

**ALWAYS
FREE**

July 2019



Lighthouse Peddler

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



**Comin'
Right
At'cha!
11th Annual
Gualala Arts
Auto Show
July 20**

Admit it. As a kid you took notice of the shiny new car driving past you. You quickly picked up the pace of your bicycling to catch up and get another look at that car. Wow. Depending on your age it might have been a '67 Camaro SS Coupe, or a '56 Thunderbird. How about that 1970 Shelby Mustang? Or a 1965 Oldsmobile 442 ragtop. Whatever your memories, these days those cars are almost exclusively in the driveway of the über-wealthy, inside the garage of a little old lady in Pasadena or in our dreams. But for one day each year we are able to walk among the legends, the classics, the stuff of

dreams. Your day is almost here. Saturday, July 20, Gualala Arts will host its annual Auto Show. Suitable for kids of all ages.

This annual feast is for everyone who longs for the sound of supercharged V8s, the purr of an idling muscle car or any other classic that will make your heart race. It's a day to admire the hot rods, customs, modifieds, and one or two truly rare machines. Plus there will be food and drinks to sustain you.

Seeing these cars and trucks (and an occasional...

AUTO SHOW cont'd on page 13

9th Annual BBQ Benefit for the Manchester Union Elementary School Greco Field, Saturday, July 20th

*Tri-tip and
Chicken
dinner*

**BBQ Dinner With All The Fixin's,
Live Music, Carnival Games,
Face Painting and Jumpy House for Kids,
Pickup Softball & Soccer, Horseshoe Pitching Tournament
Silent Auction • Local Dessert Auction**

*Full Bar
All Day*

Saturday, July 20 • 1:00pm - 5:00pm • Greco Field (Farm Center) Manchester

To order tickets, volunteer, donate or sponsor,
call or text 375-3340, 489-5949, 684-0184 (Español).

Presale Tickets	Tickets At Gate
Adults: \$15.00	Adults: \$17.00
Children 6-12: \$5.00	Children 6-12: \$6.00

Hosted by the Manchester School Alumni Association



North Coast Artist Guild Previews 27th Studio Discovery Tour
Grand Opening July 12 At Discovery Gallery in Gualala

Art is one of the important elements central to the aesthetic appreciation of coastal life. Having arrived on the Mendocino Coast as a visitor or a returning resident, the support of the arts is readily apparent. Independent galleries, collectives, home studios, and pop-up artist stands share the coast with



amateur and professional painters, photographers and others. On any given weekend easels will dot the highway, the hills, the beaches and the ridges providing a vantage point for the creatives among us. That being said, there are organizations that advocate and support the artists, and one of those is NCAG.

NCAG, the North Coast Artists' Guild was formed in 1991 as an affiliate of Gualala Arts to better serve working artists in the Mendocino and Sonoma coastal communities, from as far south as the Russian River



to as far north as Little River. Traveling that space of almost 90 miles, art is never far from view, as NCAG supports local artists through exhibits, studio tours, networking, community involvement, education, portfolio reviews and website and social media

marketing. And NCAG is the prime force behind the annual North Coast Discovery Tour set for next month. Ahead of the tour we have a chance to preview some of the art and artists.

The 27th Annual North Coast Artist Guild's Studio Discovery Tour will kick off its Preview Show at the Discovery Gallery Artists Collective with a Grand Opening July 12th from 5:00pm to 7:00pm. The Gallery is located at 31940 Highway 1, Gualala (in the center with Trink's Cafe). Thirty-five Artists will be opening up their studios over Labor Day weekend and the weekend before, but folks can preview samples of the art daily—from July 12th through Labor Day—from 10:00am to 5:00pm at the Gal-



lery. This will be the 5th year in a row that the Discovery Gallery and North Coast Artist Guild have partnered up to give the public an opportunity to preview samples from each artist. After Labor Day the twenty established members of the Artists Collective will return ready to present their new art throughout the Winter and Spring.

D. H. Lawrence wrote that "The essential function of art is moral. But a passionate, implicit morality, not didactic. A morality which changes the blood, rather than the mind." Perhaps rephrased, art is like a pool of water that can change us, bend us, mold us, and reflect us. Dive in.

Top Left: "C2", Lisa Lauer; Left: "Photo Aug 18", Steven Steinberg; Above: "Evening's Last Light", Diane Cochran.

Coast Highway Art Collective In Pt. Arena • Opening Reception July 7
"High Fiber: Contemporary Expressions of Traditional Arts"

On Sunday, July 7, Point Arena will be abuzz with the annual Independence Day Parade and festivities. It's the perfect time to join the Coast Highway Art Collective for an opening reception from 1:00pm to 4:00pm of works by Barbara Fast, basketry, and Mirka Knaster, mixed media.

Barbara Fast, a founding member of the Collective, has an eclectic style and has worked in baskets, gourds, felt and assemblage over the years. Her work has always reflected her personality and point of view. Fast says she is not a professional artist, has not been to art school and doesn't make her living as an artist. She is, however, "creatively curious" and when she is attracted to a piece of art, she wonders how it is made and wants to try a similar technique. As a result, she has created her art using many different



mediums. "I have sewn creatively since I was a child, and I enjoy working with fabric and with felt. I also particularly like to make baskets and to embellish hard-shell gourds."

Mirka Knaster says "living on the Mendocino coast, daily I feel the impact of the Pacific Ocean on my sensory experience and creative process. I witness with awe how the ever-changing light transforms the hues and textures of land, sea, and sky from dawn till nightfall. I find it exhilarating to intuitively translate my impressions and feelings by engaging with color, texture, line, shape and space, pattern and design. Along the way, I embrace and celebrate the surprises that emerge from open-ended improvisation. In creating nonpictorial 2-D and 3-D fiber art, I incorporate new and repurposed textiles, natural dyeing, handmade papers from Asia, stitching, ink, paint, wood, and other materials.

"Drawn to the simplicity and universality of flow lines and geometric forms, I also find inspiration in 20th century abstract art and East Asian aesthetics, especially the play of dark against light and an emphasis on empty yet pregnant space. Along with my meditation practice, they support my intention to convey a sense of calm amidst

the busyness of living in our digital age. I believe that art can offer us moments of now, in which we let go of the past and the future, let go of the constant stream of data rushing through us. Whether we're making it or viewing it, art has the power to provide



not only an experience of aesthetic pleasure, but also a refuge where it's possible to be fully present. I know that a moment of inner quiet in the middle of things can shift our consciousness and body chemistry and alter the tone of our day and our interaction with others."

Fast says she is pleased to be able to join Mirka, an accomplished fiber artist, in this exhibit. "We hope to demonstrate the many ways that fabric, paper and plant fiber can be used with embellishments to create art."

The show runs from July 1 to July 31. The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the beautiful garden, next to the Redwood Credit Union. Regular gallery hours are Thursday through Sunday from 11:00am to 5:00pm. For more information about the gallery, the artists or how to join, see the website at <https://coast-highway-artists.com/>

"Even the simplest wicker basket can become priceless when it is loved and cared for through the generations of a family."

Sister Parish (1910 - 1994)



HEALING ARTS & MASSAGE CENTER

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

CYPRESS VILLAGE, GUALALA
(707) 884-4800

PHYSICAL THERAPY

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

MEDICARE • AARP • BLUE SHIELD
OTHER INSURANCE • PRIVATE PAY

Celebrating 30 Years

ADVERTISERS INDEX

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

Our thanks to July contributors Janet Chancellor, Rozann Grunig, Mitch McFarland, Blake More, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

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

Issue #212 July 2019

Lighthouse Peddler

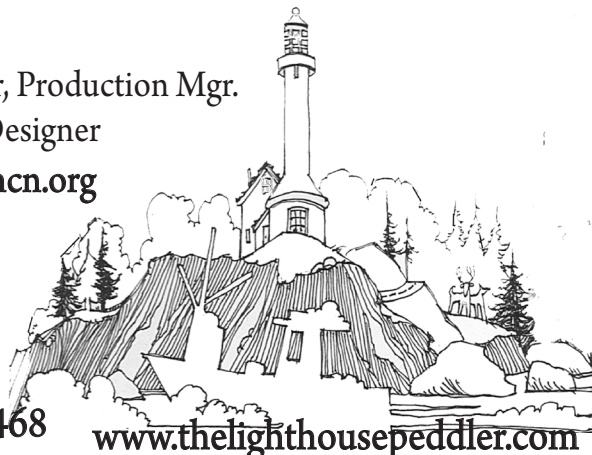
Dolly Steffen: Publisher, Production Mgr.
David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



FROM THE EDITOR'S DESK

- Feel like you have a need for shiny metal objects? Try the Auto Show, July 20. (Cover).
- NCAG's Discovery Tour is available for discovery. July 12. (Page 2).
- Point Arena's Coast Highway Art Collective opens anew July 7. (Page 2).
- Buck the moon. (not a typo). July 13 & 16. (Page 4).
- Coco anyone? Mr. Montoya returns to Arena Theater July 20. (Page 4).
- You can't ride 'em, but you can race 'em. Pinewood Derby is July 20. (Page 4).
- Time to "Q"! The Manchester School fundraiser is set for July 20. (Page 5).
- Coast Community Library continues its Universe of Stories". (Page 5).
- Crossword answers just might be found here. (Page 5).
- Arena Boosters Club has plans for the 6th. Should be fun. July 6. (Page 5).
- Mountain Lions live here. Why not find out more about them. July 18. (Page 6).
- San Diego's Superunloader comes to Arena Theater for some real rock music. (Page 6).
- Phasers to Full!. Sorry, that should have been Phases to Full, as in moon. (Page 6).
- DJ Larry Hacken spins a post-fireworks event, July 6. (Page 7).
- Gamers unite! Minecraft has its own camp (camp?) Starting July 2. (Page 7).
- Roy Bogas returns for a wonderful Chamber Music Weekend. July 13&14. (Page 7).
- The Film Club has three winners this month. (Don't they always?). (Page 8).
- Sudoku answers just might be found here. (Page 8).
- Karin is here with kind words for a pink petal. (Page 9).
- Cathy Sue Riehm is all over feet. Rex's feet that is. (Page 9).
- One of our plentiful coastal friends is here. (Page 9).
- British accents (and some fine acting) are at Arena Theater July 13. (Page 10).
- Mums the word. The Mime Troupe returns for some needed humor, July 17. (Page 10).
- Welcome CC Case and HE Nordvold to an opening at Dolphin Gallery July 6. Page 11).
- Gualala Arts has new art. Vrooom. Vrooom. and more. July 12. (Page 11).
- David Steffen is writing about an Afterglow. It's not. Or is it? Mmmmmm. (Page 12).
- Find out about a digital residency. July 8. (Page 12).
- Poet Micah Sanger is at 3rd Thursday Poetry at Arena Market Cafe, July 18. (Page 13).
- Relive the '50s in Point Arena. At Pt. Arena Lightstation. July 13. (Page 13).
- Jennifer reviews the late Senator McCain's book. We miss you John. (Page 14).
- Find out why there are 16 books in the Top-15. (Page 14).
- Mitch weighs in on this week's political debates. (Page 15).
- The Sudoku puzzle is back. (Page 15).
- Four-Eyed Frog has Authors in town. July 7 and 27. (Page 16).
- Micah Sanger is at 3rd Thursday Poetry. And a sample of his work is here. (Page 16).
- Ron Bolander to be featured in Anchor Bay July 7. (Page 16).
- Something's burning and I think Janet knows what it is. (Page 17).
- The Crossword Puzzle is here. Again. (Page 18).
- MJ seems to be channelling Mr. Rogers. Can't we all be neighbors? (Page 19).
- Voter Registration assistance returns starting July 7. (Page 19).
- Take an easy drive to Fort Ross for the festival. It's all downhill. July 27. (Page 20).
- Cruise the coast returns so that you can cruise the coast. Logical. July 21. (Page 20).
- Sophia Sutherland will be on display in Elk. (Her art will be , that is.) July 6. (Page 20).
- Time to Get out? Check out the events on our back page.

**ENHANCE
HEALTH & VITALITY**
WellnessOnTheCoast.com
20+ Healing Practitioners

MASSAGE • CRANIOSACRAL • YOGA
JIN SHIN JYUTSU • FACIALS • PILATES
CHIROPRACTIC • REFLEXOLOGY •
AYURVEDIC MEDICINE • ACUPUNCTURE
• HOMEOPATHY • QIGONG
• PERSONAL TRAINER & MORE.

WellnessOnTheCoast.com

Mendocino Coast Coffee Roastery

**LITTLE
GREEN
BEAN**

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



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

Monday • Tuesday • Friday

10am - 5pm

CLOSED: Wednesday, Thursday, Weekends

ANCHOR BAY STORE

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

MON- SAT 8-7
SUNDAY 8-6

884-4245



11th Annual Pinewood Derby Races at Gualala Arts Custom-crafted Racers On The Track July 20

Returning to Gualala Arts Center in support of the Auto Show Saturday, July 20,, the 11th Annual Pinewood Derby races will again be run on Gualala Arts' state-of-the-art aluminum race track, complete with computerized time, speed, and results display.

Youth and those young at heart are encouraged to design and build their own custom

car to race. Classifications for racing include eight and under, nine through 13 years, 13 to 18 years, 18 years and older, Vintage, and Unlimited. Trophies will be awarded for both First and Second Place in each classification. One "Best Time Overall" trophy will be awarded to the car with the lowest total elapsed time among all classifications, with the exception of those in Vintage and Unlimited.

All entries in each class will also be judged for their artistic execution, and each class will have a Most Artistic award presented to one entry. There will also be an overall Most Artistic award presented to a single car regardless of class. All racers will receive participation medallions.

Kits are available for purchase (\$5 + tax) at Gualala Arts and Dolphin Gallery. Register to compete at (707) 884-1138. Forms and info are at Gualala Arts.Org.



**ARFF
FEED and PET
SUPPLIES**

(707) 884-1832 • Mon-Fri 10-5 Sat 10-3

Hwy 1 and Pacific Woods, Gualala, CA

Buck Moon Night Tours Planned For July

(Almost) Full Moon Tour July 13 • Full Moon Tour July 16

The Point Arena Lighthouse continues its popular Full Moon Night Tours with two tours in July. They will offer an (almost) Full Buck Moon Night Tour on Saturday, July 13 and a Full Buck Moon Night Tour on Tuesday, July 16. Gates open at 8:30pm. Tour starts around 9:00pm both nights. The evenings will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon – if the weather cooperates, of course!

An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more guests. Reservations must be made at least three days in advance of the tour. While the tours are scheduled to coordinate with the full moon, weather conditions may preclude lunar visibility. The tours are conducted regardless of weather conditions, unless the Lighthouse Staff deems them to potentially cause safety issues for the guests. In the event the tour is cancelled, guests will receive a full refund.

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

According to the Old Farmer's Almanac the July full moon is called the Buck Moon since at this time a buck's antlers are in full growth mode. This full moon was also known as the Thunder Moon because thunderstorms are so frequent during this month. Other Native American tribes had their own names for this full moon include Ripe Corn Moon (Cherokee), Middle of Summer Moon (Ponca) and Moon When Limbs of Trees Are Broken by Fruit (Zuni).

"Our Full Moon Night Tours have frequently sold out well in advance, and guests always marvel at the moon rising over the

hills east of Manchester or Point Arena just as we arrive at the top of the Lighthouse Tower," says Mark Hancock, Point Arena Lighthouse Executive Director. "Come enjoy this unique coastal experience!"

The Lighthouse offers Full Moon and (almost) Full Moon Night Tours throughout the year. See their website, PointArenaLighthouse.com, for details. For more information or to make a reservation, call the Lighthouse at (707) 882-2809, ext. 1 at least three days prior to date of your desired tour.



Blues on the Coast Presents Coco Montoya July 20 at Arena Theater

The old Willie Dixon adage, "blues is truth," perfectly describes the searing, contemporary blues-rock of world-renowned guitarist and vocalist Coco Montoya.

Arena Theater is pleased to bring this hard-edged bluesman for one show on Saturday, July 20 at 7:30pm. Tickets are \$20 online, at local outlets or at the door.

Taught by the "Master of the Telecaster," Albert Collins, but with a hard-edged sound and style all his own, Montoya mixes his forceful, melodic guitar playing and pas-



sionate vocals with memorable songs, delivering the blues' hardest truths.

Over the course of his 30-year career, Montoya's explosive guitar playing and soul-driven voice have propelled him to the upper reaches of the blues-rock world.

He earned his status as a master guitarist and soul-powered vocalist through years of paying his dues as a sideman with Collins (first as a drummer) and then with John Mayall's Bluesbreakers, before launching his solo career in 1993. Five years of constant touring with Collins and ten years with Mayall turned him into a monster player and dynamic performer.

Montoya has released eight solo albums—including three for Alligator between 2000

Montoya shines in his live performances "where he often solos with his eyes closed, finding spirituality in his guitar playing. . . ."

Elmore Magazine

and 2007—and has played at clubs, concert halls and major festivals all over the world. "Vintage Guitar" says, "Coco just keeps getting better and better . . . rockin' blues with guitar that cuts straight to the heart of the matter. His guitar playing is funky and blistering; it's perfect. Whatever he plays, he does it with fire and passion rarely seen in this day and age."

For more about Coco Montoya visit CocoMontoyaBand.com. Arena Theater's bar and snack stand will be open.

Manchester School's Annual BBQ Fundraiser Saturday, July 20

"A community working together can make amazing things happen!" Those are thoughts of the hard working people who work at and support the Manchester School.

Thanks to the efforts at their Annual BBQ, the alumni, parents, school staff and the community members, the Manchester School Alumni Association has been able to donate more than \$36,000 to the Manchester School over the past 6 years. This year's BBQ is Saturday, July 20 from 1:00pm to 5:00pm at Greco Field (Farm Center) in Manchester.

It's easy to drive north (or south) on



Highway One and miss the blue Manchester School, but slow down, take a look, and consider what this home-grown bit of outreach has accomplished. The financial boost that the BBQ has contributed has assisted the school with purchasing textbooks, classroom supplies, computers, an outdoor worktable, ball boxes, a portable basketball hoop, an intercom system, and so much more.

There are many areas of need at schools today, including Manchester School. With the help of a loan from the Mendocino County Office of Education, we were able to get the roof on this spring! Roof funds raised at the BBQ last year helped to pay the first loan payment. And while the school was installing a new roof, they also had 36 solar panels installed funded by Prop 39, an energy efficiency initiative.

Whether new computers, books, teacher support, solar panels or a roof, it all helps provide additional benefits for the students, and helps keep Manchester School a vital part of the coastal community.

Come to the BBQ on Saturday, July 20 from 1:00pm to 5:00pm. Tri-tip and specially marinated chicken, homemade beans, salads and salsas, a full bar, sporting games, a Silent Auction, dessert auction and live music round out the day.

Planning is underway and anyone wishing to help out or purchase pre-sale tickets can call: 489-5949 • 357-3340 • 684-0184 (Español).

"A Universe Of Stories"

The Coast Community Library in Point Arena Presents The 2019 Summer Reading Program Continues

This year's theme for the library's Summer Reading Program is "A Universe of Stories". They'll have weekly programs (most taking place on Wednesdays at 1:00 pm), crafts, and snacks at Coast Community Library, 225 Main Street, Point Arena. More information is available by calling the library at 882-3114 and at www.mendolibrary.org.

ELEMENTARY SCHOOL AGE PROGRAMS:

(most programs, 1:00 pm, Wednesdays)

- July 3, 1:00 pm - Stardust Gardens - OZ Farm gardening with Dean Fernandez.
- July 10, 1:00 pm - Stamp Art with Martin: discover the fun of stamp collecting.
- July 12, 12:00 pm (Friday) - Fratello Marionette's "Vaudeville Follies".
- July 19, 3:30 pm (Friday) - Magical Universe: Xtreme Science Magic!
- July 24, 1:00 pm - Sand Rockets! with Lena Bullamore.
- July 31, 1:00 pm - Origami in Space with Kathy Silva and friends.
- August 7, 1:00 - Universe Undercover... make a miniature book of your world.
- August 14: - Big Bang Pizza Party! Out of this world!

TEEN/ADULT PROGRAMS

- July 21, 2:00 pm (Sunday) -The Soul of the Night: An Astronomical Pilgrimage by Chet Raymo, selections performed by Linda Pack, of Public Radio's Mendocino County Remembered on KGUA & KNUDD & KZYX.
- August 11, 2:00 pm (Sunday) - Explaining Stars with Brendan Mobert. Birth, life, and death of stars... the building blocks of galaxies.

SATURDAY MOVIES @ 1:00 pm

- July 13: A Wrinkle in Time (2018)
- July 20: Flight of the Navigator
- July 27: The Last Starfighter
- August 3: Sherlock Gnomes (2018)
- August 10: Explorers



Schedules available at Coast Community Library, 225 Main Street, Point Arena and www.mendolibrary.org & www.facebook.com/coastcommunitylibrary. The Summer Reading Program is sponsored by Mendocino County Library and the Friends of Coast Community Library. Snacks are provided by local businesses.

Arena Boosters Club Independence Day Celebration & Picnic • July 7

Arena Boosters Club 3rd Annual Independence Day Celebration & Picnic is Sunday, July 7, at Bower Park. Starts right after the parade and goes until 6:00pm. Music and entertainment by Local "power rockers" Anthum, Singer/songwriter Archie Cabzut, and DJ Sister Yasmin, plus Folkloric dancers.



Music starts at 12 noon! And there will be a Raffle, Kids activities, Delicious bbq, beer, wine & desserts. Fun for the whole family! Bring your dancin' shoes!

A community event for the whole community. Come out and celebrate with your friends and neighbors.

Gualala Arts
SINCE 1961
707.884.1138
GualalaArts.org
46501 Old State Hwy
Gualala, CA 95445

Dolphin Gallery Opening
Saturday, 7/6 **Free** 5-7 pm
CC Case: Nudes and More
Harald Eric Nordvold: Ceramics
Exhibit Continues through July 28

Gualala Arts Openings
Friday, 7/12 • 5-7 pm
"Porsche Psychosis"
Ralph Jackson and Sharkwerks
Burnett Gallery
Free
Friday, 7/12 • 5-7 pm
"Selected Works"
John Simon Burnett • Elaine Jacob Foyer
Both Exhibits Continue through July 28

Sat. & Sun., 7/13 & 14 • 4 pm
Chamber Music Weekend
with Roy Bogas & Friends

Thursday, 7/18 7 pm
"Mountain Lions as our Neighbors"
A Lecture & Discussion with Matt Nelson

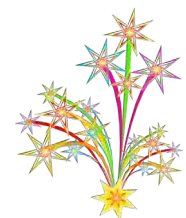
Sunday, 7/20 10 am - 3 pm
11th Annual Auto Show and Pinewood Derby

Still Time to Register For . . .
• **Gualala Arts Auto Show**
— Saturday, July 20
Registration accepted as long as space is available.

• **Art In The Redwoods**
— August 15-18
Registration ends: July 8

Please note:
Limited Gallery hours July 9-19
at Gualala Arts Center
Open: 1 pm to 4 pm

Purchase Advance Tickets at
BrownPaperTickets 1-800-838-3006
or in person at
Gualala Arts Center or Dolphin Gallery
10 am - 4 pm • Noon - 4 pm weekends



INDIVIDUAL, FAMILY & SMALL BUSINESS HEALTH INSURANCE PLANS

KEEP CALM AND CALL VANESSA

ignacio health insurance services

35512 S. Hwy 1, Anchor Bay

Across the street from the Anchor Bay Store

Vanessa Ignacio
Agent / Broker

884-4640

Get Covered, Now!

vanessa@ignaciohealth.com
0K08156 | 0H53499

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

Solution to Crossword:

New Moon



July 2

Full Moon



July 16

**ARENA
FRAME**

*Custom Mats
& Frames*

Anna Dobbins,
APFA

882-2159

**"Mountain Lions As Our Neighbors" with Matt Nelson
Tracker and Wildlife Expert At Gualala Arts July 18**

In recent years local residents have noted frequent sightings of mountain lions along the Mendonoma coast, so Matt Nelson's talk on this fabled feline might not only be

his love for all things wild and true freely amongst his human interactions and in his teaching.

Matt holds a Senior Tracker certificate



entertaining, it may also provide information that can come in handy when walking on local trails. Nelson will present some interesting findings he has uncovered and share his insights into the behavior of this animal. A native of Annapolis, Matt Nelson brings his expertise and clear love of what he does to Gualala Arts Thursday, July 18, at 7:00pm. Tickets are \$5 in advance, \$10 admission will be collected at the door.

From the Arctic to the Antarctic, this simple traveler has left footprints in search of authenticity in his life. Slow to learn and insistent on the hardest of life's lessons, Matt Nelson is a generalist in the true sense of the word. Easily bored, Matt has worked more jobs than can be listed here, searching for himself amid all the glittery promises of the materialistic culture he grew up in.

A lifetime hunter and woodsman, Matt strives to share his deep observations and

from Cybertracker Conservation, is a track and sign evaluator with the same organization, and has worked on numerous wildlife and research projects, including the Gualala River Watershed council, the Garfield/Mesa Lion project, and the East Bay Puma Project. He currently resides in the beautiful coastal Mendonoma mountains where he was raised. More information can be found on the web at Redwood Coast Animal Tracking.

Nelson will also discuss the habits of the mountain lion and has given some thought to why sightings seem more prevalent in recent years. He attributes the upsurge to factors such as population growth and human encroachment on wildcat territory. But he thinks many encounters are not with enfeebled older cats looking for easy prey, but with curious juveniles not yet wary of people.

**Arena Theater Presents
San Diego Rock Trio
Superunloader, July 5**

Just in time for a holiday weekend, Arena Theater presents Superunloader for a performance Friday, July 5 at 8:00pm. Doors open at 7:30pm. Tickets are \$15.

Hailing from San Diego, Superunloader, is an original rock trio with Jimmy Lewis leading the band with an astounding singing range that unleashes the envy of most singers, but he does this while playing guitar with such skill as to send most guitarists back to the woodshed. Lewis is backed up by Chris McGreal (Bass), and Chad Farran (drums) who are known as one of the tightest, hardest-hitting rhythm sections in musician's circles. Superunloader has made a name for itself in San Diego by performing indefatigably and taking home two San Diego music awards in the category of Best Rock Band, and Best Local Recording.

The band has a soulful classic rock side that has drawn comparisons to Led Zepelin, Jimmy Hendrix and Free. But they shouldn't be mistaken for a classic rock band, as they have a modern progressive edge in the vein of The Mars Volta, Primus, Audioslave and The White Stripes. Their live performances combine precision song delivery, which is sometimes extremely technical, with spontaneous improvisational jamming à la Phish that makes them a favorite of many jam band fans.

Superunloader has toured throughout the Western United States, as well as overseas in Japan. They have shared the stage with Deep Purple, Carlos Santana, Bob Dylan, Greg Allman, Fishbone, Les Claypool and others.

Get your holiday weekend off to a rockin' start.

**GUALALA
SUPERMARKET**

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

Summertime & the living is easy

**SENIOR DISCOUNT
EVERY MONDAY**



WE ACCEPT EBT CARDS



*We have lotions,
sandals,
picnic supplies,
and beach toys*

SUNDSTROM MALL, GUALALA

884-1205

7AM UNTIL 8PM DAILY

Calling all Gamers!
The 5th Annual
MineCraft Summer Camp
Begins July 2 at

Arena Union Elementary School

July is a time to call all gamers as the 5th Annual MineCraft Summer Camp opens July 2 at Arena Union Elementary School Computer Lab with John Bove, Amanda Cole, and invited guest instructors. Designed for students aged 1st-8th grade, all skill levels: beginner through advanced.

Have fun, play and explore, build and create, and learn from the instructors to take your game to the next level.

The camp opens Tuesday, July 2 and runs through Friday, August 2. Sessions are 4 days each week, Tuesdays through Fridays. Classes are 4 hours from 4:00pm to 8:00pm. (No class on July 4th.)

Bring optional water and snack, dress for Point Arena weather (in layers or bring jacket). BYO mouse, headphones, and mine craft account, or you can use ours. Transportation not provided, but we encourage carpooling. To Sign up: Call, email, or stop by during any class session.

DISCOUNT Prices until July 5

- \$20/one class session
- \$80/5 classes
- \$150/10 classes
- \$270/All class pass (19 classes)

REGULAR price after July 5

- \$25/one class
- \$100/5 classes
- \$195/10 classes
- \$320/All class pass (19 classes)

Sign up and prepay by July 5 to reserve your seat (limit 30 students). Call AUES room 20 during class only: do not leave voicemail at this number: (707) 882-2131 x317. Call Cheryl Rhodes anytime at (707) 884-4413 to lv. message and your callback number/email. Email crhodes@mcn.org or Facebook message Cheryl Rhodes for questions/information.

Sponsored by Action Network of Gualala and Point Arena, and Arena Boosters Club, AUES. Please make checks payable to Action Network. Need-based scholarships available for students thanks to the generous support of Klein Family Foundation for Opportunities for South Coast Youth and Community Foundation of Mendocino.



lala and Point Arena, and Arena Boosters Club, AUES. Please make checks payable to Action Network. Need-based scholarships available for students thanks to the generous support of Klein Family Foundation for Opportunities for South Coast Youth and Community Foundation of Mendocino.

The 2019 Summer Chamber Music Weekend

Roy Bogas and Friends Perform at Gualala Arts July 13 & 14

July will bring the 17th Summer Chamber Music Weekend to Coleman Hall at Gualala Arts. This summer tradition will once again feature pianist and artistic director Roy Bogas, creating two unique weekend performances Saturday, July 13 and Sunday, July 14. Performances both afternoons are scheduled for 4:00pm. Tickets are \$30 for each show. Those wishing to attend both performances can purchase tickets good for both shows for \$50.



Once again Bogas brings some outstanding musicians to the Mendocino Coast for this event. The group includes violinist Amy Hiraga, violist Nancy Ellis, cellist Peter Wyrick, and violinist Cordula Merks, plus pianist Bogas.

The program this summer is focused on the music of the great 20th century composer Ernest Bloch. (Some of Bloch's family members still on the south coast.) It is also worth noting that Roy Bogas was one of Bloch's devoted students, and loves the composer's music very much.

The 2019 program will include the Piano

Quintet (which some may recognize), but the Concerto Grosso—originally written for chamber orchestra—will be new to them, as it is only possible to play it here in a new arrangement for this small group. Bloch was deeply influenced by the music of J.S. Bach

and the group will play some Bach to show the kinship between the two composers.

Saturday's music includes a Bach chorale prelude which will precede

three cello works by Bloch. Sunday's concert will begin with three hauntingly beautiful works by Bach, including the Prelude from the Sixth Suite for cello alone. This is by way of introduction to the aforementioned Concerto Grosso. Bogas will take time to introduce each of the works to be performed and indicate what to listen for. A complete list of planned music is available on the Gualala Arts website.

The weekend's events are being co-chaired by Bloch's great-granddaughter Lucienne Allen, who is curator of the Bloch Archives and will oversee an exhibit of photographs from the collection.

**Arena Theater's Annual post-Fireworks Show Returns
July 6 Event Features DJ Larry Hacken**

It's a busy holiday weekend but what better way to close out Saturday's events than with a post-Fireworks show at Arena Theater?

Delivering the vibes to Arena Theater and beyond at the coast's annual post-fireworks show is DJ Larry Hacken. Come dance after the legendary Point Arena Fireworks Show! Hacken will spin his selection of reggae tunes on Saturday, July 6, starting at 10:00pm.

Hacken, also known by the moniker of his beloved KZYZ radio program "Heavyweight Sound," has built a reputation as an accomplished reggae deejay and radio host over the past 20-plus years. He has over three decades of experience collecting Jamaican music and has a reputation for his knowledge of reggae rarities.

His passion, collecting and playing reggae vinyl recordings, caught its stride when he started on the air at KZYZ in 1996, where he has been a fixture ever since. Hacken has made trips abroad, traveling extensively to Europe, Asia, and Australia, and of course, to Jamaica, but every year, Jamaica travels to Boonville, which has become the home of

one of the major annual events on the global reggae calendar, the Sierra Nevada World Music Festival.

Hacken has made friends and formed close associations in the world of Jamaican music, bringing artists to Mendocino County.

Tickets for the Arena Theater show are \$12 at the door.

100.5 FM

KTDE -The Tide

Tune in to Local Radio

38598 Cypress Way, Gualala

Office 884-1000

Studio 884-3000

www.ktde.com

ARENA THEATER
arenatheater.org
July 2019
Blues on the Coast
Coco Montoya
Saturday July 20 7:30 PM

Coming: Ocean Film Fest
Saturday August 3, 3-5 PM

Arena Theater Live
Friday July 5 8 PM
Superunloader

...

Post-Fireworks Party
Saturday July 6 10 PM
DJ Larry Hacken:
Heavyweight Sounds

...

National Theatre Live
Saturday July 13 1 PM
The Tragedy of King
Richard The Second

...

San Francisco Mime Troupe
Wednesday July 17 7:30 PM
Treasure Island

...

Arena Theater Film Club
Mondays 7 PM

July 1 The Russians Are Coming!
July 8 The Grass Harp
July 22 Fellini's Roma

214 Main Street Point Arena

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

Solution to Crossword

ATFC: Fellini, Capote and the Russians Are Coming Arena Theater Film Club Brings 3 Film in July

Seeing the title of the first of three films in the July offerings from the Arena Theater Film Club, I found myself slightly (only slightly) nostalgic for the days of the Cold War. During the 1960s so much of what we saw in theaters and on television had a foundation in the "West vs. Soviet" antagonism. A generation had grown up with the premise of good and evil. In 1966 we were offered a comedic moment. Not the first (1964's

Dr. Strangelove used humor as a counterpoint to that year's Fail Safe.) The 1966 film "The Russians Are Coming! The Russians Are Coming" also used the East-West premise but offers well-written humor from start to finish. Director Norman Jewison's political comedy screens Monday, July 1, at 7:00pm.

Curious about being undetected and so close to America, a Soviet submarine gets stuck on a sandbar off the coast of a New England island. The sub's commander sends a small crew ashore, led by Lieutenant Rozanov, to find a power boat strong enough to tow the sub off the sandbar before an international incident occurs. A series of hilarious misunderstandings and near disasters occur as one by one the villagers realize their tiny island has been "invaded."

Starring an ensemble cast including Carl Reiner, Eva Marie Saint, Alan Arkin in his first major film role, Brian Keith, Theodore Bikel, Jonathan Winters, and Paul Ford, the film won the Golden Globe Award for Best Motion Picture - Musical or Comedy, and the Golden Globe Award for Best Actor - Motion Picture Musical or Comedy (Arkin).

Although set on the fictional Gloucester Island off the coast of Massachusetts, the movie was filmed on the coast of Northern California, mainly in Mendocino. The harbor scenes were filmed in Noyo Harbor in Fort Bragg, California, about 7 miles north of Mendocino. "The Russians are Coming! The Russians are Coming!" is listed on the Mendocino Film Festival website as one of the many films "that have incorporated Mendocino's sweeping land and seascapes over the years."

According to Jewison, the film, released at the height of the Cold War, had considerable impact in both Washington and Moscow. Reportedly, Senator Ernest Gruening

mentioned the film in a speech in Congress, and a copy of it was screened in the Kremlin. "The Russians are Coming! The Russians are Coming!" received positive reviews and The New York Times called the film "a rousingly funny - and perceptive - motion picture about a desperately unfunny world situation..." The film is not rated and has a runtime of 126 minutes.

The Club's second film is "The Grass Harp", scheduled for Monday, July 8, 7:00pm. Filmed in 1996 it was directed by Charles Matthau (Yes, son of Walter Matthau). He's directed 7 films and has also been on the other side of the camera as an actor.

"The Grass Harp" is based on a novel by Truman Capote, offering an often-witty coming-of-age drama that looks at a young man growing up with an unusual family in the Deep South in the 1940s. Young Collin (Edward Furlong) arrives in a small, sleepy southern town after his mother's death and moves in with his aging spinster cousins, Dolly (Piper Laurie) and Verena (Sissy Spacek). He soon finds a mentor in the re-

capital, most of it based on director Federico Fellini's life. The backdrop and imagery suggest the women who both attracted and frightened him, and two larger-than-life figures—Benito Mussolini (1883-1945) and Pope Pius XII (1876-1958)—inspired the Fellini to fill notebooks of memories in the 1960s.

As a young man, Fellini (Peter Gonzales) leaves his small Italian town to go to the big city of Rome, live in a boarding house and cavort with the natives in the 1930s and '40s. In an alternating storyline, the older Fellini (Federico Fellini) goes back to make a movie about Rome, filming things like traffic jams at the Colosseum and the subway system, which hides underground crypts. By inter-cutting this footage, Fellini the director draws comparisons to the old Rome and the new. The film also stars Britta Barnes, Fiona Florence and Gore Vidal. "Roma" runs 128 minutes.



"Everything is for the eye these days—TV, Life, Look, the movies. Nothing is just for the mind. The next generation will have eyeballs as big as cantaloupes and no brain at all."

Fred Allen (1894-1956)

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

Solution to Sudoku:

**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

**Mar Vista
Cottages**

Hwy. One - Anchor Bay
884-3522
www.MarVistaMendocino.com

TheZenHouse.net

THE ZEN HOUSE
THE ART OF MOTORCYCLE MAINTENANCE

Point Arena
707-882-2281
Wed - Sat: 9am - 5pm Sun: 9am - 1pm

Hey. You. What are you looking at? You want to see more of this? Go to page 9 and read about my family in this month's Audubon column. Well? Get going!

Words on Wellness • 5 Pink Petals

by Karin Uphoff

As we enjoy the many beautiful garden roses of the summer season, it's easy to overlook our native *Rosa californica*. The fragrant flowers of this rose are pale lavender or bright pink, open-faced with only five petals, unlike the multi-petaled multi-colored cultivars. The shrub can form four-foot thickets near streams and moist soils below 6000ft from Oregon to Northern Baja. Flowers appear from May to November and attract many different kinds of pollinator insects. Settlers used them in folk recipes for butter, perfume, candy, jelly, and tea. Its



soft sweet petals were mashed in cool water by indigenous peoples to make a drink for colic, teething and constipation in babies. The petals were also dried and crushed to make baby powder and the rosehips formed after bloom, were dried and stored as food.

Rose hips are packed with vitamin C and still used to treat colds, sore throats, fevers and kidney problems. All rosehips contain beta carotene, lycopene and other flavonoids that protect blood vessels and skin from oxidation. Since rose is anti-inflammatory, the oil extracted from the hips use helpful in treating sunburns, rosacea and other red-hot skin conditions. Indigenous

Karin C. Uphoff, is a Master Herbalist, Iridologist, Bodyworker and author of

Botanical Body Care: Herbs and Natural Healing for Your Whole Body.

Learn more about Karin at: www.karinuphoff.com

peoples also used rose root and petal powder as a laxative. The leaves can be steeped for tea that is sweetened by the petals. Both rose leaves and hips contain tocopherols related to vitamin E.

While rose water can soothe some rashes, the favorite remedy for poison oak rash is manzanita leaf, *Arctostaphylos uva-ursi*.

Native Pomo cooked manzanita leaves to make a soothing tea, which was applied to dry oozing, blistered skin. The leaves can be tinctured for 2-4 weeks in witch hazel or apple cider vinegar to relieve itching and

cool the inflammation. Manzanita leaves are also antimicrobial, diuretic, antiseptic and effective in treating ordinary urinary tract infections. This plant makes maroon-colored berries that are rich in antioxidants, containing three times more than blueberries do! Manzanita berries were considered an important food additive and used as an aspic, a thickener, or a sweetener to other foods. When the berries are hard and dry, they can be crushed to collect a sweet powder used in baking. They can also be soaked and simmered briefly in plenty of water to make a refreshing tea that can be sweetened with rose petals and honey.

Animal Care & Welfare • "Paw Care"

By Cathy Sue Riehm

Rex's nails are too long. Over time, I've let the quicks grow out.

While bearing weight, your dog's paw pads should touch the ground first, before the toenails. Imagine the process of your dog's paw taking a step with nails that are too long. The nails press into the ground as your dog is bearing weight. The back of your dogs paw will lift (as our heel will lift, and we shift weight onto the ball of our foot), causing the nails to press harder into the ground. At this point, just before the dog's



paw is lifted, if nails are too long, and have no where to go, they will turn to the side or curl under. As a veterinary technician, I once treated a Great Pyrenees whose nail had curled under, penetrated the paw pad and grown out the other side. Sounds painful to me.

If nails grow long enough to turn to the side, the toe itself will start to shift, causing arthritis. Long toenails and hooves, over time, can injure the tendons along the back of the leg as the toes lift, the heels drop and the back of the leg gets slowly stretched. Another problem with long toenails in dogs is that, put simply, the pressing of the nails into

the ground causes an 'upward tug' that creates small spaces between the toenail's parts that bacteria and fungus can invade. All of these problems could be painful.

If cutting (or grinding) your dog's toenails is not for you, you're not alone, but what you can do is keep track of the length of the quicks to help determine how frequently your dog should be trimmed. Look at the underside of their paws/toenails—lift their paw while they're standing, or check it out while they're lying down. This allows

you to see how far the tip of the nail extends past the tip of the quick. If you are the one trimming, take small clips from the tip until you see the spot in the middle—do not trim past this point, as this is the tip of the quick, and this is where you will get blood. Looking at dogs' nails from the side, you might notice the nail 'hooks' down over the tip of the quick. Dogs with clear nails make it easy for us to see the pink quick underneath.

While Rex isn't particularly thrilled with the nail-trimming part of the plan to help his quicks recede, he definitely loves the benefits of taking walks up his dirt road driveway and running in the sand along the river.

Brown Pelican: "Strictly Coastal"

"A wonderful bird is the pelican / Its bill can hold more than its belly can." Well, actually it's the pouch attached to the bill which can hold three times as much as the stomach. Everyone recognizes the Brown Pelican. It's that four-foot bird on the coast with that giant bill. At eighteen inches the Brown Pelican has one of the longest bills of any bird. It is strictly a coastal bird. They travel in a line over the water, each taking a turn flapping and gliding on those seven-foot wings.



Brown Pelicans eat fish almost exclusively. They perform spectacular dives, sometimes from sixty feet up, twisting and plunging into the water head first. They don't carry fish in their pouch—they use it as a fish net. They tip the point down to drain the water before swallowing the fish.

Brown Pelicans might be seen on our coast at any time, but are most common in July through November. We usually see either young pelicans that have brown heads, or nonbreeding adults, whose heads and necks are white with light yellow on the crown and gray pouches. The breeding adults have a bright yellow head, white forehead, and

a sport gorgeous rich brown on the back of the neck and a red pouch.

On our coast, Brown Pelicans have historically nested as far north Point Lobos but now are restricted to Southern California, especially the Channel Islands, and south into Mexico. Females do not breed until three years of age and males until even older. In breeding pairs, the males collect the nesting material and the female builds the nest. They will

build nests colonially, in low trees, on cliffs, or on the ground in shallow depressions.

They lay three eggs. If one survives to fledge at three months, it's a successful year. In 1970 there were only five Brown Pelicans reported to have fledged in the entire state. This failure was due to the build up of DDT and other chlorinated hydrocarbons in the adults, causing the egg shells to be too soft and break prematurely.

Brown Pelicans were placed on the Endangered Species List. On the Atlantic coast, Brown Pelicans were removed from the list in 1985. The Brown Pelican was removed from the list throughout its range in 2009. It presents another example of nature's ability to come back when given half a chance.

Our thanks to the Mendocino Coast Audubon Society for contributing this article. Each month, the Lighthouse Peddler features another bird regularly seen at or near the Mendocino Coast. More information is at www.mendocinocoastaudubon.org. Photo credit: Audubon

"The world is hard and cruel. We are here none knows why, and we go none knows whither. We must be very humble. We must see the beauty of quietness. We must go through life so inconspicuously that Fate does not notice us."

W. Somerset Maugham, "The Moon and Sixpence," 1919

Pelican image (right) by skeeze from Pixabay

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

June Is About Dads & Grads!
 Reserve A Table : (707) 882-3400


790 PORT ROAD (The Cove) IN POINT ARENA



POINT ARENA PIZZA

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

FOUR-EYED Frog BOOKS



Gualala
 Cypress Village
 Open 7 days
 707-884-1333

Community Owned Bookstore

www.foureyedfrog.com

"Humans are not proud of their ancestors, and rarely invite them round to dinner."
 Douglas Adams (1952-2001)



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

Give KZYYX Your Financial Support, By Volunteering Your Time, By Donating A Vehicle, By Attending A KZYYX Event, And By Having Your Business Become An Underwriter.

On The Radio,
 OnLine,
 On Your Phone.



88.1 FORT BRAGG | 90.7 PHILO | 91.5 WILLITS & UKIAH

PO Box 1
 Philo, CA 95466
 (707) 895-2324
 www.kzyx.org

**National Theatre Live
 Arena Theater • July 13
 "The Tragedy of
 King Richard the Second"**

Arena Theater presents a new production of the National Theatre Live from London. "The Tragedy of King Richard the Second" is on screen Saturday July 13, 1:00pm, doors open at 12:30pm. Tickets are \$18, \$5 youth (18 and under).

Simon Russell Beale, one of Britain's finest Shakespearean actors and a regular at the National Theatre, plays William Shakespeare's Richard II, broadcast live from the



stage of the Almeida Theatre in London.

This visceral new production about the limits of power will be directed by Joe Hill-Gibbins, whose previous plays include "Little Revolution" at the Almeida and "Absolute Hell" at the National Theatre.

Richard II, King of England, is irresponsible, foolish and vain. His weak leadership sends his kingdom into disarray and his court into uproar. Seeing no other option but to seize power, the ambitious Bolingbroke challenges the throne and the king's divine right to rule.

Simon Russell Beale returns to National Theatre Live screens following broadcasts of "Timon of Athens" and "King Lear," and his recent role in the National Theatre's critically acclaimed production of "The Lehman Trilogy," which will come to Arena Theater soon.

**San Francisco Mime Troupe Presents "Treasure Island"
 SFMT's 60th Season Set for Arena Theater, July 17**

For most of us who live on the coast, the San Francisco Mime Troupe is like an old friend who visits us every year, sharing stories and bringing us a complete change of pace. For those who have not yet experienced a performance by the Mime Troupe, this is your chance to get acquainted.

The San Francisco Mime Troupe brings their all new production of "Treasure Island" to Arena Theater Wednesday, July 17, 7:30pm, doors open at 7:00pm. General Admission tickets are \$20; Youth (18 and under) are \$10. Sponsor tickets, which includes reserved seating) are \$30. To purchase Sponsor Tickets please call the Arena Theater office at 707 882-3272.

Treasure Island: is it the mythical isle where untold wealth awaits marauding pirates, or the freezing cold, artificial island in the middle of San Francisco Bay awaiting cut-throat developers? Or is it

both? That's the question for Jill Hawkins when an old sea-dog of a developer drops anchor in her office at City Hall, and drops a mystery in her lap. "Developers . . . they scour the map looking for cities with fat purses, ready to be plundered, damn the regulations!" But if Treasure Island is such a wonderful opportunity why has no one developed it yet...? What about the people who live there now? And who is the one-legged developer Hawkins was warned about?

This new take on "Treasure Island" is written by Michael Gene Sullivan with Ellen Callas, Marie Cartier, Keiko Shimosato

Carreiro. Music by Michael Bello. Lyrics by Daniel Savio. Directed by Wilma Bonet with Lisa Hori-Garcia. Featuring Mime Troupe veterans Lizzie Calogero, Keiko Shimosato Carreiro, Michael Gene Sullivan, as well as returning performers Andre Amarotico and Brian Rivera.

If you're confuse or unsure about the name, The San Francisco Mime Troupe **does not** do pantomime. They mean 'mime' in the ancient sense: to mimic. "We are satirists, seeking to make you laugh at the absurdities of contemporary life, and at the same time see their causes. We travel the



country and the world with our message of solidarity, comedy, and the plight of the worker in our increasingly corporatized democracy, and have done shows about most of the burning issues of our time – normally debunking the official story."

Advance Tickets are available at Arena Market, Point Arena; Four-Eyed Frog Books, The Sea Trader, Gualala; Twist in Mendocino or online at Brown Paper Tickets.

The evening will begin at 7:30pm with a 30-minute music set, and the play will start at 8:00pm. The Arena Theater Bar and the snack stand will be open.



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

**Jazz Haiku
 for July**

"still colder
 blankets by the fire
 he slips on some jazz."
 by Patricia Benedict

CC Case and Harald Eric Nordvold Return to Dolphin Gallery July Exhibit Opens with Receptions July 6

Each month we look forward to what new art and which artists will be featured at the Dolphin Gallery. July brings to artists who are no strangers to the Mendonoma coast. CC Case will bring her life drawings and Harald Eric Nordvold his ceramics when they return for an exhibit in July. Dolphin Gallery will host both artists with an opening reception on Saturday, July 6, from 5:00pm to 7:00pm and their work will be on display through Sunday, July 28, 2019. Nordvold and Case both arrived on the coast having made preliminary stops near and far.

Born in San Francisco, the son of immigrants from Norway and South Africa, Harald Eric Nordvold cherishes memories of watching his father build furniture, houses, cabinetry and even skis from wood. His mother was a dressmaker and owned a shop in San Francisco. The family moved to



Sonoma County when he was a teenager. In college he began focusing on researching and experimenting with clays and glaze formulas. These days he creates stoneware, porcelain pottery and decorative pieces (and Raku fired vessels.) He strives to create quality pieces with a high standard of craftsmanship, while still expressing the warmth and vitality of one of the oldest art forms.

Nordvold believes one of the most beautiful functions of pottery is to display flowers, and that has inspired him to make vases of many different shapes, sizes and colors, including his trademark "pinholders," which are made to hold just one or a few stems. He added, "I find the intimacy of functional pottery meaningful- the cup or mug that touches one's lips, or the bowl that one holds to drink tea or for eating their morning cereal or evening dessert. Such things must feel right as well as be appealing to look at. All of the pieces in this show, with the exception of the raku work, are high fired to 2400 degrees F, which creates a vitrified piece that is

is sturdy and completely safe for food, microwave and dishwasher uses." He's introducing new contemporary squared vases and vessels, and some new textures in his work.

A native of upstate New York, CC Case



always considered art a central force in her life. She graduated from Elmira College in New York State, and went on to work in the field of graphic design in northern New Jersey for several years. She lived for a year in the British Virgin Islands, doing volunteer work, calligraphy and illustration, and after that determined she would find a way to live by the ocean permanently. On the way to the west coast, she also lived and worked for 27 years in western Colorado, providing care and training for persons with disabilities and then obtaining an MA in Early Childhood Special Education to become a teacher and consultant in Grand Junction, Colorado public schools. Case occasionally took classes and workshops to keep her interest in art alive, and after retiring from teaching moved to Paradise, California, and then Gualala, and finally had time to experiment and explore different art forms.

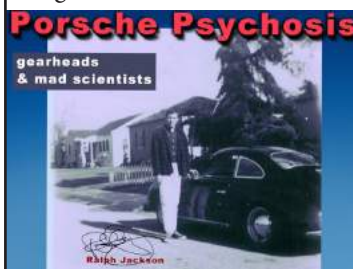
CC Case is primarily a figure artist, drawing in charcoal and pastel, and also experiments with watercolor and other painting media. Drawing the human figure has been an interest since childhood. Life drawing presents the challenge of rendering a form believably while also conveying some sense of the life or spirit within. Case added "I appreciate the mental and physical exercise that drawing from life requires." She's experimented with watercolor a bit over the past few years and continues to explore that medium, in both abstract and realistic styles, inspired by the sea and local landscape.

Case and Nordvold met at Art In The Redwoods at Gualala Arts in 2011. They married two years later and this is their second joint exhibit at the Dolphin.

Two New Exhibits at Gualala Arts "Porsche Psychosis" and "Selected Works" Opening Reception July 12

Gualala Arts is pleased to present two exhibits in July. An opening reception for both is scheduled for Friday, July 12, 5:00pm to 7:00pm.

In the Burnett Gallery is "Porsche Psychosis: gearheads & mad scientists", including the work of local builder Ralph Jackson and the team at Shark-



Werks, Inc. owned by long-time Porsche enthusiast Alex Ross (Sharky) and mechanical wizard James Hendry, successful entrepreneurs Joan Wood & Daniel Kennedy who live, breathe, own and drive Porsches.



In the Elaine Jacob Foyer will be "Selected Works" by John Simon Burnett. Both exhibits will be on display from July 5-28, 2019.

Point Arena Lighthouse

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

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

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

PointArenaLighthouse.com

We Have Sandals!

DURANGO
KEEN
RED WING SHOES
VASQUE
WOLVERINE

Village Bootery

Open Daily 11:30 - 6:00
Across from Sealcliff
GUALALA 884-4451

MasterCard VISA

JULY AT GARCIA RIVER CASINO

THE CASUALS

MUSIC & MEMORIES TRIVIA NIGHT!

50s
60s
70s
80s
90s
2000s

Win Free Slot Play!

NEW TIME

FIRST THURSDAY OF EVERY MONTH, 7PM

HUNTERGREEN ROOTS & WINGS

Transatlantic Tour

Reggae and Rock

FRIDAY JULY 5TH 8:30 PM

JOHNNY YOUNG

"HIGH OCTANE COUNTRY ROCK"

SATURDAY, JULY 27TH, 8.30PM

www.TheGarciaRiverCasino.com 707 467 5300 Open Daily at 9AM

We Support Responsible Gambling. Problem Gambling Helpline—1 800 GAMBLER
22215 Windy Hollow Rd, Point Arena, CA 95468 Promotions subject to change at any time.



In The Afterglow of Listening.

by David Steffen

In 1968 I was in college and working at the campus FM station. It was there that I came across a new album titled “Gris-gris” by Dr. John, the night tripper. That album was the real introduction of a musical mystery man to the world of popular music. The cover was dark, compelling, irresistible. The title was intriguing. And of course there was



the music. At that moment, Dr. John was everything that 1950s parents feared would happen at the birth of rock 'n' roll as music began pushing the envelope. A decade later, many (if not most) young people hearing new music by Jefferson Airplane, The Who, James Brown and others discovered lyrics, genres, styles, rhythms and themes that flew past those earlier fears. And “Gris-gris” was there to give the envelope another push.

When Dr. John was delivered as a baby boy, he was probably already infused with all that New Orleans musical talent. While his persona and music may have taken different roads from first recording to last, his voice and his music were legitimate, compelling and authentic.

In those songs from this new “Gris-gris” album a kid from the midwest could hear witchcraft, voodoo, R&B as well as a unique personality. I asked a friend of mine just what was Gris-gris. He told me “it’s a charm. You know, like your sister wears on her bracelet.” Right. My sister? I don’t think so. Well, I found out my friend was right, but by oversimplifying. Gris-gris is a charm. A voodoo charm, a talisman, an amulet, a spell, an incantation believed capable of warding off evil and bringing good luck to me or bad luck to you.

Five years later in 1973 Dr. John actually had a pop hit when the Gris-gris man made the Top-40 charts. “Right Place, Wrong Time” was clever, catchy (things many pop stars eschew in public) but it was a bonafide hit that peaked at #9. And it was also an ear worm. Infectious. If you go years without hearing it, and then it comes on the jukebox, the radio, or an online service, you know it instantly. There is a thread through

Dr. John’s career as he recorded and played what pleased him.

In 1996 I was recruited to become part of GRP Records in New York. A terrific musician and composer, Dave Grusin, started the label and while he was no longer the owner (Universal Music purchased GRP in the early 1990s) he continued there as a recording artist. My job was simple. I was to help turn around a label that had become somewhat of a financial basket case. I knew that what lay ahead for me were a few years of 80-hour weeks and a return to a heavy business travel schedule, but the challenge was intriguing. Besides, I’d be working for Tommy LiPuma whom I knew from my first days in the music business when he was part of Blue Thumb Records, and later when Tommy took another turn at producing artists for A&M.

Arriving at GRP, I immersed myself into listening to the current releases and a few that had been released in the year prior to my coming on board. One of the latter albums was so good I began to wonder just why it hadn’t broken through to a wider audience. I sat with Tommy one morning and asked him to give me some background. His response was to assure me he had been supportive of it (he was the label president, after all) but the short answer was “hey man, it was what it was”. I suggested that we could re-market the album, perhaps with some tour dates, etc., but Tommy wanted to just move on. And that was that.

Back at GRP that one specific 1995 album capturing my attention was “Afterglow” by Mac Rebennack, aka Dr. John. The album is pure enjoyment—almost enchanting—as Mac creates a mood, drawing music from some great songwriters. The tracks included “I Know What I’ve Got”, “Gee Baby Ain’t I Good To You”, “I’m Just A Lucky So-And-So”, “Blue Skies” and “I’m Confessin’ (That I Love You)”. The songwriters included Louis Jordan, Don Redman, Duke Ellington, Mack David, Irving Berlin, Charles Brown, Johnny Moore, and Doc Pomus. Obviously song selection for the album wasn’t about creating an “all Dr. John collection” (although there are a few Dr. John originals as well). Instead the album is largely a nod to an earlier time.

“Afterglow” is a beautifully crafted late 20th century recording yet the tracks remain true to the ideas of the original songwriters, many of whom were already writing songs a half-century before Dr. John was born. And the studio players did their

part: John Clayton, Ray Brown, Jeff Hamilton, Phil Upchurch, Lenny Castro, Larry Bunker, and (I’m certain) many unnamed studio musicians. Credit too goes to Al Schmitt at the board, and Tommy LiPuma’s decision to get the album made.

I had several conversations with Mac during my years at GRP. One after a show



in Europe, another after a show in New York, and one at a business meeting in the city. There were social moments and business moments during those conversations, including a discussion of the recording budget for the followup to “Afterglow”. My recollection is Mac wanted \$350,000 and Tommy was offering \$150,000. At the time Tommy elected to hold firm to the lower number which, to be fair, I thought was realistic. In the years since, I wonder if we should have given him more, if only to say thanks for “Afterglow”.

Mac—Malcolm John Rebennack—died June 6 at the age of 77. In 1985 critic Stephen Holden wrote in the New York Times of a Dr. John performance: “As usual, Dr. John recreated the essence of early New Orleans rock 'n' roll - the style of Professor Longhair and Huey (Piano) Smith - in a contemporized [sic] format and with an intensity and zest that transcended mere imitation.”

Mac’s New Orleans’ self was never overwhelmed—intentionally or otherwise. Anytime we hear one of his recordings we hear the true Dr. John. Whether his recordings channeled the “Night Tripper”, moved toward the Blues, displayed his Jazz chops, or was Mac simply being ‘Mac from the Big Easy’, we are at ease. And if you haven’t yet gotten the message, buy, borrow, or download a copy of “Afterglow”. That album—like those good feelings after a pleasurable experience—will stay with you. And if the afterglow fades, simply listen to the album again.

Digital Media Residency Available
Point Arena Tech Center July 8-12

Pomo Youth Invited To Apply

From July 8-12 (noon-4pm) Point Arena Tech Center is offering a Digital Media Residency. The week-long training at the Tech Center is for Pomo youth grades 6 - 12 and is free of charge.

Eligible students are invited to come and learn

- digital filmmaking
- interviews and oral histories
- creative self expression with poetry, rap music
- grow your knowledge of your heritage language
- build a community archive

Signing up is easy. Call Victor Aparicio (707) 489-4482 or Blake More at the ATC (707) 882-4173.

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.

Pele (1940-)

JIN SHIN JYUTSU

Uplift & Harmonize

Body
Mind
Spirit

Denise Green, CMT
882-2437

www.wellness on the coast.com

Welcome to our Preview Show of the
27th Annual Studio Discovery Tour



Opening Party
July 12th, 5-7 PM

Exhibiting
through
September 2
Daily 10 AM - 5 PM

Our Gallery
Collective
represents 20 Artists
September - July

Winter hours daily 10 AM - 4 PM Closed Wednesday

AUTO SHOW from cover

motorcycle) among the redwoods at the beautifully landscaped grounds of the Gualala Arts Center, this is a car show you can actually stroll through, talk to the owners and appreciate the classics. Those owners



will watch as their vehicles are judged for best Custom/Modified, Hot Rod, Sports Car, Stock, and Trucks with special awards for Ladies' Choice, Judge's Awards, People's Choice and others. The show is not juried. Trophies are awarded. Bragging rights included.

The show is one day, Saturday, July 20 from 10:00am to 4:00pm. Don't miss it.

*Jaguar Image by
MikesPhotos from Pixabay*



Point Arena Drugstore

**Point Arena in the 1950's: Growing Up In A Beehive Of Activity
The Lighthouse Lecture With Michael Combs • July 13**

On Saturday, July 13 at 5:00pm Michael B. Combs will present "Point Arena in the 1950's – Growing Up in a Beehive of Activity" as part of the Lighthouse Lecture Series. Admission is \$5 and the lecture will be presented in the Fog Signal Building at 45500 Lighthouse Road, Point Arena.

Michael Combs was seven when his family moved from Southern California to Point Arena in 1949. Sleepy Point Arena soon became very busy as the Air Force arrived in 1950, the sawmills grew and flourished, and ranching, farming, and fishing prospered too. He took it all in, as the Baby Boomer flood swamped the four-room elementary school and families lived in abandoned buildings and crammed into tiny apartments. "It was a wonderful and exciting time to be alive and young," he remembers.

Combs was in the 2nd Grade when his family moved to Point Arena. They lived for

**Mendocino Poet Micah Sanger Featured In Point Arena
Third Thursday Poetry & Jazz Set for July 18 at Arena Market Cafe**

On Thursday, July 18, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature Mendocino poet Micah Sanger. The reading will take place at the Arena Market cafe and will begin with live improv jazz and an open mic with jazz improv; the reading will conclude with more live improv jazz.

Micah Sanger was born on October 28th, 1950. His father was a country preacher and his family lived in a dairy-farm community in Wisconsin. When he was six years old his father joined the United States Army as a chaplain, and the family moved to France. During this time, the family traveled throughout many parts of Europe, visiting museums and cathedrals, thus experiencing some of the world's finest expressions of religious and secular art. To go from the cow barns of Wisconsin to the gold and marble of the Vatican were mind-opening experiences for a boy.

Since then, Sanger has lived in many parts of the United States. He first attended college at Clemson University, South Carolina, from 1969 to 1971. He took classes in literature and writing, as the focus of his studies made their progression from engineering to architecture and then finally to art studio. Writing and painting came together and were to become his traveling companions.

In the early 1980's Sanger continued his education at the University of California Santa Barbara, and throughout the rest of the '80s at Chico State University, Chico, California. Eventually, Sanger returned to the beautiful skies and landscapes of New Mexico. He pulled away from the gallery art scene and went into a contemplative life—

out of this exploration, a rich new way of looking at his world arose. He turned to writing and painting about these discoveries and created an educational art website (www.perception4u.com).

In 2013 Sanger began writing and illustrating a book to express the ideas that he was communicating in his website but from a more emotional point of view. People could learn through the experiences of the protagonist, "Tō•bé." His illustrated book, "Tō•bé and the River Is" was published in 2016. It is a whimsical fairytale full of living metaphor. The "River Is" is itself a metaphor for the matrix of the unified field that surrounds us.

The book has already won two Global eBook Awards, one for illustrations, The New Apple Book Award, followed by the Ben Franklin Award and the Nautilus Book Award. The last award was especially meaningful because it was in the Memoir Category, which means that they understood it is not just a made-up fairytale, but based on experience. (His website: www.4riveris.com.)

Sanger is now living in Mendocino, California and enjoying the morning and evening walks on the cliffs overlooking the ocean. The hours in between are often spent writing or painting, either on location or in his studio. More recently he has been putting together an exhibit of his large body of paintings to be shown in museums and other venues across the country.

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



Natural
Cosmetics
Homeopathic
& Natural
Remedies
Available

MediCal
& Insurance
Cheerfully
Accepted

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



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

Dream Catcher Interiors

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

Monday to Friday 10 AM - 5 PM
Saturday 10 AM - 3 PM

NEW LOCATION

38870 S. HWY 1, GUALALA, CA 95445
dreamcatcherinteriors@outlook.com
707-884-9655



Note:

Photograph of Pt. Area Drugstore, above, left.

The Restless Wave

A Book by John McCain and Mark Salter • Reviewed by Jennifer Bort Yacovissi

Staring down one's mortality has a way of sharpening focus. We've all heard stories recounting deathbed reassessments of choices made, of stinging regrets, and of the urgency to make amends while there's still time.

And though it's true that John McCain produced this book under the ticking clock of a brain cancer diagnosis, the reader senses it's not significantly different than if he'd written it in the pink of health.

McCain fully owns both his failures and his successes, makes no excuses, and begs no forgiveness. He uses this book to record his version of crucial events of the last 20 or so years, but also, as he says, "I want to talk to my fellow Americans a little more if I may."

It's worth considering what he has to say. He may side-step some issues, and no one writes a memoir to make themselves look bad, but it's hard to argue that he is not sincerely considering what's in the best interests of Americans as citizens of the world.

This is the seventh book that McCain has co-authored with his longtime assistant, Mark Salter, which is perhaps how they were able to pull it together so quickly. While they spend time dissecting McCain's defeat in the 2008 presidential race—explaining how he was argued out of choosing his good friend Joe Lieberman as his running mate, while never once impugning Sarah Palin—most of the book focuses on the U.S. involvement in the various conflicts in Iraq, Afghanistan, and Syria; foreign relations with the likes of Vladimir Putin and Xi Jinping; and the urgent need to focus on human rights both worldwide and at home.

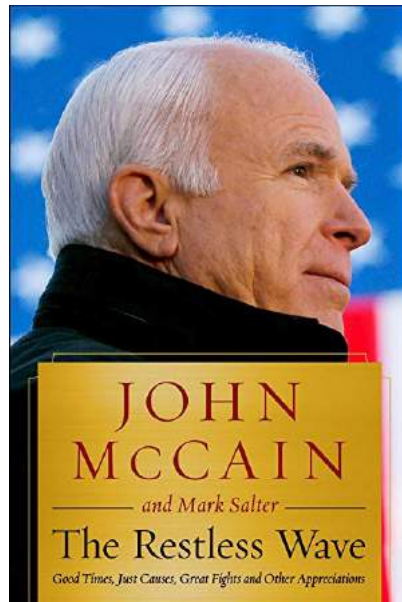
As chairman of the Senate Armed Services Committee, McCain travels widely and frequently. He tries to make all trips bipartisan and uses the time and forced closeness to build personal relationships across the aisle. He makes the effort to see for himself the conditions on the ground in places both widely known and obscure so that he can speak from a more deeply informed position.

He's unafraid to remind foreign officials where their countries are falling short, particularly on human rights and political freedom, whether or not we consider those countries important to U.S. interests. It is rarely difficult to understand where McCain stands on any subject.

Consider, for example, the subject of torture—or, because no euphemism is oblique enough that we can't make it more so by creating an acronym for it, EIT (enhanced interrogation techniques). Beyond his own personal experiences informing his feelings on the matter, anyone wondering about

his unwillingness to support Gina Haspel's nomination for CIA director because of her involvement in the EIT program, and her approval to destroy recorded evidence of EIT use, simply needs to read chapter three, "About Us."

Easily the most chilling image in the book describes the torture of Fatima Belhaj, wife of Abdel Hakim Belhaj, a man who found himself on the wrong side of the U.S.' short-lived reconciliation with Muammar Qaddafi:



The senator reminds us how our political system is supposed to work, and that compromise is not, in fact, a dirty word. JBY

"[CIA interrogators] had taken a photograph of her in the interrogation room at the black site in Bangkok. She was seated in a chair, Americans surrounding her, duct tape wrapped around the lower half of her face, her wrists bound, and completely naked. She was six months pregnant at the time."

McCain's fight against the use of torture and for the release of an unclassified report concerning the U.S.' use of EIT is based on the concept that we are supposed to be better than this. "What makes us exceptional?...Our founding ideals and our fidelity to them at home and in our conduct in the world makes us exceptional... This was never about [terror suspects]. It was about us."

At one point, he notes that his treatment from his captors in Hanoi was, in comparison, more humane than the perversions exhibited by American guards at Abu Ghraib.

All of this may seem odd coming from a reliable hawk, but McCain has a fully nuanced, well-sourced view of the proper application of force. He walks his readers through his thinking on all of the conflicts in which we've been involved (or failed to be involved) since the early 1990s.

He calls out what he sees as the significant foreign policy failures of the Obama Administration, most notably Syria, but allows that multiple administrations are responsible for the unchallenged rise of Vladimir Putin into the pantheon of the world's great tyrants.

For those who may be wondering, The Restless Wave contains any number of thoughts on the wrong-headedness of the current administration. McCain worries that we are now actively working to abdicate our role in the world order we worked hard to create after World War II, and notes that our allies are increasingly learning to work around us or entirely without us, which should cause us concern.

There are a number of issues where McCain remains silent. While he goes into some detail to explain his thinking on the most recent healthcare vote—observers outside the Senate saw his thumbs-down gesture as more dramatic than it actually was—he remains silent on his vote with the entirety of the Senate Republican bloc on a tax plan that is widely understood to add \$1 trillion to the national debt. That's the agenda item I'd really like to hear his thinking on.

My respect for McCain was cemented when he pointedly refused to demonize his political opponent, Barack Obama, in the 2008 presidential race. As improbable as it may have been then, that sort of restraint seems positively quaint these days.

That McCain's name continues to be invoked in the president's ongoing campaign-style rallies as a sure way to prompt the boisterous crowds to boo is one of the more gob-smacking features of this most unpredictable of administrations. One longs to ask, "To what possible purpose?" but none of the likely answers are reassuring.

Professional politicians like John McCain are in increasingly short supply, and we are worse off because of it. We need people who grasp what "proper order" is and why it's important, and are willing to explore good-faith bipartisan approaches to solving complex issues. We need members of Congress who understand that principled compromise is the way to get the people's work done.

I miss him already.

Jennifer Bort Yacovissi is a member of PEN/America and the National Book Critics' Circle and writes a monthly column and reviews regularly for the Independent. She is chair of the 2018 Washington Writers Conference and is president of the Annapolis chapter of the Maryland Writers Association.

The Top-15 Books (plus 1). Pick Up One You Missed

"I must say I find television very educational. The minute somebody turns it on, I go into the library and read a good book."
~Groucho Marx. (1890 - 1977)

1. **City Mouse** by Maggie Rudy
2. **Mendonoma Sightings** by Jeanne Jackson & Craig Tooley
3. **qh awala.li Water Running Down Place** by Annette White-Parks
4. **Whales: An Illustrated Celebration** by Kelsey Oseid
5. **The Lost Girls of Paris** by Pam Jenoff
6. **The Soul of America** by Jon Meacham
7. **The Storied Life of A.J. Fikry** by Gabrielle Zevin
8. **Killers of the Flower Moon** by David Grann
9. **Educated** by Tara Westover
10. **Hiker's Hip Pocket Guide to the Mendocino Coast** by Bob Lorentzen
11. **Save Me The Plums** by Ruth Reichl
12. **Born a Crime** by Tevor Noah
13. **Sea Ranch: Architecture, Environment and Idealism** by Jennifer Dunlop Fletcher
14. **Ocean Meets Sky** by Terry Fan
15. **Overstory** by Richard Powers

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.

Another Book You Might Like*

- * **The Restless Wave**
A Book by John McCain and Mark Salter
(see review on this page)

The Loft

Creativity Soars Upstairs

Quilting, Fine Yarns, 884-4424

Fabric, Arts & Crafts, 10-5 Mon. - Sat./11-3 - Sun.

Handmade Gifts Sundstrom Mall, Gualala

Scuttlebutt

by Mitch McFarland

Voters seem overwhelmed by the number of Democratic presidential candidates vying for attention. That is a sensible reaction. So I have taken a look at all of the two dozen (and counting) candidates and here is my current take:

I see them as falling into a couple different categories. First there is what used to be called "favorite son" candidates. Disregarding the outdated gender slur, candidates of this type are politicians who mainly want to keep their names prominent so as to add fuel to their political careers. They hope to get a few first-round votes at the party's nominating convention from their home state delegates. To me this group includes Ohio Rep Tim Ryan, California Rep Eric Swalwell, Massachusetts Rep Seth Moulton, Montana Gov. Steve Bullock, Florida mayor Wayne Messam, Hawaii Rep Tulsi Gabbart, and New York City Mayor, Bill de Blasio. You may now promptly forget these as potential presidents. These incumbent politicians have no chance and will be gone by the new year, so that they can concentrate on their own re-election campaigns that they hope will have gotten a boost from their national campaigns. After the debate someone suggested Tulsi Gabbart for Defense Secretary and I'm fine with that.

Also, there are three other candidates that stretch the imagination to figure why they have declared for the United States Presidency: a tech guy named Andrew Yang, an activist author named Marianne Williamson and a former House member John Delaney. None of these three will be pardoning the turkey during Thanksgiving 2021, but that doesn't mean they don't have something important to add to the politics.

Jay Inslee should try to keep his governorship in Washington or if he is ready for the national stage, he can head the EPA. Julian Castro is another "huh?" for me, so let's put him back as Secretary of Housing and Urban Development where he served under Obama.

I don't doubt that all the above mentioned folks are fine people with something to say and that is why it doesn't bother me that there are so many candidates. Each has an issue on which they focus and that is good because there are a lot of issues to be discussed and no one candidate can emphasize every issue. This is what is called having a national conversation and I applaud that, but we do need to winnow the list down to a few serious possibilities.

Before getting into that I need to mention an article by syndicated columnist, Eugene Robinson. He posits that if the Democrats

don't take the Senate, then it really won't matter much if they take the White House or not because Mitch McCon-NO will insure four more years of gridlock. Thus, I believe that winning the Senate is more important than taking the Presidency. I made a similar argument in 2016 and now look who sits on the federal courts.

For that reason I believe that Cory Booker should focus on getting re-elected to his Senate seat and, hopefully, he will be gone from the Presidential race before March 30 when he needs to file for re-election to the Senate.

Michael Bennett is an incumbent Senator from Colorado and doesn't even mention the Presidential race on his website, so why is he running?

Republican John Cornyn's Senate seat in Texas is open, so why doesn't Beto



O'Rourke make a run at that? He came out of nowhere to nearly beat Ted Cruz.

If Montana Governor Steve Bullock wants to enter the national stage, he should run against Republican Senate candidate Steve Daines.

Former prosecutor and corporate lawyer, Amy Klobuchar, is already a member of the Judiciary Committee and wouldn't it be nice to see her chair that group? That is who vets judicial appointments. Apologies to ranking member Diane Feinstein.

Stacy Abrams is not a declared candidate, but is toying with the idea. She should run for Senate Republican David Perdue's open seat in Georgia.

Republican Cory Gardner is up for re-election in Colorado and John Hickenlooper should be trying to take that seat.

That still leaves us with 7 candidates. While I still wear my "Feel the Bern" T-shirt and love Bernie, his time has passed for me. Even though he may never be President, he has already "won" by changing the political conversation in this country. Issues he brought forth are now mainstream and I (we) owe him a great big thank-you for that. I would love to see him as Chair of the Senate Finance Committee with jurisdiction over SSI, Pensions, Taxation.

Kirsten Gillibrand is a fine person in a

safe seat and incumbent who should chair the Senate Armed Services committee of which she is a current member. Wouldn't it be incredible to have the Chair of the Armed Services Committee and the Defense Secretary both women?

Elizabeth Warren is an amazing policy wonk, but somehow I just don't see her in the Oval Office. Her debate performance betrays that notion, so I still see her as a strong contender, but wouldn't Wall Street freak out if she were the Chair of the Senate Banking, Housing, and Urban Affairs Committee in charge of economic policy, financial institutions and consumer protection?

"Uncle Joe" Biden is a good guy who kept Robert Bork off the Supreme Court when he was on the Judiciary Committee, but his time also has passed. He is popular and so should campaign like hell for whoever is the nominee.

That leaves the two people still standing that comprise my current ticket for 2020 (although I would even vote for Seth Rogen if he were the Democratic nominee). Kamala Harris for President and Pete Buttigieg for VP. To me Mayor Pete is head and shoulders above every other politician alive today, but this is the ticket that I currently think can most likely beat his majesty, the self-appointed king of the United States.

A lot can happen between now and November 2020, but Democrats need to win with women, people of color and the millennials to take the White House and I think Harris and Buttigieg is the right combination to attract those voters. As an old white guy myself, let's leave us out of this one.

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



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
KGUA
88.3FM • MENDONOMA PUBLIC RADIO
Programming schedule is on kgua.org • 884-4883

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

Copyright 2019 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)

Four-Eyed Frog Hosts Two Authors In July
Cindy Williams Gutiérrez, July 7
Alice Combs, July 27

Poet-Dramatist Cindy Williams Gutiérrez, author of "Inlay with Nacre: The Names of Forgotten Women", explores the global oppression of women and testifies to their resilience. Reverberating across all continents—from Brazilian "honor killings" and Indian sati to Ireland's Magdalene Laundries and Mississippi appendectomies, to rape as a weapon during genocide, these poems bear witness to the forces that have waged war on women's bodies, freedom, and humanity.

Gutiérrez has won awards, fellowships, and honors for her work. She will be at Four-eyed Frog Books Sunday, July 7, 2019 at 2:00pm. She is inspired by the silent and silenced voices of history and herstory. Poet, playwright, historian. An opportunity like this should not be missed.

Local author Alice Combs introduces "The Lady With Balls: a single mother's triumphant battle in a man's world".

During the 1970s, Alice Combs, underterred by a former employer's snobbish pronouncement, "you're not corporate material," transformed herself from divorced mother on food stamps to successful entrepreneur. Her exceptional achievements in a traditionally male arena is an inspiration for all women who aspire to the heights of success in their chosen fields.

Alice Combs will be at Four-Eyed Frog Books on Saturday, July 27, bringing her unique story and the history behind it for a conversation. Join her at 4:00pm, Saturday, July 27. More information is available at (707) 884-1333.

The Dream of a World in a Holy Mind
by Micah Sanger

Deep in the River, he looked out at Inlākesb and on all the life forms of the landscape—birds, deer, coyotes, ground squirrels, insects, clouds, and trees.

In an instant, Tobe had the most unexpected and bizarre experience. The images of Inlākesb did not rest upon an exterior world at all! Incredibly, they were images in this Mind—like holograms projected into a dreamscape—all hovering in this vast Mind!

How is this possible?!

"This Mind is holy and limitless!" Tobe could hear Auriel say, "It contains all minds and their individual dreams."

As Tobe moved deeper into the revelation of Mind, this Mind felt increasingly holy. He saw the deepening perfection of things around him.

Everything resonated with purity, light, and love—interacting in total harmony within this field of Mind.

It seemed to Tobe that he was looking at some well-made watch—a cosmic, watch, alive and on a huge scale, with all the gears and pieces precisely spinning and turning—ticking in time, creating the intricate, orderly design of the dream of Inlākesb. And Tobe felt the Love of the River flowing through it all.

Tobe's awareness entered back into his body. He stood speechless next to Auriel. Finally he said, "The Mind is glorious beyond imagining . . . and this world is more wondrous than I could have ever envisioned."

A bird came to rest on a nearby branch as Auriel and Tobe passed. Its happy, crystal-clear warble filled the air. Tobe stopped and looked. This bird was such a delightful wonder to look upon with its sparkling eyes, delicate feathers, and its tiny, jointed talons holding firm to the branch. Its life and its exquisite appearance, too, were pure perfection. He felt the sublime mystery of the bird's existence, taking his breath away, as he began to sense the intelligence and will of Mind projecting the bird's form into the mental landscape of Inlākesb.

Tobe turned towards Auriel. "Everything is much more than it seems, and the miracle of what's going on we don't even suspect."

Auriel, smiling, looked at Tobe and said, "Your life now will be even more astounding as you watch the Mind, which is also yours, dreaming this world."

Tobe stood there looking in amazement at Inlākesb. "Is there any more incredible vision to see than the dreaming of the world?"

A soft glow came to Auriel's smile, "Oh, yes indeed, there is: the vision of what you really ARE!"

Micah Sanger

"It's Not All Black And White . . .
Ya Know?"

The Art of Ron Bolander
A Solo Exhibit At The Whitecap
Opening Reception July 7

Ron Bolander is a commercial photographer. For 35 plus years he photographed people, products, food, art and architecture. He is now "semi-retired". However, from time to time, he continues to dabble in the commercial world. More so, though, his first love is fine art photography. His wildlife and landscape images have been displayed in both local, national and international galleries. Many of his images are national and international award winners.

His work will be on display at The Whitecap in Anchore Bay. The exhibit is titled "It's Not All Black And White...Ya Know?" Bolander's work is on display July 1 - 30, 2019.



An opening reception is set for Sunday, July 7, from 3:00pm to 6:00pm. The "Whitecap" is at 35509 South Hwy One, Anchor Bay.

This year, was a rather strange and trying time for the photographer. Due to medical reasons, Ron had to spend eight weeks in San Francisco, undergoing radiation treatments. These treatments were every morning, five days a week for the full eight weeks. Because, these treatments were early in the morning, he had time, later in the day to pursue photography in a more "urban" environment. There was a drawback. It was mid Winter. It was cold, windy and raining.

San Francisco, this past Winter, was a little more difficult to get from place to place. The dense smoke from the wildfires, flooding from the unusually, heavy rains, the government shutdown of the National Parks and the residual "domino effect", leading to even more limited parking, made getting around the city more of an obstacle course.

His exhibit, at The Whitecap in Anchor Bay, is a reflection of his time in San Francisco. The weather, both good and bad is demonstrated in his images of familiar landmarks. Unusual and different views of the Bay Bridge, the Golden Gate, Land's End, Ocean Beach and an overall view of the city are all a part of what is on display. The use of both color and black white, in his pictures, as well as very long shutter speeds, emphasizes how he perceived the strange and oddly beautiful weather and it's effects on these landmarks.

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

OZ FARM

• CSA • Weddings • Retreats •

USDA ORGANIC **CCOF** **Certified Farmers Market**

ozfarm.com
707.882.3046
info@ozfarm.com

Redwood Coast Chamber of Commerce

The Sonoma- Mendocino Coastal Connection

Visitor Center Hours

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

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

"Every robber or oppressor in history has wrapped himself in a cloak of patriotism or religion, or both."

Eugene V. Debs (1855-1926)

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

It's About Time

by Janet Chancellor

I had barely noticed the peculiar smell in the house and the burning in my eyes when the piercing shrill of the smoke alarm got my attention. I hurried to the kitchen, grabbed the closest thing within reach, a plastic cutting board, and with it, fanned wafts of moving air toward the alarm.

I opened the windows and then the oven—where the charred remains of cookies lay in neat little black mounds. Twelve of them, lined up like torched soldiers, four rows of three. As I dumped them into the trash and considered making another platoon, I was reminded of the last time I had had a fire in that oven.

The first time I used my new oven, I saw flames through the glass door. The manufacturer's instructions, "How to Use Your Whirlpool Appliance" had been taped to the inside top of the oven, presumably at the factory. The instructions caught on fire during the pre-heating process, but luckily, no cookies were lost.

Clearly, it wasn't my fault. Although it happened several years ago, I remember the day because that was the day when I made, what looked like a sudden decision, to quit my job.

It was a sunny afternoon in July. I was driving up the California coastline for a weekend of writing at the "Beach House." My intentions were to leave early in the morning, but I needed to respond to a few emails and to make a last minute phone call. Two incoming calls, both requiring attention, sneaked in before I could turn on the answering machine. As I was leaving I noticed that Tracy, who had used my car, had not left enough gas in the tank to get me over the high-priced mountains, so I filled the tank, and . . . because one thing led to another . . . was about two hours behind schedule when I pulled onto the freeway.

My mind has always been full of ideas. I knew that I didn't know how to write, but there were things that I wanted to put down on paper . . . poems, myths, stories. I yearned to learn the craft, to get the skills of writing, but as a self-employed business owner, there was never enough time.

My thoughts took me mile after

mile away from the beautiful drive. I must have been absorbing some of the waving pampas grass, the steep cliffs, the grassy hills dotted with black cows or the water dancing around the rugged rocks of Bodega Bay, because by the time I arrived in Gualala, I had already made the decision. "I quit!"

It took me no more than half an hour to take down my webpage, cancel my business phone, give notification here and there and scrape the advertisements off of my car. Then, just before opening a bottle of champagne, in a symbolic motion of finality, I took off my wrist watch.

No more appointments, schedules, deadlines! I'm going to learn to write!

Taking my watch off was a symbolic cutting of the umbilical cord that had tied me not only to work, but to time. It felt good. And then, I got some scissors (it may have been the champagne) and cut off the minute and the hour hands from every clock in our house – leaving only their second hands intact.

I noticed that the minute hand on the clock face was always trying to catch up to the hour hand, attempting to drag the past into the future. I'd better write that down, ". . . turning guilt into worry."

It wasn't long after I retired, that we moved to the "Beach House."

One day, my friend Julian came over. We drank some iced tea and laughed and talked together. And then, after a while, she glanced at the clock on the table beside her and, not noticing that the clock had only a second hand circling around on its axis, said, "I'd better get going. It's getting late."

I smiled.

People don't recognize that the clocks in our home don't tell time. What the clock did for Julian, was what it did for most people, confirm the time message already in mind. I looked at the clock and thought, "I had better write that down!"

Al has made me a writing space in our home. I nestle into the comfy sofa with my keyboard, a good light and a view of the ocean. I've been

sitting here, fingers poised above the keyboard, thinking about the story I am writing.

Not long ago, Al bought me a great book about writing. As I read the first two chapters, and then re-read them to underline the best parts, I realized that, yes, I had some good things to say, and I was getting them written, but it wasn't a story. It didn't have a plot. It didn't have a crisis, much less a resolution. I was thinking about how I could start it in the middle, like the book said, or at the end.

I looked at my critical, armless clock and it told me I was getting hungry. I like a snack when I write.

Next to the clock on my table is my "If-I-get-an-idea-jot-it-down" notebook. The writing book suggested that I keep a journal, so my good, but random, thoughts would not get lost. I prefer to write with a pencil, a sharp pencil. While plugging in the pencil sharpener, I was repeating what I was trying not to forget:

"The minute hand on the clock face is always trying to catch up to the hour hand."

That's good, I thought. And I wrote, "It might surprise you to know that

a clock with only a second hand is not silent."

You know that's true. It clearly says, "Now. . . Now. . . Now. . ."

I picked up my pencil, "The key to hearing the sound of "now" is bringing your awareness to it." And I thought, "That's worth remembering."

And I wrote, "The present moment, standing between the tick and the tock of time, is the only perfect, true time there is." Poetic, right!

There I was, writing! I was on a roll!

And that's when the cookies burned.

Phillips Insurance Agency

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

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

**FARMERS
INSURANCE
GROUP**

884-1740



South Mendocino Coast Bus Service

Rt #95: Daily RT service between Point Arena and Santa Rosa

Rt #75: Weekday RT service between Gualala and Fort Bragg; Mon-Sat RT service between Gualala and Ukiah



www.mendocinotransit.org
(800) 696-4MTA (4682)



Crossword

by Margie E. Burke

ACROSS

- 1 Fizzy drink
- 5 Toned down
- 10 5:1, e.g.
- 14 Large-scale
- 15 Join together
- 16 Medic or legal starter
- 17 Take it easy
- 18 Something to recycle
- 20 Completely surround
- 22 Back out (on)
- 23 Rudimentary seed
- 24 Net-surfer's stop
- 25 "War of the Worlds" star
- 27 James Garner title role
- 31 Like some criticism
- 32 On the wagon
- 33 Woman with a habit
- 34 One who raised Cain
- 35 "Grab ___!"
- 36 Bring on board
- 37 Newton fruit
- 38 "Humble" dwelling
- 39 Adorable sort
- 40 Period of unbridled activity
- 42 Day spa offering
- 43 Fail to mention
- 44 Winter wear
- 45 Radio noise
- 48 Guiding light
- 51 Free-market proponent
- 53 Scrabble draw
- 54 Furthermore

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		

Copyright 2019 by The Puzzle Syndicate

- 55 In need of a massage, maybe
- 56 Divisible by 2
- 57 "___ there, done that"
- 58 Like a beaver
- 59 "It's a Wonderful Life" actress Donna
- 7 Bad thing to blow
- 8 Posting at JFK
- 9 Like the needy
- 10 First game of the season
- 11 Social outing
- 12 Type of race
- 13 After-Christmas event
- 19 Coin collector?
- 21 Football play
- 24 Fine fur
- 25 Like the needy
- 26 Diameter halves
- 27 Prone to sulking
- 28 Ambition
- 29 Vatican tribunal
- 30 Prepare to be dubbed
- 32 Young hog
- 35 Give up the throne
- 36 Shoddy goods seller
- 38 Fess up (to)
- 39 Be concerned
- 41 Skin soother
- 42 Hesitate
- 44 Outlaw chasers
- 45 Healing sign
- 46 Saga
- 47 Cathedral recess
- 48 Metallic sound
- 49 On the safe side, at sea
- 50 Tear
- 52 Pastoral setting

DOWN

- 1 Like the Sahara
- 2 Doing business
- 3 Talk out of
- 4 Protests, e.g.
- 5 Bodybuilder's goal
- 6 Quitter's cry

COVE COFFEE

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

Hey Peddler Reader: Look what we found.

LL BEAN DOUBLE CAMP BAG
Navy Blue. Lightly Used.
66" x 74". With nylon tote.
100% Nylon ext. & liner. \$40.
(707) 684-1894

LL BEAN SLEEPING BAG
74" x 33". Shell: Nylon. Liner: Cot/
Flannel. • Incl. Mt. Hardwr.
Polyurethane Foam Mat. \$25
(707) 684-1894

FRYE WOMENS BOOTS
Lightly Worn — Model 77395
"Sabina Flowers"
Size 9, Width B, \$90
(707) 684-1894

**Get your Classified message
in the Peddler.**
**\$15 per month,
3 Month Minimum.**
Email:
lighthousepeddler@mcn.org
Phone:
(707) 684-1894

"Every generation imagines
itself to be more intelligent
than the one that went before
it, and wiser than the one that
comes after it."

George Orwell (1903-1950)

Farallones Dispatches: "Getting To Know Your Ocean Neighbors"

by Mary Jane Schramm

MOONDANCE: In the pre-dawn dark the alarm buzzed annoyingly – an indecent hour for a Saturday. But today the moon was calling, its gravity tugging on the layer of water that blankets our planet. In an hour, sea level would have dropped well below average low levels, creating a minus tide that would expose vast swaths of intertidal rocky reef teeming with life. The couple mumbled morning greetings and headed for kitchen and shower



respectively. Fortified with hot coffee, and armed with a tide table, field guides, and grip-soled boots they headed for the coast. At the margins of NOAA's Greater Farallones National Marine Sanctuary there awaited a world filled with sea anemones, elegant sea slugs (aka nudibranchs), jewel-like snails, and glistening sea stars. Here, startled crabs, frilly-finned sculpins and tiny red octopuses



sought concealment. A few curious creatures peered up at the couple. "Nothing to see here, folks; move on!" It was an ocean world that was easy to explore without even getting (very) wet; no risk of seasickness, either!

TO SEA, TO SEE! At a different home, a similar scenario played out; this time the destination was the broad Pacific. The bird-



watcher was leaving behind her familiar hawks, flickers, and wrens, headed for Bode-

ga Bay and beyond to Cordell Bank to learn about seabirds. Seabirds, dolphins, sea lions and whales often associate together at sea; they all know a good meal when they see one – and each other. A cloud of gulls hovering in the distance signaled near-surface fish below. Soon the whale watch boat was surrounded: by humpbacks lunge-feeding on anchovies; all sorts of gulls and cormorants, some aloft, some too full to fly. Sea lions "rafted" at the surface before disappearing to forage beneath the waves. An albatross swooped in to check out the boat. The birder swung her binoculars toward the horizon, and excitedly called out, "Super-tall blow at two o'clock; maybe a blue whale!" She'd done her homework, learned the distinguishing marks of whales.

The naturalist and captain conferred, and announced they would head that way. Already, it was a great day at sea!

GET INTO YOUR SANCTUARY! This summer the West Coast sanctuaries and partners invite you for a special Get Into Your Sanctuary (GIYS) weekend, August 2, 3 and 4, <https://sanctuaries.noaa.gov/visit/giys.html>.

Greater Farallones' GIYS offerings range from Virtual Reality dives at our Visitor Center in San Francisco's Presidio, to a journey offshore. You can help restore native species on Kent Island in Bolinas Lagoon on Friday, August 2 (Free!): reserve through Kate, kbimrose@farallones.org. On Saturday, August 3, Greater Farallones Family Workshops feature Octo-Lab! Visit www.farallones.org for details. Also August 3, Cordell Bank and Greater Farallones national marine sanctuaries, with the International Ocean Film Festival, will sponsor a film festival at Point Arena. For information check <http://cordellbank.noaa.gov> around mid-July for the film lineup and details. On Sunday, August 4 join our Farallon Islands & Whale Watching Excursion; register with Sara at sheintzelman@farallones.org. Costs range from free, upward. Discounts are available for veterans for some programs. For year-round information, go to our Greater Farallones <https://farallones.noaa.gov/visit/story-map-guide-to-recreation>.

THE WATERY WEB: If an actual visit to

the sanctuary isn't in the sea stars for you, enjoy the Office of National Marine Sanctuary's Earth is Blue project and venture to and beyond our local sanctuaries through photos, videos and Virtual Reality: <https://sanctuaries.noaa.gov/earthisblue/videos.html>), via Twitter and Facebook at <https://twitter.com/GFNMS>, and <https://www.facebook.com/GFNMS/>



FAMILIARITY BREEDS CONTENT: Explore, sample, and get to know your optimal ocean experience. The sea can soothe your



soul, expand your knowledge, inspire and excite you. As e.e. cummings wrote, "For whatever we lose (like a you or a me), It's always our self we find in the sea."

Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
Maryjane.schramm@noaa.gov

Photo Credits: Left/top: Giant green anemone in quiet tidepool. Credit: Claire Fackler, ONMS/NOAA; Left: Cuddling ochre sea stars in Olympic Coast NMS. Credit: Nancy Sefton/NOAA; Left/Bottom: Black-footed Albatross soars in search of food. Credit: Jamie Hall/GFNMS/NOAA; Top: Humpback breaching. Credit: NMFS/NOAA; Above: Gulls enjoy Pacific sunset; Credit: National Park Service.

Spirit Veterinary Services
Mobile Veterinary Services for Dogs & Cats
Dr. Jennifer L. Frankot, DVM, MBA
Monday - Thursday: 8:00am - 5:00pm
Friday: 8:30am - 12:30pm
In-Home Visits, Stewarts Point to Manchester



(707) 840-3410
Gualala, CA 95445
www.spiritveterinaryservices.com

Voter Registration Returns To Pay & Take July 6 & 20.

Getting registered to vote is as easy as stopping by the Voter Registration table Saturday, July 6 and Saturday, July 20 at Pay & Take at the Gualala Community Center. Registration will be available from 8:30am to 12 noon.

California residents (any county) who will be 18 years old on or before the next election and are U.S. Citizens are eligible to register to vote. The forms are in English and in Spanish.

Please note: You must re-register if you have changed your address, changed your name, or wish to change your political party.

The new, improved Voter Registration forms are easier and more user-friendly. If

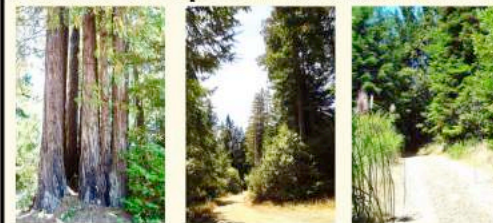


you are a youth 16 or 17 years old, you may now preregister in advance of your 18th birthday.

Please bring your Drivers License, or California ID card, and your Social Security number. Voting rights are civil rights. Thank you for protecting and exercising your precious right to vote. For more information contact DJ Sister Yasmin, 707-884-4703. Voter registration information is also at: www.sos.ca.gov.

"Diamond In The Rough"

Anchor Bay Village vintage mobile home on 11.93 acres: redwood forest, blue water views, located above & wrapping around top of Anchor Bay Sub. All utilities @ mobile home on 1st terrace; primary building site on 2nd tier has primary utility hook-ups and is located in the middle of the parcel which extends to the creek on the southern side of the utility access road. It is bordered by water company tank site & larger parcel above on east.



Price Reduced:
\$225,000



Banana Belt Properties

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

Fort Ross Festival: Something For The Entire Family July 27 Offers Food, Music, Crafts and Fun

Looking for the perfect way to escape the heat and cool off at the coast this Summer in Sonoma County? Join the fun on Saturday, July 27th for Fort Ross Festival, from 10:00am to 6:30pm. Advance tickets are \$20 per carload. So bring the family and friends. Tickets are available through Eventbrite or pay by cash at the park on the day of the event. It's a beautiful drive south along the Mendocino Coast (Fort Ross is about 11 miles north of Jenner).

Come for the culture and history, bring your family and friends, and enjoy a day outside - there are options for all ages.

Where else can you witness Kashia Pomo ceremonial dancing, learn from Alaska Native craftspeople, and take in traditional Russian performances, all together on the most beautiful stretch of the Sonoma coast? Grab a pint from their Beer Garden and enjoy an amazing day celebrating different cultures, plus food brought to you by the best of Sonoma County food trucks.

All profits from the Beer Garden go to support Fort Ross Education Fund, bringing under-served school groups to Fort Ross for our Marine Ecology Program and Environmental Living Program.

At press time entertainment is scheduled to include Dirty Cello, bringing the world a

high energy and unique spin on folk, gypsy and bluegrass. Plus appearances by the San Francisco Balalaika Ensemble; Bell ringing, Russian House Kedry, East Bay women's vocal arts ensemble Kitka, Slavyanka Chorus, Su Nu Nu Shinal (Kashia Pomo and Coast Miwok Native Americans) performing traditional dance.

The day also includes Hands-On Crafts Demonstrations. And the 2nd Annual Fort Ross Borscht Cook-off. Or you can watch coopers, spinners, carpenters, woodworkers, and many others skilled craftspeople busily preparing their wares, reminiscent of the Fort Ross era when they traded with the Spanish, Mexicans or Bostonians. Try your hand at making rope, weaving a mini-basket, or rolling a candle.

The Fort Ross Conservancy suggests you leave your dog at home during Festival because the park will be very crowded and the cannon firing is not really dog-friendly. However, well behaved dogs on leash are legally allowed in the parking lot, on roads, and inside the fort compound. Dogs are not allowed on the beach. California State Parks supports equal access. Prior to arrival, visitors with disabilities who need assistance should contact (707) 847-3437. For a detailed description and schedule of events try online at FortRoss.org. See you there!



Classic Cars Move From Gualala Arts To Gualala Hotel And On To Pt. Arena Lighthouse July 21

On Sunday, July 21 from 10:00am to 4:30pm the Point Arena Lighthouse will be welcoming participants in Dirty Jack's Drive In Car Show and the 11th Annual Gualala Arts Auto Show to the Lighthouse as part of its Cruise the Coast event. Participants in Dirty Jack's Drive In Car Show behind the Gualala Hotel on Friday, July 19 and the Auto Show, which will be held on Saturday, July 20 at the Gualala Arts Center, will receive a free pass for a Lighthouse Museum and Tower tour.

Cruise the Coast encourages participants in this unique automotive-themed weekend to make the cruise up our beautiful coast to

visit the iconic and picturesque Point Arena Lighthouse and take advantage of the great photo opportunities it offers.

In past years many of the hot cars from the Auto Show have parked around the Tower with their owners and other visitors taking some wonderful photos, both from the top of the Tower and at the base. We also love having the guests

that attend the shows get another chance to see these beautiful machines in a coastal setting after seeing them under the cool redwoods of the Art Center or behind the Gualala Hotel. More information is at PointArenaLighthouse.com



"Just For Fun" Opening July 6 Ceramic And Bronze Sculpture By Sophia Sutherland At Artist's Collective In Elk

"Just For Fun", an exhibition of ceramic and bronze sculpture by Sophia Sutherland will be shown at the Artist's Collective in Elk from July 2 to 30, 2019. Also included will be 2D work in ink, watercolor, graphite and pastel.

An Opening Reception is set for 2:00pm-5:00pm on Saturday, July 6.



Sutherland has lived in Elk for 51 years after having lived in North Africa, Europe and Mexico. She enjoys being

grounded & creative on Cameron/Greenwood Ridge. Her creations range from classical to surreal—from overtly whimsical to covertly philosophical.

Come see her work at the Artists Collective at 6031 South Highway 1 in Elk. The gallery is open daily 10:00am - 5:00pm.

Come celebrate the "Fun" in the outcome of Sophia's creative process. The gallery is just a few steps north of Queenie's on Highway One in Elk. (707) 877-1128.



Come Visit!
red stella
open daily 11-5:30 • Sunday 11-4
hwy 1 gualala • 707-884-1072
www.redstella.com

"Every minute of every hour of every day you are making the world, just as you are making yourself, and you might as well do it with generosity and kindness and style."

Rebecca Solnit (1961-)

arena technology center

monday thru friday

3:30pm - 7:30pm

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

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

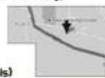
185 lake street

(located at south coast high school back building)

707.882.4173

arenatechcenter.org

(a subsidiary of the point arena schools)



GRR COLOR RUN 2019

Saturday, October 12

5K COLOR FUN RUN,
10K Runs, 5K Fun Walk

NEW: Kids DASH

and

Coastal Creations Brunch

Benefitting:

Action Network Family

Resource Centers

Gualala and Point Arena

Visit Action Network's website or Facebook for complete information on the run and current programs, activities and services or call (707) 884-5413
Online: RunSignUp.com or www.actionnetwork.info



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

- Monday 01: 7:00pm, Arena Theater Film Club: "The Russians Are Coming"
- Tuesday 02: 4:00pm, Gamers Camp begins at AUES Computer Lab
- Saturday 06: 8:30am, Voter Registration at Pay n Take at Gualala Community Center
- Saturday 06: 2:00pm, Art Opening at Artist's Collective in Elk. Sophia Sutherland.
- Saturday 06: 5:00pm, Art Opening at Dolphin Gallery: CC Case and Harald Eric Nordvold
- Saturday 06: 7:30pm, English Country Dance at Caspar Community Center
- Sunday 07: 1:00pm, Ron Bolander's photographs at Whitecap Opening Reception.
- Sunday 07: 12:00pm, Arena Boosters Independence Day Celebration & Picnic at Bower Park
- Sunday 07: 1:00pm, Coast Highway Art Collective, Pt. Arena. "High Fiber" show.
- Sunday 07: 2:00pm, Cindy Williams Gutiérrez at Four-Eyed Frog Books.
- Monday 08: 7:00pm, Arena Theater Film Club: "The Grass Harp"
- Thursday 11: 6:00pm, Seebass Wines Hosts Winemaker Dinner at Timber Cove Resort
- Friday 12: 5:00pm, Studio Discovery Tour, Preview at Discovery Gallery, Gualala
- Friday 12: 5:00pm, Art Opening at Gualala Arts: Ralph Jackson/John Simon Burnett
- Saturday 13: 1:00pm, NTL's The Tragedy of King Richard The Second at Arena Theater
- Saturday 13: 1:00pm, "A Wrinkle In Time" film at Coast Community Library
- Saturday 13: 4:00pm, Chamber Music Weekend with Roy Bogas & Friends at Gualala Arts
- Saturday 13: 5:00pm, Lecture at Lighthouse: "Point arena in the 1950s"
- Saturday 13: 8:30pm, Buck Moon Almost Full Moon Tour at Pt. Arena Lighthouse
- Sunday 14: 10:00am, CHCP community market, rain or shine, Fort Ross School
- Sunday 14: 4:00pm, Chamber Music Weekend with Roy Bogas & Friends at Gualala Arts
- Tuesday 16: 8:30pm, Buck Moon Full Moon Tour at Pt. Arena Lighthouse
- Wednesday 17: 7:30pm, "Treasure Island", San Francisco Mime Troupe at Arena Theater
- Thursday 18: 7:00pm, "Mountain Lions as our Neighbors" at Gualala Arts
- Thursday 18: 7:30pm, Third Thursday Poetry at Arena Market Cafe. Micah Singer.
- Saturday 20: 8:30am, Voter Registration at Pay n Take at Gualala Community Center
- Saturday 20: 10:00am, 11th Annual Auto Show & Pinewood Derby at Gualala Arts
- Saturday 20: 1:00pm, 9th Annual Manchester School BBQ Fundraiser, Greco Field
- Saturday 20: 1:00pm, "Flight of the Navigator" film at Coast Community Library
- Saturday 20: 7:30pm, Blues on the Coast Presents Coco Montoya at Arena Theater
- Sunday 21: 10:00am, "Cruise The Coast", Classic Cars at the Pt. Arena Lighthouse
- Monday 22: 7:00pm, Arena Theater Film Club: "Fellini's Roma"
- Saturday 27: 10:00am, Festival, Food, Music, and Fun at Fort Ross Festival at Ft. Ross
- Saturday 27: 1:00pm, "The Last Starfighter" film at Coast Community Library
- Saturday 27: 4:00pm, Author Alice Combs at Four-eyed Frog Books.
- Sunday 28: 10:00am, CHCP community market, rain or shine, Fort Ross School

AFRICA ON THE MENDOCINO COAST

B. Bryan Preserve in Pt. Arena

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

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

