dispatch".
- Friday 26: 11:00am, Gualala Arts' "Winter Wonderland" opens.
- Friday 26: Noon, Thanksgiving Craft + Artisan Fair at Sea Ranch Lodge.

SOUTH COAST BUS SERVICE

ROUTE 75:
POINT ARENA/ GUALALA TO UKIAH/ FORT BRAGG



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.

ROUTE 95:
POINT ARENA/ GUALALA TO SANTA ROSA



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



WWW.MENDOCINOTRANSIT.ORG
800-696-4MTA

SERVING MENDOCINO COUNTY SINCE 1976
241 PLANT RD., UKIAH, CA 95482

707-462-1422