

**ALWAYS
FREE**

March 2020



Lighthouse Peddler

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



“Kinky Boots A Musical” Special Screening March 28 At Arena Theater “The Feel-good Musical of the Decade”

With songs by Grammy® and Tony®-winning pop icon Cyndi Lauper, direction and choreography by Jerry Mitchell (Legally Blonde, Hair-spray) and book by Broadway legend Harvey Fierstein (La Cage Aux Folles), this ‘dazzling, fabulously sassy and uplifting’ (Time Out) award-winning musical celebrates a joyous story of Brit grit to high-heeled hit, as it takes you from the factory floor of Northampton to the glamorous catwalks of Milan.

Charlie is a factory owner struggling to save his family business, and Lola is a fabulous entertainer with a wildly exciting idea. With a little

compassion and a lot of understanding, this unexpected pair learn to embrace their differences and create a line of sturdy stilettos unlike any the world has ever seen! But in the end, their most sensational achievement is their friendship.

Don’t miss the freshest, most fabulous, feel-good musical of the decade’ (The Hollywood News) as it arrives on cinema screens. It’s the ultimate fun night out, so get your ticket now and experience the energy, joy and laughter of this dazzling show. One reviewer opined ...

Cont'd on page 17

“Creekside with Whitewater View • Deeded Beach Access”

Delightful home in Anchor Bay Village offers three bedrooms and three full baths on two living levels. Upstairs features open beamed ceilings throughout, whitewater ocean views from living room, music alcove and deck plus wood burning stove and an innovative full bath. Bright, skylighted kitchen and dining room overlook lush redwood/fern filled creek canyon. Huge master suite with wood stove, bath, breakfast station & canyon view deck complete main living area. Downstairs: 2BR/1BA apartment, garage&laundry. Walk to grocery store, restaurants, and shops in the village and down the trail to white sand private beach. Coastal living at its best in the heart of the banana belt.

\$476,126



www.bananabelt.org

Banana Belt Properties

J. Moloney Scott, Broker #00795487

(707) 884-1109

35505 SO. HWY 1 ANCHOR BAY

E-MAIL: BANANA1@MCN.ORG

Woodworker Charles Ross at Coast Highway Art Collective Opening Reception March 6

An opening reception is set at the Coast Highway Art Collective, featuring woodworker Charles Ross. The reception is on Friday, March 6 from 4:00pm to 6:00pm. Meet the artist, enjoy hors d'ourves and drinks and view the art in the recently remodeled gallery space.

Step into the gallery and you will find some intricately made wooden music stands for sale. Ross began making them 35 years ago when his daughters were in high school. He also works in wood sculpting, creating whales, dolphins, dragons and utilitarian items with an artistic flair.

Ross finds inspiration for his work in many of the places he has lived and worked. His first woodworking teaching job was at a junior high school in the Watts area of Los Angeles. The International Voluntary Services was looking for an industrial arts/vocational teacher to work at Trung Ky Thuat



Technical School in Vinh Long, South Viet Nam. After spending two years teaching in Viet Nam he moved to Portland Oregon where he taught woodworking and construction in an alternative high school.

His wife took a mid-wifery job at Shiprock Indian Hospital in New Mexico, so Ross took a woodworking teaching job on the Zuni Indian Reservation. There he learned stone carving. Tired of the long drive from home in Famington, New Mexico, he switched to a nearby Navajo school to



teach special education. The Rosses moved to Irish Beach in 2012.

This show runs from March 5 to 29. The Coast Highway Art Collective is located at 284 Main Street, Point Arena, the little red building with the big yellow sun located next to the Redwood Credit Union. The gallery is open from Friday to Sunday from 11:00am to 4:00pm. For more information or to join our gallery, check out their website at www.coast-highway-artist.com.

The Escher String Quartet Chamber Music At Gualala Arts March 8

The Escher String Quartet returns to Gualala Arts for a Chamber Music concert Sunday, March 8 at 4:00pm in Coleman Hall. Tickets are \$25 advance, \$5 more day of performance, youth 7-17 free with adult. Tickets are available at BrownPaperTickets.com or call 1-800-838-3006.

The Escher String Quartet has received acclaim for its expressive, nuanced performances that combine unusual textural clarity with a rich, blended sound. In its home town of New York, the ensemble serves as Season Artists of the Chamber Music Society of Lincoln Center. The quartet includes Adam Barnett-Hart, violin; Brendan Speltz, violin; Pierre Lapointe, viola; Brook Speltz, cello. In a concert review, Vivien Schweitzer of the New York Times wrote "The ensemble's playing was notable for its ideal blend of savage energy and wistful introspection."

Within months of its inception in 2005,

the ensemble came to the attention of key musical figures worldwide. Championed by the Emerson Quartet, the Escher String Quartet was invited by both Pinchas Zukerman and Itzhak Perlman to be the Quartet in Residence at each artist's summer festival. Currently, the String Quartet in Residence at Southern Methodist University in Dallas, Texas and Tuesday Musical in Akron, Ohio,



the quartet fervently supports the education of young musicians and has given master-classes at institutions such as the Royal Academy of Music in London and Campos do Jordão Music Festival

in Brazil.

The Escher String Quartet takes its name from Dutch graphic artist M.C. Escher, inspired by Escher's method of interplay between individual components working together to form a whole. Tickets available at BrownPaperTickets.com or call 1-800-838-3006.

**FOUR-EYED
Frog
BOOKS**

**Gualala
Cypress Village
Open 7 days
707-884-1333**

Community
Owned
Bookstore

www.foureyedfrog.com

National Theatre Live From London

Presents "All My Sons"

At Arena Theater • March 7

National Theatre Live from London brings another great production to the big screen at Arena Theater. Arthur Miller's "All My Sons" is set for Saturday, March 7, 1:00pm, doors 12:30 pm.

Broadcast live from The Old Vic in London, Academy Award-winner Sally Field (Steel Magnolias, Brothers & Sisters) and Bill Pullman (The Sinner, Independence Day) star in Arthur Miller's blistering drama "All My Sons".

America, 1947. Despite hard choices and even harder knocks, Joe and Kate Keller are a success story. They have built a home, raised two sons and established a thriving business. But nothing lasts forever and their contented lives, already shadowed by the loss of their eldest boy to war, are about to shatter.

With the return of a figure from the past, long buried truths are forced to the surface

and the price of their American dream is laid bare.

Jeremy Herrin (NT Live: This House, People, Places & Things) directs a cast including Jenna Coleman (Victoria), and Co-



lin Morgan (Merlin).

All My Sons is an Old Vic co-production with Headlong The play has a runtime of 165 minutes with one intermission and tickets are \$18, \$5 Youth (18 and under). Information is at ArenaTheater.org.



**WE ARE WITH YOU
EVERY DAY!**

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

**STREAMING NOW AT:
KZYY.ORG**

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

ADVERTISERS INDEX

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

FROM THE EDITOR'S DESK

- "Kinky Boots". Suggestion? Description? Funny? . Arena Theater. Mar. 28.(Cover).
- Charles Ross shows us real wordworking! Coast Hwy Art Collective. March 6. (Page 2).
- The Escher Quartet. Not 4 MCs. Four brilliant musicians. March 8. (Page 2).
- "All My Sons". National Theatre. (Deja vu?). March 8. (Page 2).
- Collectivity w/JJ Mulekat. Psychedelic Funk! Arena Theater. March 14. (Page 4).
- Sara Bogard seals it for us at Pt. Arena Lighthouse lecture. March 21. (Page)4.
- Manchester Community Center is giving money away. Really! (Page 4).
- Self. Management. Free. Try it. Mendonoma Health Alliance. March 12. (Page 4).
- Stardust Cocktail Party. To Benefit Arena Theater. March 21. (Page 5).
- March For Meals. Help Coastal Seniors. March 14. (Page 5).
- Coast Community Library is focused on fires. (Page 5).
- Has the Full Moon worm turned? At Pt. Arena Lighthouse, March 9. (Page 6).
- Lions Club meets St. Patty. Dinner and Bingo. March 14. (Page 6).
- Community. Food. Summit. Let's Go. March 18. (Page 7)
- MJ's looking at Oystercatchers. • Open Mic Night at Arena Theater. March 16. (Page 7).
- "State & Main". ATFC Film. March 2. (Page 8).
- Lola. Arena Theater Film Club. April 9. (Film).
- A Clockwork Orange". Arena Theater Film Club. March 23. (Page 8).
- Bolshoi Ballet. "Giselle". March 22. (Page 8).
- Karen Uphoff writes about some old guy's beard. I think. (Page 9).
- Rex is starting to deal with Arthritis. Cathy tells all. (Page 9).
- The highest. The steepest. The least accessible. Check this bird out. (Page 9).
- Think Visual in Pt. Arena. Catherine Richardson & Elizabeth Gladstone. (Page 10).
- Art in the Schools. See what these young artists have been up to. Mar 13. (Page 10).
- The Flying Dutchman heads our way. Arena Theater. March 14. (Page 11).
- Jim Vickery brings his dynamic art to elk Gallery. March 14. (Page 11).
- Let's go to Muscle Shoals. Great Music on Film Nite. March 17. (Page 11).
- The musical side of Howard Beale. This I have to scream. (Page 12).
- Jennifer reviews "Ordinary Girls". The Book. (Page 13).
- Need something to read? Check out the Four-Eyed Frog's best sellers. (Page 13).
- Improving ambulance service sounds like a no brainer. Check it out. (Page 14).
- Run. Run. Run. For a Board Seat at Arena Theater. (Page 14).
- Be Our Guest is here. Fundraiser for RCMS is well timed. March 7. (Page 14).
- "Healthy Brain. Healthy Heart." Get both. Mendonoma Health. March 11. (Page 14).
- Mitch is going plastic on us. Read more. (Page 15).
- Warren Galletti updates on area Schools. (Page 16).
- 3rd Thursday Poetry with Tongo Eisen-Martin. March 19. (Page 16).
- A new writer joins us. Soo Young Lee. We're happy she's here. (Page 17).
- The Crossword makes an appearance. (Page 18).
- MJ's got oystercatchers. Franny's making dinner. (Unrelated articles. Really). Page 19.

Our thanks to March contributors Warren Galletti, Rozann Grunig, Soo Young Lee, Mitch McFarland, Blake More, Cathy Sue Riehm, Mary Jane Schramm, David Steffen, Karin Uphoff, and Jennifer Bort Yacovissi.

Leprechaun (cover) Image by Annalise Batista from Pixabay

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

Issue #221 March 2020

Lighthouse Peddler

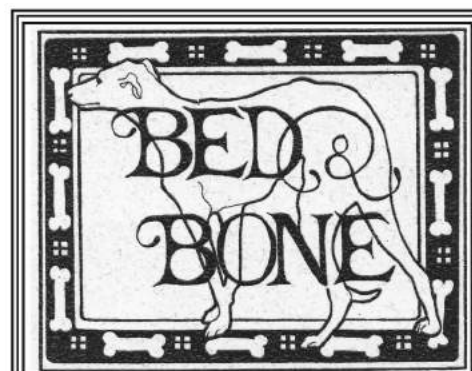
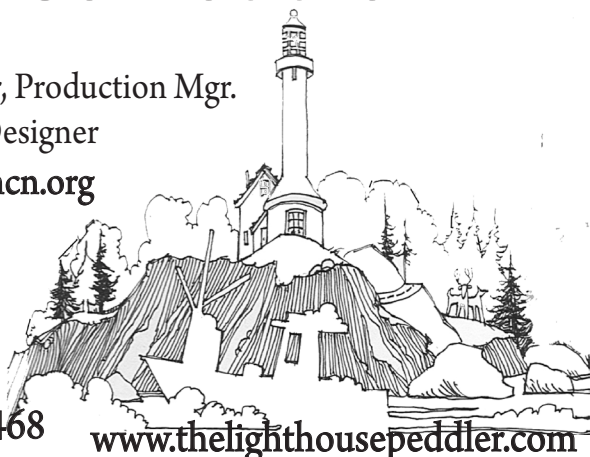
Dolly Steffen: Publisher, Production Mgr.
David Steffen: Editor, Designer
lighthousepeddler@mcn.org

(707) 684-1894

P.O. Box 1001

Point Arena, CA 95468

www.thelighthousepeddler.com



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

POINT ARENA LIGHTHOUSE
MUSEUM
TOWER TOURS
GIFT STORE
LODGING


Open Daily
10am-3:30pm

explore * stay * be inspired!

The historic Point Arena Lighthouse welcomes visitors from all over the world to climb the 145 steps to the top of the tallest lighthouse on the Pacific coast, tour the Museum, shop in the Gift Store and even spend the night right here!

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

POINTARENALIGHTHOUSE.COM



**THE SEA TRADER
GUALALA**

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

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

**Collectivity With JJ Mulekat
All-Star Jazz/Funk
and Psychedelic Soul
At Arena Theater • March 14**

The all-star, jazz/funk and psychedelic soul unit Collectivity with JJ Mulekat features some of the Bay Area's finest musicians. The members have performed and toured with the likes of, Booker T, Too Short, Sly and the Family Stone, Lyrics Born, New Mastersounds, Fantastic Negrito, Dumpstafunk and Galactic. They bring their unique blend of music to ArenaTheater Saturday, March 14. Doors open at 7:30pm with the music starting at 8:00pm. Tickets: are \$20 general admission, \$10 (18 and under). Advance sales at local outlets and at ArenaTheater.org.



Collectivity is a jazz/funk, psychedelic soul band originally formed in Shanghai, China and now based in the SF Bay Area. We're talking about blistering energy and genre blending from an ensemble of world class musicians with a focus on exploration through collective improvisation. Upbeat grooves, soulful guitar work and tight arrangements are things to expect from a Collectivity show; they're influenced by jazz/funk, gospel and psychedelic soul.

With their high energy stage performances, this band has recently opened for Larry Graham at Shanghai Arena, performed in Mongolia at Ulancho Stadium, toured in Europe, and headlining festivals across the States, and has been turning heads touring throughout Asia and the US.

In addition to the guitar wizardry of bandleader Ben Misterka, the level of musicianship in this band is off the charts. The two horn players have played with Etta James, Boz Scaggs and The New Mastersounds! Bassist Uriah Duffy is one of the most loved on the scene, working with everyone from Christina Aguilera, Whitesnake, Too Short, The Family Stone to name a few. Keys wizard Kevin Wong is one of the most in demand in the Bay and Tokyo. You may have seen James Small on the drums touring the world with Fantastic Negrito. We can't wait to witness firsthand why Collectivity is renowned across several continents.

**Pt. Arena Lighthouse Lecture Series: Sara Bogard, March 21
"Harbor Seals and other Inhabitants
of the Point Arena Lighthouse and the Stornetta Public Lands"**

On Saturday, March 21 at 4:00pm, Sara Bogard will present "Harbor Seals and other Inhabitants of the Point Arena Lighthouse and the Stornetta Public Lands" as part of the Lighthouse Lecture Series.

This presentation will give an ongoing glimpse into the rich diversity of life that can be seen at the Point Arena Lighthouse and adjacent Point Arena/Stornetta Public Lands.

The presentation will take a closer look at the animals who reside and migrate through this shoreline and bluff top habitat. From her weekly surveys and monitoring Sara will present data she has gathered on the resident Harbor Seals, birds and other species over the past year.

During the pupping season from May through June, her highest pup count was 21 pups on May 5, 2019 and highest count of adults and immature Harbor Seals was 181 on September 9, 2019. Observations of Harbor Seal mother and pup interaction reveal a unique bond across many species. From this data and information, patterns and cycles of birth, nesting and migration emerge to make these bluff tops a spectacular place to view and connect with the natural world.

Sara Bogard is an Ocean Conservationist. She volunteers as a citizen scientist for

the Greater Farallones National Marine Sanctuary and Beach Watch Program, and gathers weekly data on the Harbor Seal population at the Point Arena Lighthouse/Stornetta Bluff for the Point Reyes National Seashore Harbor Seal Monitor and Inventory Program.

Bogard is a volunteer for The Marine Mammal Center and helps to assess, monitor and rescue marine mammals. She also volunteers for Naked Whale Research, which focuses on tracking Resident and Transient Killer Whales and other cetaceans along the Mendocoma Coast. In addition, she takes on the role of a Harbor Seal Docent during the pupping season and conducts other ongoing pinniped surveys in Mendocino County, California. In particular, her observations and data gathering include Harbor Seals, Northern Elephant Seals and California and Steller Sea Lions and occasionally Guadalupe and Northern Fur Seals. Her goal is to share this data to promote the health and sustainability of pinniped populations in Northern California and bring public awareness to the effects of human and current environmental factors which affect these species.



Image by Ken Kirby from Pixabay



• CSA • Weddings • Retreats •

OZFARM.COM
707.882.3046
info@ozfarm.com



GET HEALTHY!
MHA Still Has Spaces
Available For Their FREE
Self-Management
Health Workshop
Begins March 12

Mendonoma Health Alliance is offering a free, six-week class. It's a Self-Management Workshop for people with Chronic Conditions. The workshop is based on the Stanford University Chronic Disease Management Program.

Meetings are on Thursdays from March 12 through April 23, 2020. (Please note: there is no class on April 16). Each class meets from 1:00pm to 3:30pm at the Manchester Community Center, 43970 Crispin Road, Manchester. Space is limited so early registration is available and encouraged.

Learn how to live a healthier life with chronic conditions. Topics include: • **Managing Symptoms** • **Healthy Eating** • **Medication Usage** • **Stress Management** • **Setting Goals** • **Making informed Treatment Decisions** • **Working with your Health Care Provider**. Information is at (707) 412-3176 x 102, or at info@mendonomahealth.org.

**Manchester Community Center Has Scholarships
Apply Now • Deadline is April 10, 2020**

Many of us can remember applying for scholarships, and hoping to receive something, anything, to help with the cost of community college, technical school, or

to replenish their scholarship fund, and help deserving students from the area with a scholarship.

The Manchester Community Center has raised money for multiple scholarships this school year. These scholarships can be for either tech school, trade school, art school or college. Applications are available at the Point Arena High School office. Mail completed applications to:

Manchester Community Center
Garcia Guild
PO Box 164

Manchester, California 95459

Donations? Make sure you include a note so they know the money is to go into the special fund that has been created.

Applications are due on Friday, April 10, 2020.

(online apps are available at: ManchesterCommCtr.wixsite.com/web-site.)



university. That concern is not lost on the generous people at the Manchester Community Center. Each year they raise money

"Stardust Cocktail Party"
A Fundraiser for
Arena Theater Cinema • March 21

The word "Stardust" almost always brings to mind ideas of music, romance, and maybe beautiful evenings under the stars. Which-ever idea works for you, consider the Stardust Cocktail Party on Saturday, March 21. From 4:30pm to 7:00pm you can be a part of the fundraiser for Arena Theater Cinema. \$Tickets are \$40 advance, \$50 at the door.

The community is invited to enjoy this "out of this world" Stardust Cocktail party, and support Arena Theater at the same time. Fundraising chair Barbara Pratt

Stardust
Cocktail Party
FUNDRAISER FOR ARENA THEATER CINEMA

Out of this world...
Hors d'oeuvres by FRANNY'S CUP & SAUCER
No Host BAR with Special Cocktails and Mocktails
Live and Silent Art Auction
Music TOM MERLINE on Piano

Saturday
March 21
4:30 to 7:00 p.m.

\$40 Advance
\$50 at the door

ARENA THEATER
ArenaTheater.org for more information

Call 707.882.3272 to Reserve Your Ticket in Advance
Join us for a magical late afternoon drink while supporting cinema at your theater!

put it this way: "Join us for a magical late afternoon drink while supporting cinema at your theater."

The event will feature savory hors d'oeuvres by Franny's Cup and Saucer including Pt. Reyes Blue Cheese with Lisa's Luscious pear jam, spiced almonds, wild mushroom tarts, English cucumber and smoked salmon, Asiago and golden raisin savory sable, chevre stuffed Medjool dates with balsamic reduction, mini chocolate eclairs and more. A no-host bar will offer special cocktails, mocktails, beer and wine and local musician Tom Merline on piano will complement the festive ambiance with his harmonies.

Arena Theater's president of the board, Mitch McFarland, will facilitate a live auction showcasing arts and crafts by coastal artists, and people can also place bids for additional pieces in a silent auction.

Arena Theater is located at 214 Main Street, Point Arena, California. Arena Theater is a member-supported community theater owned and operated by the Arena Theater Association, a 501 (c) (3) not for profit corporation. For additional information visit: www.arenatheater.org.

Coastal Seniors Joins In Month-Long "March For Meals"
5K March for Wheels (14th), Spaghetti Dinner (27th) and More

Many of our locals depend on the support offered by Coastal Seniors but the work they do is not always that obvious to the rest of us. Sometimes we take note when the Senior Bus appears on the road in front of our car or passing us headed in the opposite direction.

These wheelchair-accessible buses help seniors get to and from the community lunch (Monday and Wednesday in Point Arena, Tuesday in Gualala,) and enables them to complete errands at the post office, the doctor's office, grocery store, pet store or bank before being driven back home. But there's also the programs of Commodity Distribution, Food Bank, CalFresh Registration and more.

This month Coastal Seniors will be participating in the 18th annual March for Meals—a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on the vital service to remain healthy and independent at home. Coastal Seniors' celebration will include various activities throughout the month of March, including,

- The 5K March for Meals Walk at the Gualala Point Regional Park on Saturday, March 14, beginning at 10:00am
- And a Spaghetti Dinner—hosted by the Arena Union Elementary School teachers & staff—is set for Friday, March 27, from 5:00pm to 7:00pm at the Veterans Memorial Building in Point Arena.



"The services we provide are a lifeline for seniors of the Mendonoma Coast and the need is rapidly increasing," said Nancy Gastonguay, Executive Director of Coastal Seniors. "Together, we can keep our senior neighbors well-nourished, feeling safer and more connected to our community as they age."

The annual March for Meals celebration commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

Meals on Wheels is clearly a success story. It connects people with limited mobility to the world outside. Whether it's a brief conversation, a nutritious meal or a safety check, this is a program that works.

Let's all get out and be a part of the 5K walk on Saturday, March 14. Registration for Youth (17 and under) is \$20. General registration is \$35. Once you're registered, ask your friends, neighbors and business associates—anyone who is unable to make the walk—to sponsor your walk with a pledge.

Coast Community Library Looks at Firefighting
And Gives us a Preview of an April Display.

As we were going to press I had a conversation with Julia Larke, branch manager at the Coast Community Library. She was in the midst of organizing a commemorative display featuring a variety of items on loan from area firefighters. This is a work in progress. For now we have a photo of the display, and in April we'll give you a bit more information.

And the library is planning a Wildfire Safety program with help from local Fire Protection Districts, local Cal Fire, the Mendocino County Fire Safe Council, Redwood Coast Medical Services, and the local Sheriff's station.



What she also told me was that her work on the display coincided with word that a major fire in the San Joaquin Valley Library System virtually destroyed the Porterville Library. Even more devastating was the loss of life. It appears two firemen from that district died keeping others safe and trying to

tame the fire. One last thing. On page 14 of this issue you'll find an article on the upcoming Special Measure To Fund two Coastal Paramedic Ambulances to operate 24/7. You may wish to look at this important issue.

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

Gualala Arts Presents
"Art in the Schools"
A New Exhibit
The Art of Young Creative Minds
Produced Throughout the Year
in Local Schools
Opening Reception • Friday, March 13
5 pm - 7 pm • Free

Chamber Music Concert
The Escher String Quartet
Coleman Hall • Gualala Arts
Sunday, March 8, 4 pm

Gualala Arts
Global Harmony Summer
Adventure Camp
Tuesdays thru Fridays
July 7-10 & 14-17
9:30 am to 12:30 pm
Information and Registration
Now Available at Gualala Arts

17th Annual Chowder Challenge
"Chowder & Jazz"
Saturday, April 4,
11:30 am to 2:30 pm
"The Tastiest Event of
the Whale & Jazz Festival!"

Gualala Arts Spring Cleaning!
Saturday, April 11
Sale hours: 10 am to 7 pm

Register Online for our Workshops:
Cooking • Painting • Collage • Yoga •
Tai Chi • Fiber Arts • Ceramics •
Photography • Vocal & Theatre
Performance • Marketing your Art •
Drawing • Self-Discovery and more.
Information at GualalaArts.org and
at BrownPaperTickets.com.

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

"For the villainy of the world is great, and a man has to run his legs off to keep them from being stolen out from underneath him."
Bertolt Brecht (1898 - 1956)

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

Solution to Crossword:

Full Moon



March 9

New Moon



March 24

"Full Worm Moon" in March at Point Arena Lighthouse
Full Moon Night Tour Set For March 9

The Point Arena Lighthouse continues its popular Full Moon Night Tours with a Full Worm Moon Night Tour on Monday, March 9. Gates open 7:00pm, tour starts around 7:30pm. The evening will feature a special presentation about the Light Station's history and technology, sweet and savory snacks accompanied by champagne or sparkling juice, capped off by a guided "Climb to the Top" tour of the tallest lighthouse on the West Coast under the rising full moon - if the weather cooperates, of course! An etched Point Arena Lighthouse souvenir champagne flute is included in the price of admission for each participant, which is \$30 per person or \$25 per person for two or more. The tour is limited to 20 guests, so reservations are recommended in advance of the tour.



and earthworm casts reappear, inviting the return of robins. This has also been called the Sap Moon, as it marks the time when maple sap begins to flow and the annual tapping of maple trees begins. It will also be the first of three full moon "supermoons" in 2020. A supermoon is a new or full moon closely coinciding with perigee, the moon's closest point to Earth in

its monthly orbit. According to the original definition of supermoon—coined by astrologer Richard Nolle in 1979—a full moon or new moon has to come within 90% of its closest approach to Earth to be dubbed a supermoon. In other words, any full moon or new moon that comes to within 224,865 miles (or 361,885 km) or less of our planet, as measured from the centers of the moon and Earth, can be called a supermoon, according to Nolle's original and extremely generous definition. That's why there are going to be three full moon supermoons in 2020: March, April and May. This means that the moon may appear brighter and bigger than normal, provided the night sky is clear and dark.

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 3 days prior to the tour.

Moon Image by Pezibear from Pixabay

"It may be that the old astrologers had the truth exactly reversed, when they believed that the stars controlled the destinies of men. The time may come when men control the destinies of stars.

Arthur C. Clarke (1917 -)

Gualala Lions Club
Annual St. Patrick's Day
Dinner & Bingo • March 14
At Gualala Community Center

The Gualala Lions Club will once again host its annual St. Patrick's Day Dinner & Bingo fundraiser on Saturday, March 14. It's about fun and food, of course, but it's also about raising money to support scholarships for students at Point Arena High School, eye screenings for local elementary school children, and Senior Home Delivered Meals.



Dinner and Bingo will be at Gualala Community Center. Dinner served beginning at 6:00pm with Bingo following. The \$30 donation includes Corned Beef & Cabbage dinner, beverages and 5 Bingo Games. (Additional sheets are \$1.00 each). Tickets are available at Four-eyed Frog Books.

Have some fun and maybe even take home a little cash when you win at Bingo. Information is at 884-9597. And may the luck of the Irish be with you.

"There are probably more annoying things than being hectorated about African development by a wealthy Irish rock star in a cowboy hat, but I can't think of one at the moment."

Paul Theroux (1941-)

Through Rain or Shine

GUALALA SUPERMARKET

Your FULL SERVICE Grocery ...with High Quality

SENIOR DISCOUNT EVERY MONDAY



WE ACCEPT EBT CARDS



SUNDSTROM MALL, GUALALA 884-1205 7AM UNTIL 8PM DAILY

**South Coast Community Food Summit • March 18, Pt. Arena
Share Your Ideas About Local Food and More • Veterans Hall**

On Wednesday, March 18, a group of people will join together for the South Coast Community Food Summit. The meeting will take place from 4:00pm to 7:00pm at Point Arena Veterans Hall, 451 School Street in Point Arena.

The host for this event is actually a collaboration of the Mendocino County Food Policy Council with help from the Mendonoma Health alliance. The afternoon will be facilitated by Jen Dalton and Miles Gordon.

Dalton is the founder and principal of Kitchen Table Consulting. She is dynamic and well-networked with expertise in developing strategic intentions and advocacy efforts for organizations of all sizes, from grassroots to global. Having worked in food and politics for the majority of her professional life, Jen is committed to collaborative efforts that communicate the connections between the food we eat and the overall health of our environment, be it personal or global.

Gordon is a recognized leader in Food Systems development, Community En-

gagement, and Multi-stakeholder and bilingual (Spanish/English) Facilitation. He most recently served as the Food Systems Director for North Coast Opportunities (NCO), located in Mendocino and Lake Counties, California. He is co-founder of the Mendocino Food Policy Council and a member of the California Food Policy Council. He is currently a Wallace Center Community Food Systems Mentor.

"We boldly envision a bio-diverse world where all people enjoy resilient communities and healthy food that is cultivated, harvested and distributed in ways that support farmers and our planet."

Join this facilitated community-wide discussion and share your ideas and opinions on local food access and education, agriculture, and more. Wonderful soup, cookies and more will be served and, most importantly, everyone is welcome!

RSVP is not required but very much appreciated. RSVP online at:

<http://www.tinyurl.com/FoodSummit2020>



**3rd Monday Music at Arena Theater
March 16 • Open Mic Night**

Arena Theater's quarterly Third Monday Music, an open mic night for local musicians, returns on Monday, March 16, at 7:30pm.

Sign-ups begin at 7:00pm on a first-come, first-served basis, and participants are encouraged to sign up early as space is limited.

The music will start at 7:30pm with solo and duo acts until 8:30pm, followed by trios and bands from 8:30pm - 10:00pm, and the stage will be open for jam sessions after 10:00pm.

"Third Monday Music grew from the desire to have a venue for local musicians to hone their stage skills and meet other musicians," organizers said.



The shows are run by volunteers including lights and sound, setting up and managing the stage, and tending the theater bar. The evening also offers an opportunity for people who would like to learn how to work with lights and sound. "The theater is always looking for people who can do this part of a show and it's great fun, too!" a theater spokesperson said.

Tickets for everyone (including the musicians) are \$5, with all proceeds benefitting Arena Theater. The Arena Theater bar will be open. For inquiries, people can call the Arena Theater office at 707-882-3272.

**Almost Fringe Festival
Returns To Point Arena
Food • Fun • Shopping • Music
April 18 • From 11:00am**

Mark your calendar. It's almost time so get ready to revel in the fringe arts in Point Arena! It's an all-day celebration of arts & crafts, live music, local foods and fun! The festival returns Saturday, April 18. From 11:00am to 6:00pm shop for unique wares in the Pop Up Crafts Fair at Druids Hall and at local galleries and shops.

Local musicians will showcase their talents throughout the day at Centennial Plaza, in the heart of town.

Bring the kids for family-friendly events. And bring an appetite! Pop up local cui-



Visit PointArena.net for the complete Schedule of Events

sine offerings and restaurants in and around town will feed that fringy hunger.

Just outside of town the Point Arena Lighthouse hosts the Berkeley Kite Wranglers and their giant kites for a Wind & Whale Celebration from 10:00am to 3:30pm. At 7:30pm, put on those dancing shoes for live music at Arena Theater. Don your festive, fringy attire and join the celebration! More info to come at pointarena.net.

**arenatheater.org
March 2020
Stardust Cocktail Party
Fundraiser for Arena Cinema
Saturday March 21 4:30 PM**

**Coming: Arena Theater
Membership Meeting &
Board Election 2020
Monday April 20, 6 p.m.**

**National Theatre Live
from London
Saturday March 7 1 PM
All My Sons**

**Met Opera Live in HD
Saturday March 14 9:55 AM
Der Fliegende Hollander**

**Arena Theater Live
Saturday March 14 8 PM
Collectivity**

**3rd Monday Music
Monday March 16 7:30 PM
Open Mic Night**

**Bolshoi Ballet in Cinema
Sunday March 22 2 PM
Giselle**

**Special Telecast Event
Saturday March 28 1 PM
Kinky Boots A Musical**

**Arena Theater Film Club
Mondays 7 PM**

**March 2 State and Main
March 9 Lola
March 23 A Clockwork Orange
214 Main Street Point Arena**

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

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

Arena Pharmacy
Natural Cosmetics
Homeopathic & Natural Remedies Available
MediCal & Insurance Cheerfully Accepted
882-3025
9 - 5:30 p.m. Mon - Fri
Delivery Available
235 Main Street, Point Arena

"We are not lovers because of the love we make but the love we have
We are not friends because of the laughs we spend but the tears we save
I don't want to be near you for the thoughts we share but the words we never have to speak
I will never miss you because of what we do but what we are together
Nikki Giovanni (1943 -)

"State and Main" • "Lola" • "A Clockwork Orange"
Three Films in March Provide Disparate Views on Society so, Buckle Up!

This month the Arena Theater Film Club will make us ride the emotional roller coaster. The March series opens with a film titled "State and Main" from director avid Mamet. Screening Monday, March 2 at 7:00pm, the film is rated "R" for language and brief sexual images.



The cast is long on names from 2000 (when the film was made) and who've become familiar names (or at least familiar faces) during the subsequent 20 years. It includes Alec Baldwin, Charles Durning, William H. Macy, Philip Seymour Hoffman, Patti LuPone, Julia Siles, Ricky Jay, Sarah Jessica Parker and more.

The plot is easily embraced: An obnoxious film crew invades a New England town. Duh. But there's Winning satire.

Walter Price (Macy) is directing a movie

that has gone over budget. Having been kicked out of his New Hampshire filming location, Price must quickly find a new, low budget location that can quickly pass as a 19th Century village. He soon comes across the quaint town of Waterford, Vermont. According to the brochure the town is equipped with a firehouse, a mill and a population eager for the glitter of Hollywood. Price thinks he has it made. However, he soon finds out that the mill, a crucial piece in the film, was destroyed several years ago in a fire. This is the first in a series of mishaps, including a star who prefers young girls (Baldwin). Roger Ebert's review suggested that "It's Mamet in a lighthearted mood, playing with dialogue, repeating phrases just because he likes them, and supplying us with a closing line that achieves, I think, a kind of greatness." Run time is 105 minutes.

The month's second film is "Lola", a 1981 film from German director Rainer Werner Fassbinder. It screens on Monday, March



9 at 7:00pm and has a runtime of 113 minutes.

An homage to Von Sternberg's 'The Blue Angel,' Fassbinder's film follows a stuffy municipal building commissioner whose morality is tested when he unknowingly falls in love with Lola, the paid mistress of a corrupt property developer.

Germany in the autumn of 1957: Lola, a seductive cabaret singer-prostitute (Barbara Sukowa) exults in her power as a temptress of men, but she wants out—she wants money, property, and love. Pitting a corrupt building contractor (Mario Adorf) against the new straight-arrow building commissioner (Armin Mueller-Stahl),

Lola launches an outrageous plan to elevate herself in a world where everything, and everyone, is for sale. Shot in childlike candy colors, Fassbinder's homage to Josef von Sternberg's classic "The Blue Angel" stands as a satiric tribute to capitalism. The film is in German with English subtitles). "Lola" is rated "R".

The month's final film offering is a Stanley Kubrick classic: "A Clockwork Orange" from 1971.

Raising a considerable amount of controversy (not to mention audience members who experienced a rising angst-level) of some seeing the film on the big screen almost a half-century ago.

In Kubrick's dark satire, set in a dismal dystopian England, classical music-loving proto-punk Alex (Malcolm McDowell) and his "Droogs" (friends) spend their nights embarking on "a little of the old ultraviolence," assaulting people in the streets and in their homes. Finally captured by the police, Alex undergoes rehabilitation in the form of aversion therapy as brutal and horrifying as any of his offenses. The film is based on the novel by Anthony Burgess.

Casting a coldly pessimistic view on the then-future of the late '70s-early '80s, Kubrick and production designer John Barry created a world of high-tech cultural decay, mixing old details like bowler hats with bizarrely alienating "new" environments like the Milkbar.

Released in late 1971 (within weeks of Sam Peckinpah's brutally violent "Straw Dogs"), the film sparked controversy in the U.S. with its X-rated violence; after copycat crimes in England, Kubrick withdrew the film from British distribution until after his death.

Opinion was divided on the meaning of Kubrick's detached view of this shocking future, but, whether the discord drew the curious or Kubrick's scathing diagnosis spoke to the chaotic cultural moment, "A Clockwork Orange" became a hit. On the heels of New York Film Critics Circle awards as Best Film, Best Director, and Best Screenplay, Kubrick received Oscar nominations in all three categories.

The film has a runtime of 131 minutes and is rated "R" for adult situations/language, nudity and violence.



Bolshoi Ballet's "Giselle"
Filmed in Moscow
Bolshoi Cinema At Arena Theater
Sunday, March 22

Arena Theater presents the Bolshoi Ballet's "Giselle" in Cinema, Sunday, March 22, at 2:00pm. The running time is 150 minutes. Tickets are \$18, \$5 youth (18 and under). "Giselle" is a special production captured from the Bolshoi Ballet in Moscow, Russia.

The young peasant girl Giselle dies when she learns that the man she loves, Albrecht, has betrayed her. Against her own will, she joins the wilis, vengeful spirits, who now turn against Albrecht and condemn him to dance until he dies of exhaustion. This treasure of romantic ballet is one of the oldest and greatest in classical repertoire, touching upon the great romantic themes: a doomed love affair ending in tragedy, a dive into fantasy, and ultimate redemption through the power of love.



The Bolshoi is renowned for its intimate and emotionally intense interpretation of this beloved drama and world renowned choreographer Alexei Ratmansky brings a fresh perspective to one of the oldest and greatest works of classical dance, giving the audience an opportunity to discover this iconic ballet anew.

Help support events like the Bolshoi Ballet series Arena Theater is a 501C3 non-profit organization. Your support of the events, first-run cinema, classic films, live music and more helps keep the theater vital. More information is at ArenaTheater.org.

**ARENA
FRAME**
*Custom Mats
& Frames*
 Anna Dobbins,
 APFA
 882-2159

**ARFF
FEED and PET
SUPPLIES**

(707) 884-1832 • Mon-Fri 10-5 Sat 10-3
Hwy 1 and Pacific Woods, Gualala, CA



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

Solution to Sudoku:

Words on Wellness • "Old Man's Beard"

by Karin Uphoff

March is a month known for its strong winds and hopefully rain here on the north coast. It also heralds a time of respiratory re-infections and allergies due to pollen, molds and burn piles. Yet as always, nature drops clues to engender wellness and grey-green

Usnea lichen is one literally dropped from the trees in high winds. Sometimes called Old Man's Beard, usnea is a common northern forest lichen. It tends to grow as hanging aerial tufts or long gossamers on the dead lower branches



of living trees, including fruit trees. Like all lichens, usnea is a symbiotic pairing of a fungus with an algae. When you pull it apart, you can see the inner core of white fungus surrounded the chlorophyll-rich algae.

Various Usnea species have been used as medicine in Asia, the Middle East, Europe and North America for thousands of years. There are about four common species here in the western states. Its natural sponginess was applied as padding for wounds, skin inflammations, diapers and menstrual pads and it was disinfecting at the same time.

Usnea is among our best herbal antibiotics against gram positive bacteria, particularly Streptococcus, Staphylococcus and tuberculosis, plus it's effective at killing

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

Botanical Body Care: Herbs and Natural Healing for Your Whole Body. Learn more at: www.karinuphoff.com

many types of fungal infections, including Candida. Research has shown this is mostly due to usnic acids that also work well to resolve trichomonas (a parasite), some autoimmune conditions like lupus, urinary tract infections including cystitis, and upper respiratory infections like bronchitis and pneumonia.

Fresh air, good rainfall and fog are requirements for long strands of this slow-growing lichen. It's best to collect freshly fallen healthy (still spongy and green) strands. Usnea is not very water soluble so must be simmered for thirty minutes to make tea. It tends to be bitter and cooling, so add licorice root and ginger root to sweeten and warm it up. You can drink three cups of this decoction a day for treating upper respiratory infections and this same recipe can be used for bladder infections. A tincture is made by short-heating usnea in water first and then using strong alcohol to extract it.

Traditional cultures applied it more commonly as a topical medicine by soaking or slow cooking it in warm oil for use in ointments, skin creams and vaginal inserts. We are fortunate to receive this gift of wind and trees.

Image by Jody Davis from Pixabay

Animal Care & Welfare • Dysplasia vs Arthritis

By Cathy Sue Riehm

My active yellow Lab, Rex, is getting older. . . and stiffer. All the years of chasing a ball (running, jumping, stopping short, twisting and turning) are beginning to catch up with him. While many of us have heard about hip and hind-end problems in our big dogs, what about the front-end? And what is actually happening inside the body?

Let's first differentiate between dysplasia and arthritis. Dysplasia is not arthritis, but arthritis will develop in dogs born with dysplasia.

Dysplasia is an inherited, or genetic, problem caused by an abnormally formed joint. Hip dysplasia occurs when the femoral head (the 'ball' at the top of the femur) doesn't fit properly into the hip socket- many times due to the socket being flatter and less 'cup-like' than it should be. Elbow dysplasia results when the humerus (of the upper forelimb) and the radius and ulna (of the lower forelimb) develop uneven growth and/or the elbow joint connecting these bones develops cartilage abnormalities.

Arthritis, also known as osteoarthritis or degenerative joint disease, is a progressive deterioration of joint cartilage, which triggers an inflammatory response, causing swelling and pain. This inflammation leads to the formation of osteophytes, or abnormal bony

outgrowths, sometimes called 'bone spurs'. Arthritis can occur in almost any joint in the body.

The symptoms for these two issues are very similar—decreased activity (particularly when it comes to navigating stairs or jumping), difficulty getting up (after sleeping, for example), exercise intolerance and/or an unwillingness to play and a decreased range of motion.

How can we tell the difference? Radiographs. Breeders will typically provide hip X-rays (specifically positioned) in their large breed youngsters to ensure dysplasia was not passed on by the parents. Spinal radio-

graphs will show a decrease in the space between vertebrae, if arthritis is the problem.

Hip and elbow dysplasia are predominantly a problem in (larger) dogs, but what animals can develop arthritis? Only most of us! Humans, horses, dogs, cats, goats... Your veterinarian may recommend an anti-inflammatory (which requires periodic bloodwork to monitor the effects of the drugs on the rest of the body), a supplement, like omega-3 fatty acids or acupuncture. We can provide helpful anecdotes- stairs or ramps to elevated locations (like Rex's stairs into his truck), lower-rimmed litter boxes (to make it easier for Kitty to get in and out) and deep (or foam) bedding, for your show-jumper geriatric horse or your goat with CAE (Caprine Arthritis Encephalitis).

Don't ignore your pets' pain and stiffness- investigate and address it, like you would do for yourself.



Pelagic Cormorants: "Highest, Steepest, Least Accessible"

Pelagic Cormorants do not live up to their names. Rather than going far out in the open ocean they stay within a few miles of shore. They are year-round residents. At 28 inches in length they are the smallest cormorants. They are distinguished by

being skinny with a thin bill. Their slender neck sticks straight out in flight and has been described as looking like a broomstick. At close range their dark feathers have a shiny metallic blue and green gloss.

In spring they are easy to identify by the two white flank patches seen in flight. The breeding adults bare throat patch is ruby red.

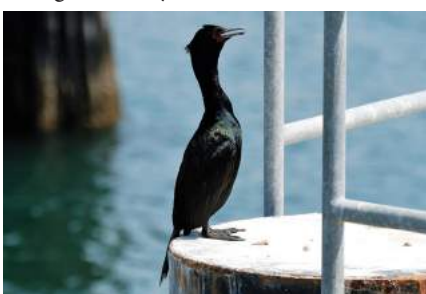
Pelagic Cormorants can be recognized by their of nest site on the offshore rocks. While Brandts Cormorants nest on top of islets and flat rocks, Pelagic Cormorants nest on the highest, steepest, least accessible rocky cliffs facing the water. Their tiny

ledge nests seem to defy gravity. They nest in loose colonies, which include nonbreeders returning at night to roost.

A breeding pair builds the nest together, one gathering seaweed, grass and sticks while the other builds. They will return to the same nest each year and add to it so that some nests have reached 6 feet. The female lays 3-5 bluish-white eggs. The pair takes turns incubating for 26-37 days. The eggs hatch asynchro-

nously with the first being the largest and the last not normally surviving in lean years.

Cormorants dive for fish. Their eyes are adapted to see both in air and under water. Their outer feathers are designed to absorb water, allowing them to dive deeper, while the inner feathers are waterproof for warmth. This is why cormorants stand around with their wings spread open: to allow them to



dry. Pelagic cormorants dive through the surf and around boulders. They have been known to dive over 120 feet. They catch sculpins, herring, tomcod and flounders. Since cormorants swallow their fish whole, they will regurgitate pellets of the indigestible parts. These pellets are great tools for scientist to discern important food patterns.

Image by Nature-Pix from Pixabay

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

B. BRYAN PRESERVE
POINT ARENA, CALIFORNIA

110 acre conservation center
dedicated to the breeding and preservation
of endangered African hoof stock.
Visits available at 9:30 am and 4:00 pm
by reservation only.
Stay with us in the comfort and style of one of
our eco-friendly cottages.

707-882-2297
www.bbryanpreserve.com

Our thanks to the Mendocino Coast Audubon Society for contributing this article about the Ruby-crowned Kinglet. 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: Image by Regon Department of Fish & Wildlife



eileen fisher free people
michael stars p j salvage

red stella

dress ★ shoe ★ gift ★ home

open daily 11-5:00 • sunday 11-4
hwy 1 gualala • 707-884-1072 • www.redstella.com

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

"Part of being sane, is being a little bit crazy."

Janet Long



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

Judith Hughes, Dipl. O.M., L. Ac.



Community Acupuncture

Drop In

Thursdays 1-6

Woven Light Studio

(707) 357 - 3055

qimonger@icloud.com

acupuncturepointarena.com

**"Latitude 38.90° N" • A New Exhibit At Think Visual in Point Arena
Opening Reception for the Artists is March 13**

On March 13 (that's right—a Friday), Think Visual Gallery in Point Arena will host an artists' reception for award-winning Santa Rosa artist Catherine Richardson and Elisabeth Gladstone of The Sea Ranch. Their joint show of drawings, paintings and mixed media, "Latitude 38.90° N", will be on display at the gallery from March 11 to April 4, 2020. Live music and refreshments will be available at the reception from 5:00pm to 7:00pm.

Think Visual is located on Main Street in Point Arena and is open Wednesday through Saturday from Noon to 6:00pm.



"We're very excited to be representing these two women," says Jeff Hillier of Think Visual, "especially Catherine Richardson, who's won awards here and in England. This is the first time her work will be exhibited on the Mendonoma Coast." The title "Latitude 38.90° N" reflects the interest of both artists in aspects of place—geology, culture, history, natural resources, personal impressions.

Both Richardson and Gladstone have been inspired by the Mendonoma Coast as well as landscapes around the North Atlantic, including England, Scotland, Ireland and Iceland. "I seek to compile a visual cartography of inquiry into aspects of place," says Catherine Richardson. Elisabeth Gladstone says that "the materials I use tell me what to do. They react in their own ways, and that leads me on to the next line."

Catherine Richardson received her BFA from West Surrey College of Art and Design, near London. Upon her graduation she received a fellowship for travel to the US. In 2005 she completed an MFA degree from John F. Kennedy University, Berkeley

Annex. Catherine received the Sonoma County Emerging Artist Award (SCEAA)



in 2006. In 2018 she was awarded First Prize from Bath University UK for her work in the Visions of Science exhibition.

Elisabeth Gladstone began working as an artist in wool, spinning, dying and weaving on the island of Jura in her native Scotland, selling at a gallery in Edinburgh. She obtained her B.F.A. in photography from the San Francisco Art Institute after studying with Pradip Malde in Edinburgh and in Berkeley with Rondal Partridge. More recently she has worked intensively with Pro-



fessor Kwok Wai Lau at the Palm Springs Art Museum. She credits his guidance and mentorship with helping her focus on natural media (charcoal, gesso, and pigments), processes and graphic themes that resonate with her imagination.

The "Latitude 38.90° N" exhibit continues at Pt. Arena's through April 4. Think Visual at 240 Main Street in Point Arena. Information is at 707-734 3489 and by email at 707-734 3489.

**"Art In The Schools"
An Exhibit of Art by Elementary
and High School Students
from Coastal schools
Opening Reception • March 13**

Gualala Arts will hold an opening reception for its annual Young Creative Minds art exhibit featuring artwork produced throughout the year in local schools. This year's coordinator is Sigrid Hillscan, Director of the Pacific Community Charter School. The opening reception is Friday, March 13, from 5:00pm to 7:00pm. The art will be exhibited in the Burnett Gallery and Elaine Jacob Foyer at Gualala Arts. Free.

A remarkable variety of talent and artistic expression will be on display in this pre-school through high school art show.



The collection, as always, will be thought provoking, inspirational, and will certainly bring a smile to your face.

The Mendocino/Sonoma "Arts in the Schools" exhibit represents over 600 students from Fort Ross, Kashia, Horicon, Arena, Point Arena High School, home study, Pacific Community Charter, and Manchester schools.

Our coastal schools work hard to provide art programs that enrich students with time each week to create art, whether with full-time art programs, volunteer programs, or through grant funding. Research shows that art and creativity help children succeed in core curriculum subjects. Continuing to have art programs in our local schools is a huge accomplishment especially considering budget cuts to such programming. The community's attendance and support are appreciated.

Young artist showcases are often the best place to procure a masterpiece before the artist finds acclaim and prices skyrocket accordingly! The exhibit continues through March 29, 2020..

"Guard with jealous attention the public liberty. Suspect everyone who approaches that jewel. Unfortunately, nothing will preserve it but downright force. Whenever you give up that force, you are ruined."

Patrick Henry (1736 - 1799)

MET Opera Live in HD • "Der Fliegende Hollander"
Arena Theater Presents "The Flying Dutchman" • March 14

The Met Opera Live in HD production of "Der Fliegende Hollander" (The Flying Dutchman) is set for Saturday March 14 at 9:55am, doors open 9:15am.

François Girard, whose mystical, blood-drenched vision for Wagner's "Parsifal" became one of the Met's most intensely visceral highlights in recent seasons, turns to another Wagnerian masterpiece, "Der Fliegende Holländer", conducted by Valery Gergiev.

Evgeny Nikitin sings the role of the mysterious Dutchman, condemned to roam the seas for eternity, with Anja Kampe as the devoted Senta, whose love can set him free. In a nod to Senta's obses-



sion with a portrait of the legendary title seafarer, the Met stage is transformed into a colossal oil painting. Franz-Josef Selig portrays Senta's father Daland, Sergey Skorokhodov takes on the role of the huntsman Erik, David Portillo sings the Steersman, and Mihoko Fujimura is Senta's nurse Mary.

Der Fliegende Holländer is a co-production with L'Opéra de Québec and Dutch National Opera, Amsterdam. The Runtime is 139 minutes, with no intermission. Tickets are \$24, \$22 general, \$18 youth (18 and under), at the door or online at ArenaTheater.org.

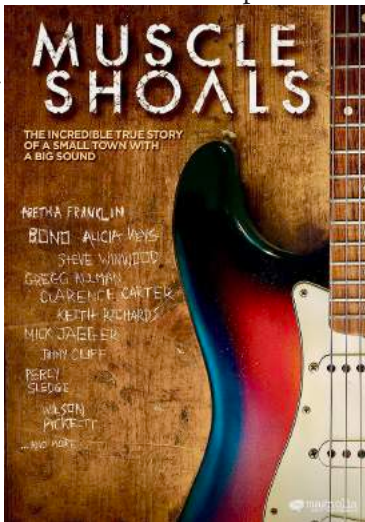
Music on Film Nite Presents "Muscle Shoals"
At Arena Theater • March 17

Almost any kid who picked up a guitar in the late '60s or early '70s knew about Muscle Shoals. Not the city, necessarily. But they knew about the records that were being made at Fame Studios in Muscle Shoals. And as the fame of Fame grew, the legend was created and Rick Hall would ride the wave until the legend was rock solid.

On Tuesday, March 17 Arena Theater will present the film that brings most of the legend to the big screen. Music on Film Nite presents "Muscle Shoals" Tuesday, March 17, at 7:00pm. Doors open at 6:30pm. Tickets are \$10.

Filmmaker Greg Camalier pays tribute to an Alabama city that holds a prominent place in music history. Artists who recorded at Fame Studios in Muscle Shoals, Ala., include Percy Sledge, Aretha Franklin and Lynyrd Skynyrd. Located on the banks of the Tennessee River, Muscle Shoals, Alabama, is the unlikely breeding ground for some of the most creative and defiant music in American history.

"Muscle Shoals" is a documentary about a place filled with magic and music, legend and folklore, where the river is inhabited by a Native American spirit who has lured some of the greatest Rock and Roll and Soul legends of all time, and drawn from them some of the most uplifting, defiant, and important music ever created. In Muscle Shoals, Alabama, music runs through the hills, the river, and the spirit of the people.



It is a place where, even before the Civil Rights Movement really took shape, the color of your skin didn't matter inside the studio.

Under the spiritual influence of the "Singing River" as Native Americans called it, the music of Muscle Shoals is some of the most important and resonant of all time. "I'll Take You There", "Brown Sugar", "When a Man Loves a Woman", "I Never Loved a Man the Way That I Loved You", "Mustang Sally", "Tell Mama", "Kodachrome", and "Freebird" are just a few of the tens of thousands of tracks created there.

At its heart is Rick Hall who founded FAME Studios. Overcoming crushing poverty and staggering tragedies, he brought black and white musicians together to create music that would last for generations while also giving birth to the unique 'Muscle Shoals sound' and the rhythm section 'The Swampers'.

In this movie legendary artists including Aretha Franklin, Greg Allman, Bono, Clarence Carter, Jimmy Cliff, Mick Jagger, Etta James, Alicia Keys, Wilson Pickett, Keith Richards, Percy Sledge, Steve Winwood and others bear witness to the magnetism and mystery of Muscle Shoals and why it remains a global influence today.

The Music on Film Nite series screens a diverse collection of music documentaries from rock and blues to jazz, punk, hip-hop and more on the 3rd Tuesday of each month.

Jim Vickery Featured at Artists' Collective in Elk
Opening Reception Saturday, March 14

This month the Artists' Collective in Elk will be featuring Jim Vickery's paintings. The exhibit is titled "Still, Life's In Motion" and will run through the end of the month.

Vickery provides us some insight: "This series of paintings was intended to explore what happens when spontaneous gesture with paint and brush is allowed to develop more fully during a dialog with the artist. That's me. The observer gets to decide what we learned from that dialog. That's you."



The gallery will host an opening reception on Saturday, March 14, from 3:00pm to 5:00pm. Artists' Collective is located at 6031 South Highway 1 in Elk.

The Artist's Collective was born in 2007. (It was previously the home of The Elk Studio Gallery.) The Elk Studio

Gallery was in danger of closing its doors, so Craig Hathaway and Lu Vickery decided

to take a chance and keep the doors open. "We revamped the organization and with only word of mouth advertising, we had a full house of wonderful, talented people. We expanded in July of 2010 and have doubled our membership."

More information is at 707-877-1128 and at Artists-Collective.net. Elk is a short drive (approximately 35 minutes) from the Sonoma/Mendocino county line.

Gualala Lions Club
St. Patrick's Day
Dinner & Bingo
Saturday, March 14, 2020

Gualala Community Center
Dinner 6 pm
Bingo following

\$30 Donation
Corned Beef & Cabbage dinner,
Beverages and 5 Bingo Games
Additional Sheets \$1.00

Tickets Available:
Four-Eyed Frog
Book Store

Cash Prizes for
Bingo Winners

For Information: 884-9597

March at
Garcia River Casino
Come In For Fun.
Breakfast, Lunch, or
Dinner & Drinks at the River Grill.

LIVE MUSIC & DANCING

Plus Raffles,
Trivia Nights,
Senior Specials
and More!



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

Alisia 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



an independent 501 (c)(3) nonprofit

ACTION NETWORK FAMILY RESOURCE CENTERS

Gualala 39144 Ocean Drive
Point Arena 240 Main Street

- Playgroups and Learning Through Play
- Pre-K at Horicon Elementary
- Arts & Crafts
- Teen Group and mentorship
- Parenting Support & Family Counseling
- and much more!

Enriching the Lives of Children,
Families and Community

www.ActionNetwork.info
FB Action-Network
Call 884-5413 for more information

Reflecting on Music and Howard Beale

by David Steffen

We're clearly surrounded by technology. A lot of what we're surrounded with we don't even see. Information or entertainment magically arrives on our iPhones, phantom speakers and digital screens. Seeing or hearing something, we may do a double-take and think to ourselves, "Hey. What's that?" Surprisingly, that's only marginally different from Top-40 radio in the 1960s and '70s. OK, more than marginally but the idea that someone, somewhere is selecting what we see and what we hear also, believe it or not, is selecting what we feel.

In the 1960s, most Top-40 radio stations were playing about 40 records (hence, "Top-40"). Just 40 songs. By the 1970s album-oriented radio (known in the industry as AOR) gave us a larger selection, but it wasn't limitless. Somewhere within the walls of those (mostly) FM radio stations a programmer was doing the same thing Top-40 radio programmers were doing: selecting what they thought we should hear. In a way, we were so many monkeys waiting for aural feeding time. In the car, in the office, at home, at the beach (remember those magically portable transistor radios?), we were being fed someone's opinion of just what was good.

I remember my days in Chicago, walking into the office of the program director of WLS and the music director of WCFL. WLS played, maybe 35-40 records. WCFL played 50. John Gehron at WLS and Nick Acerenza at WCFL would listen to the music I brought with me—perhaps one track each from three different artists—and render their judgement. Yes. No. Maybe. When the answer was 'yes' these 50,000 watt AM powerhouses could send me on my way knowing I had a shot at something, or in a funk thinking about the conversation I would have with my boss at A&M Records. I'd tell him "Hey, they loved the new Cat Stevens but they're not adding it this week" or, conversely, "They added the new single by Styx". The point is there were 35 to 50 slots at each station and my job was to get one or two of those each week. Happily A&M made great records and I succeeded more than I failed.

Top-40 radio and most of the AOR stations are gone, replaced by news, or news-talk, sports-talk, sex-talk, food-talk, talk-talk. Music is now used as much as an introductory theme or in the background as for your enjoyment. Yes there are exceptions but those make-or-break powerful stations are selling something else these days and for the most part, it ain't music.

iPhones and Spotify can give us music but it's not the same as those gut-calls made by human beings in the '60s, '70s and '80s. Facebook wants to tell us who our friends are, as in "hey, here's someone from Kan-

sas City that likes the same type of music as you." (For the record, I hate Facebook. But I visit it and bemoan the Zuckerberg's of the world telling me what to like. Actually, it's not a personal thing. It's the formulas. Computer codes and algorithms actually. An algorithm someone wrote (or perhaps created multiple algorithms—not to be confused with multiple orgasms.)

Algorithms are simply this: A formula or calculation written to take advantage of some trifle of information I gave to some online service. For example, I searched Yahoo for a Bob Seger song and they immediately peg me as a 70s-80s music lover. So instead of a simple answer to my question, I get music recommendations for the Steve Miller Band or Journey or Def Leppard. I wanted to find a particular Bob Seger song but that goal went flying out the window.



The same thing happens when I look for an artist on You Tube. I might find something that I like but inevitably, YouTube wants to open a rabbit hole of algorithmically-generated recommendations and I'm suddenly seeing the Captain & Tennille perform "Love Will Keep US Together". Save me.

Here's what I'm getting at. We believe we're selective about what we listen to but inexplicably we click and tragedy ensues. Clicking on "Love Will Keep Us Together" inevitably leads us to Paul Anka singing "Having My Baby", Spandau Ballet performing "True", Vanilla Ice ripping off Queen and David Bowie with a song called "Ice Ice Baby", or Sister Janet Mead singing anything. Maybe I'm channeling Howard Beale. Remember the slowly disintegrating TV news anchor in "Network"? In a pivotal scene Beale is on camera, wearing a raincoat that had clearly seen better days. On national TV he tells his viewers to follow his lead:

"So, I want you to get up now. I want all of you to get up out of your chairs. I want you to get up right now and go to the window. Open it, and stick your head out, and yell: 'I'm as mad as hell, and I'm not gonna take this anymore!'"

Today we'd be screaming about Zuckerberg and Facebook, or Instagram, YouTube

or Twitter. In reality that won't do anything but anger your neighbors or motivate someone to call for the guys with that special white jacket that buckles in the back. Instead, we must take back choice. And when it comes to music, find what we like the old fashioned way.

Believe it or not there are radio stations in Mendocino County that play some good music. KOZT in Ft. Bragg, KZYX in Philo, and right here in Gualala with KTDE and KGUA. For example, I'm partial to a program called "Undercurrents" broadcast in the wee hours on KGUA (88.3 FM). Here's a string of 4-songs they played this morning:

- "My Silver Lining" by First Aid Kit from their album "Stay Gold".

- "Endless Road" by the Worry Dolls.

- Jackson Browne singing an acoustic version of "Take It Easy". (He wrote it with Glen Frey of the Eagles which explains why the 1972 hit version wasn't by Browne.)

- "Rockin' Down The Highway" by The Doobie Brothers.

There you have it. 4 tracks, perfectly segued from one to the next. You can listen to Undercurrents on KGUA and online.

Speaking of online, I like to listen to TSF Jazz (TSFjazz.com). This is radio from France. Most of the (DJs) conversations and introductions are in French. No,

I don't speak French. But I love listening to the "station". Besides, much of what they play is American Jazz and they announce those artists and song titles in English. It just sounds sexier when one of their announcers says it with an authentic French accent. But that's not why I listen. I like Jazz. And I came across a talented artist. Her name is Melody Gardot. She's an amazing American ex-pat jazz performer—playing piano, guitar, singing, songwriting—and she hosts a one-hour show each Monday morning (California time) called Chateau Gardot.

There is plenty of music worth finding on the internet. But the internet—and companies like Pandora and Spotify—have made us lazy. They want "to be our radio station". They'll be "our record collection". They'll use an algorithm to choose what we like. HELLO? Choose what WE like? It was one thing for any one of a dozen stations in Chicago to choose something and then play it over and over and over on their music stations. Sometimes I "discovered" the recording, sometimes not. But today I'd like to think it was me, not some 10,000 character piece of computer code on Pandora.

Happily, I've already gone through my own "I'm as mad as hell..." moment. I now refuse to "click" and let any online service tell me what to listen to. I still have enough gray matter to figure out for myself what I like.

"Ordinary Girls: A Memoir" • A Book By Jaquira Diaz

Reviewed by Jennifer Bort Yacovissi

In Mexican folklore, parents tell the story of La Llorona to make their children behave. The weeping woman is said to have drowned her children in rage and then herself in sorrow, and now goes in search of wayward kids to be her next victims.

Jaquira Diaz threads this legend through her debut memoir, along with the notorious stories of Casey Anthony, tried for the death of her young daughter, and of Ana María Cardona, who spent years on death row for the torture and death of her toddler son in Miami, when Diaz was a young girl. She tells the stories of monstrous mothers.

The marvel, for Diaz, is that right up until the moment these women become monsters, they are simply ordinary girls. But what does it mean to be an ordinary girl?

"Some girls took sleeping pills and then called 911, or slit their wrists the wrong way and waited to be found in the bathtub. But we didn't want to be like those ordinary girls. We wanted to be throttled, mangled, thrown. We wanted the violence. We wanted something we could never come back from."

Given the episodes Diaz recounts, it feels as though her entire life is something she could never come back from, and yet here she is to shepherd us through her story, somehow having made it safely to the other side — though she did, in fact, throw herself off a ledge in one of her harrowing suicide attempts.

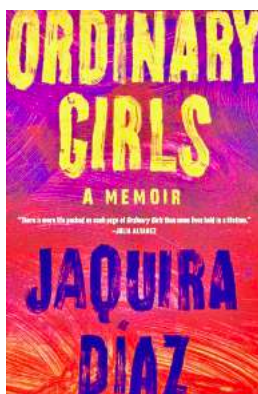
Arguably, what saves Diaz is her early experience in a still-stable family living in Puerto Rico, and a father who unwittingly instills in her a love of reading. He is a poet, a student, a supporter of the independence movement, and a voracious reader, and Diaz attempts to gain his attention and affection by teaching herself to read the same books he does.

In her earliest memories, though, her father is also a dope dealer.

Her mother, Jeanette, "small, but scared of nothing, a foulmouthed chain-smoker with a hot temper...eclipsed the sun with her confidence, took the world by the throat and shook it until it gave up what was hers." This woman, who'd had all three of her children by age 22, is diagnosed with paranoid schizophrenia when Diaz is 8.

Diaz's father's mother, Abuela, is the steadiest influence in her early life, the one who teaches her to cook, the one who offers safety and comfort without any strings attached.

All the adults dote on her older brother, Anthony, who is allowed to be a brute to



Diaz and their little sister, Alaina — perhaps because he is the eldest, or because he is a boy, or because he is white, with blond hair and blue-green eyes, just like his mother, while the two girls are dark like their father. Her maternal grandmother, Mercy, is the first person to ever call Diaz the N word.

Because her father isn't up to battling her mother after they move to Miami and get divorced, he allows Jeanette — mentally ill, unstable, drug-addicted, and chronically bouncing from one squat to another — to take both girls to live with her, while Anthony lives with their father and Abuela.

The time with her mother is a nightmare. One of the most poignant passages in the book is a reference to times when her mother is having a good day, and

Diaz is able to remember what her mother used to mean to her: "What do they sound like?" I asked once. "The voices?" She took one long drag off her cigarette, thought about it a while, exhaled. They sound angry. There's so many of them. "On those good days, I'd have her to myself, almost like I had her back... how unfair it was that my mother had lost her mind, how unfair that I had lost my mother."

In her teen years, Diaz is a bundle of contradictions: An honors student who is also a juvenile delinquent, forever getting suspended or arrested; the winner of a Miami Herald essay contest who drops out of high school; a book-lover who hangs with the gangs and homeless of Miami; a fiercely loyal friend who, without provocation or mercy, beats up a close friend, a girl she's secretly been in love with. At one point, Diaz is arrested for stabbing Anthony in the gut after he tries to strangle her.

Some of the most violent and wrenching scenes — a rape described by its aftermath, the friend's beating — are told in the second person to garner sufficient distance. Much later, Diaz and her girlhood friends are amazed they've survived — at least, most of them have — and become functioning adults, many with children of their own.

Elements of this memoir have been published previously as standalone stories. Weaving them together here eliminates much of the chronology while establishing a sense of blurred disorientation. Years bleed and blend into each other. Episodes start and stop, or fade in and out. For the reader attempting to follow Diaz's tumultuous teens and early adulthood, it's hard to track when any of these events occurred in relation to any others. That feeling of dislocation is fully appropriate to the story.

Another significant theme that Diaz explores is the brutal exploitation of Puerto Rico through half a millennia of colonization, the last century-plus at the hands of the U.S. She considers Lolita Lebrón, a Puerto Rican nationalist who, in 1954, fired upon the U.S. House of Representatives from the visitor's gallery, wounding five people. To many, she is a monster. "I want to believe that she's not the sum of the worst thing she did during her lifetime. I want to be the kind of person who believes in redemption."

She is, of course, speaking of and for herself here, and for the other women and girls around her: "The wild girls, and the party girls, the loudmouths and the troublemakers. For the girls who are angry and lost. For the girls who never saw themselves in books. For the girls who love other girls, sometimes in secret. For the girls who believe in monsters... For the ordinary girls." the sum of the worst thing she did during her lifetime. I want to be the kind of person who believes in redemption."

She is, of course, speaking of and for herself here, and for the other women and girls around her: "The wild girls, and the party girls, the loudmouths and the troublemakers. For the girls who are angry and lost. For the girls who never saw themselves in books. For the girls who love other girls, sometimes in secret. For the girls who believe in monsters... For the ordinary girls."

Jennifer Bort Yacovissi's debut novel, *Up the Hill to Home*, tells the story of four generations of a family in Washington, DC, from the Civil War to the Great Depression. Jenny writes a bi-monthly column and reviews frequently for the *Independent*, and serves on its board of directors. She also writes a bimonthly column for *Late Last Night Books*. Her short fiction has appeared in *Gargoyle* and *Pen-in-Hand*. Jenny is a member of PEN/America and the National Book Critics' Circle. Previously, she served as chair of the Washington Writers Conference and as president of the Annapolis chapter of the Maryland Writers' Association.

The Top 15 Books (Plus 1) Pick Up One You Missed

"Reading well is one of the great pleasures that solitude can afford you."

Harold Bloom (1930 -)

1. **City Mouse, Country Mouse**
by Maggie Rudy
2. **2020 Northern California Tide Log**
by Pacific Publishers
3. **Sootypaws: A Cinderella Story**
by Maggie Rudy
4. **Almost Everything**
by Anne Lamott
5. **Mendonoma Sightings**
by Jeanne Jackson
6. **I Wish I Had A Pet**
by Maggie Rudy
7. **Sunny Loves . . . The California Coast**
by Jeanne Jackson
8. **Gratitude**
by Oliver Sacks
9. **Living at the Sea Ranch**
by M. Alinder, A. Lunsford & C. Kreyling
10. **Congratuklations by the Way**
by George Saunders
11. **There There**
by Tommy Orange
12. **qh awala**
by Annette White Parks
13. **Leadership: In Turbulent Times**
by Doris Kearns Goodwin
14. **Very Stable Genius**
by Philip Rucker and Carol Leonnig
15. **Leadership: In Turbulent Times**
by Doris Kearns Goodwin

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*

- *. **Ordinary Girls • A Memoir**
A Book by Jaquira Diaz
(See review on this page)

JIN SHIN JYUTSU
Uplift & Harmonize
**Body
Mind
Spirit**
Denise Green, CMT
882-2437
www.wellness on the coast.com

TheZenHouse.net

Point Arena
707-882-2281
Tuesday - Saturday: 10am - 6pm

Look For A Special Measure To Fund 2 Coastal Paramedic Ambulances The Vote-By-Mail Ballot—Due By May 5th—Expands Service To 24/7

We have all learned that living on the coast has many wonderful things going for it. That list includes weather, views, redwoods, less traffic (at least, when compared to inland communities), and an appreciation for the environment. In the backs of our minds, however, is our access to healthcare.

We have RCMS (Redwood Coast Medical Services) which provides rural healthcare services day in and day out and most of us can positively attest to the quality of care. And we have paramedics, who many of us have seen in action or whose efforts we have heard about. These are members of the Coast Life Support District (CLSD). The area covered by CLSD runs from Fort Ross on the south to Irish Beach on the north and inland to



Annapolis. A special ballot measure is coming for a vote-by-mail ballot due by May 5th.

The ballot measure will fund two Paramedic ambulances 24/7 (instead of the current 9:00am-9:00pm.) Paramedics are able to provide the higher level of care necessary when responding to more serious events such as heart attacks, auto accidents and falls which can result in head trauma or broken hips, legs, etc. It will also improve the ability to respond to the increasing volume of calls to 911, a higher call volume that the CLSD is experiencing. And it will provide more competitive salaries, which will help improve recruitment and retention of the district's EMS staff.

To pay for all of this there is the ballot measure, which proposes an increase in the existing Coast Life—Ambulance special assessment on 2020-2021 property tax bills within the service area. The increase for single family homes will be \$51 per year or 14 cents per day. (Other rates may apply based on property type.) It requires a 2/3 majority to pass.

It's worth noting that each of the CLSD ambulances is professionally staffed with nationally registered and state-licensed Emergency Medical Technicians (EMTs) and Paramedics who receive on-going education, skills development and quality assurance guidance. An Advanced Life Support (ALS) Ambulance is

staffed with at least one Paramedic and an EMT. It is stocked with all of the supplies and equipment needed to care for a severely injured or ill patient, such as IV supplies, cardiac monitor, intubation and respiratory support. Paramedics can defibrillate, administer medications and perform other treatments required in emergency situations.

It's important for each of us to evaluate the proposal and make sure to vote. No one wants to pay an additional \$51 per year. Until, that is, we're confronted with family, friends or acquaintances who need the service (not to mention the day when one of us needs the services ourselves). Look for the ballot measure, read it carefully and then vote.

Arena Theater Association Seeks Candidates For The Board Three Seats Up For Election in April

The Arena Theater Association is seeking candidates for three seats on the board that are up for election in April. Each seat is a three-year term obligation, and the deadline to apply is Friday, March 18.

Anyone interested in becoming a board member for Arena Theater is encouraged to submit a letter of interest briefly describing background and area of interest (e.g. live shows, cinema, special talents such as fundraising, or simply general). Candidates must be a member in good standing; non-members may join prior to the March 18 submission deadline. Candidate statements will appear on the ballot, brevity is encouraged at 50-100 words.

Candidate statements can be submitted by email to info@arenatheater.org, by mail to Arena Theater, PO Box 611, Point Arena,

CA 95468, or dropped off at the Arena Theater business office.

The Arena Theater Association will hold its annual Membership Meeting on Mon-



day, April 20, at 6:00pm, at the theater. For more information, people can contact the Arena Theater office at (707) 882-3272.

Be Our Guest Fundraiser Benefitting RCMS Returns March 7 to Gualala Arts Center

Redwood Coast Medical Services (RCMS) has been in the news a great deal during the past year. A recent dedicated fund drive to cover serious shortfalls was met with solid support from the community.



This month the effort to maintain support will be front and center as the annual Be Our Guest fundraiser returns. The some food, some wine, some beer and more will be served Saturday, March 7, 2020 at Gualala Arts Center, from 5:00pm to 8:00pm.

Be Our Guest is the annual benefit for RCMS bandits also another way to say thanks for supporting our community health center. Guests will enjoy the Community Champion Awards, honoring outstanding supporters of community health.

Be Our Guest
March 7, 2020
Annual Benefit for
RCMS
COMMUNITY HEALTHCARE

Join us for
BE OUR GUEST 2020
Saturday 7th March

Guests will enjoy
Small Plates & Silent Auction
Wine & Beer & Live Auction
Community Champion Awards

GUALALA ARTS CENTER
46501 Old State Hwy, Gualala
5:00 pm to 8:00 pm

CELEBRATE LOCAL
Wine & Beer

Ticket info and more at:
www.rcmshealthcare.org/be-our-guest
884.9434 or email dmcquarrie@rcmshealthcare.org

The evening will also include silent and live auctions. It may not be too late to make a donation for the auctions. Contact RCMS by phone at 707.884.9434 or by email at dmcquarrie@rcms-healthcare.org. (RCMS's Tax ID# is 94-2395606.) As with any recognized non-profit organization, your donation may be tax deductible.

Tickets for the event are \$60 per person. Tables for 4 (subject to availability) are \$400. Purchasing tickets is as easy as going on line to BrownPaperTickets.com.

It was 1978 when RCMS officially opened its doors to patients. The first building was located across the highway from Stewarts Point General Store, now Twofish Baking Company. Dr. Duane Olson was its first resident doctor in this clinic location. Join friends and neighbors and show your support for RCMS on Saturday, March 7.

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

ANCHOR BAY STORE

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

MON- SAT 8-7
SUNDAY 8-6

884-4245



Healthy Brain • Healthy Heart Hey: We Need Both! So Take An Hour With Mendonoma Health Alliance!

The dynamic and wonderful local RN, Trish Miller, will provide an educational session on brain and heart health. And you're invited. Join Trish (and perhaps some neighbors and friends) on Wednesday, March 11 at the CLSD (Coast Life Support District) conference room at the Bill Platt Training Center, 38901 Ocean Drive, Gualala.

This session is free, open to everyone in the community and is brought to you

**HEALTHY HEART
HEALTHY BRAIN**

LEARN HOW TO HAVE A POSITIVE
IMPACT ON YOUR RISK FACTORS

Choices you make today can
help prevent stroke, heart
disease and keep you mentally
sharp as you age.

Presented by Trish Miller, RN

WED | 11 | MAR

Bill Platt Training Center
5:30 PM - 6:30 PM
38901 Ocean Drive
Gualala
Healthy Snacks Provided

MHA
MENDONOMA HEALTH ALLIANCE
(707) 412-3176 x102

by Mendonoma Health Alliance (MHA). March 11: 5:30pm to 6:30pm. Come on. It's just an hour and it's about You! For more information contact 707-412-3176 x102.

Scuttlebutt

by Mitch McFarland

Nearly 9 million tons of plastic enter the ocean each year globally, with that number expected to double by 2025 absent any action to prevent that happening. Think about that for a second. Can you even imagine what 18 billion pounds of plastic would look like? Don't feel bad. Neither can anyone else and that is part of the problem. We can't wrap our heads around what a huge impact we are having on our planet Oh, and our bodies. It has been estimated that we take into our bodies a credit cards worth of plastic each week. That's freaky!

Plastic production is also a major contributor to climate change, with its production expected to account for 20 percent of global oil consumption by 2050. Meanwhile, 92 percent of U.S. plastic waste is never recycled.

The California Legislature considered a number of bills dealing with plastic pollution and recycling in the recent legislative session. Several bills passed and that was a good thing. AB 792 requires beverage containers to contain no less than 10% post-consumer recycled plastic content by 2021, 25% by 2025 and 50% by 2030. AB 1162 will curb single-use plastic bottles in the lodging industry (those shampoo and lotion bottles). AB 1583, The California Recycling Market Development Act is focused on developing and bolstering the state's recycling market as a response to China's National Sword Policy of rejecting most foreign recyclables. SB 8/AB 1718 will ban smoking in state beaches and parks and combat the number one item found on beaches at cleanups: cigarette butts (a survey by Keep America Beautiful found that 77% of Americans do not think of cigarette butts as litter). Still, while I am aware that many cigarette smokers don't think they are littering when they toss a butt on the ground, my libertarian streak makes me a

bit uneasy about banning personal behavior such as smoking outdoors. There are already laws to prohibit littering.

These are all measures specifically targeting certain issues, but the big bill, the California Circular Economy and Plastic Pollution Reduction Act did not pass. This was a comprehensive bill that tackled a wide range of solid waste issues and would really have made a difference.

But fear not. The California initiative process allows us citizens to act when our often compromised legislators do not. Led by our own solid waste company, Recology, 14 environmental organizations are backing the California Recycling and Plastic Pollution Reduction Act of 2020. This omnibus measure covers a wide variety of issues all related to recycling and creating a circular economy; that is, one that does not simply grind up our resources and dump them in the ocean or a landfill.

Recology is backing the measure with \$1 million along with \$500,000 from the Plant Based Products Council, and potentially more aid from The Nature Conservancy, toward a \$4.5 million goal.

A key element of the initiative would create a sliding scale "Plastic Pollution Reduction Fee" of \$0.01 or less to be applied to select single-use products starting in 2022 as a way to pay for a range of new projects. This is similar to an action recently taken by the European Union and is a paradigm shift in the way we view who is responsible for pollution. Heretofore, it has been the consumer who has been responsible despite having little, if any, choice in designing or us-

ing single use plastics. We are on the threshold of entering a time when producers of products become responsible for what they create just as we individuals are responsible for what we create.

Recology's Eric Potashner, vice president and senior director of strategic affairs

importantly it creates a Plastic Recycling Market Development Program to create a supply of recycled feed stock to support the manufacturing of products made from recycled materials. It makes no sense to require recycled content in products if stock made of recycled material is not available.

The bill also supports practices by farmers and ranchers that establish healthy soils and water-smart practices as well as recycling and composting infrastructure. There are also Market Development programs for fiber, paper, cardboard, glass, and organics.

Also included are grants to state and local public agencies to mitigate the impacts of plastic pollution, and to protect and restore wildlife and the environment including coastal and ocean ecosystems, streams and rivers. Since the Circular Economy Grant Program will be allocated to projects that benefit low-income households this leads me to think that perhaps there would be some money for Point Arena to clear Arena Creek. If that is out of reach there may be other funds out of those billions that could reach our area.

This is our chance to make a serious step toward reversing our planet-destroying ways and actually think about what kind of future planet we want to leave when the fossil fuel era is over.

The initiative is currently at the signature collection stage and must collect 960,000 signatures by April 21, 2020. Look for and sign petitions when you see them. The initiative's title is sort of long and clunky, but just remember the phrase "Plastic Pollution Reduction".

states, "It takes a lot of money and our entire infrastructure to date has been funded by rate bases (ed: meaning rate payers) we can't keep creating these new mandates for recycling and only be able to go back to our rate base. If California does something significant it's probably going to raise the bar for at least the country, if not the globe".

This fee could generate revenues "likely in the range of a few billion dollars annually", depending on sales volumes, according to the Legislative Analyst's Office.

I'm really excited by this initiative because of its comprehensive approach to dealing with our waste. It contains provisions that deal with a large range of issues.

My favorite is the banning of styrofoam food containers, but that's just me. More



Image by A Different Perspective from Pixabay

THE PIER
Chowder House
AND TAP ROOM

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

Call For Reservations: (707) 882-3400

790 PORT ROAD (The Cove) IN POINT ARENA

EAT LOCAL
 Sustainable Coast

SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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

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)

Copyright 2020 by The Puzzle Syndicate

Mendonoma Businesses Mentoring Students Since 1990

from Warren Galletti, Point Arena Schools Superintendent

Jaime Fuentes is a volunteer firefighter with the Redwood Coast Fire Fighters. Most Wednesdays, he mentors a PAHS WorkAbility I student. "I've seen his excitement in wanting to learn," said Fuentes.

This is the first year Redwood Coast Fire Fighters has participated in the WorkAbility I program. "I talked to Fire Chief Mike Sud-dith who said we'd do it again next school year, if there's a need," said Fuentes.

Eight PAHS students, all juniors and seniors, currently work in the Mendonoma community to learn the soft skills required to find and keep employment after high school.

The WorkAbility I program is funded through the California Department of Education. It provides paid, work-based learning experience to a maximum of 150 hours/school year for students with Individual Education Plans (IEPs).

The WorkAbility program has a long history in the Mendonoma community. Point Arena resident and ex-Point Arena School Board president Vikki Robinson

ran the program for 23 years — from 1990 until she retired from the school district in December 2013.

"Without the support and dedication of many in the community, there wouldn't have been a program," said Robinson. "Life and job skills are critical to our students and to the community's future."

Phyllis Wade succeeded Robinson as WorkAbility I Coordinator in 2014. Robinson said, "Phyllis expanded the program by reaching out and placing students in a greater number of off-site businesses."

Local businesses participating in the program, both past and current, include: Arena Market, Rollerville Café, Roots Apothecary, KGUA Radio Station, Equinox, Gualala Supermarket, Arena Theatre, Oz Farm, Sea Ranch Supply, Rumors All About Hair, Chowder House & Tap Room, Casari Ranch, Far West Martial Arts, and the Redwood Coast Fire Fighters.

Wade began working part-time as a supplemental aide at Point Arena High School

in 1994 — making her the second longest serving employee of the school. Her current title is Instructional Specialist.

Wade's WorkAbility I curriculum helps students with disabilities further explore career options and learn skills necessary to be successful in their transition into adult life. She teaches workplace readiness training and takes responsibility for the on-site supervision of the student.

One participating business is Rumors All About Hair in Gualala. The salon's owner and manager, Christina Peterson, mentors two WorkAbility I students Tuesdays thru Fridays mornings. Both students plan to attend cosmetology college in September.

Peterson has introduced her mentees to



the cosmetology profession by beginning with the basics: where things go, sanitation, clean up, and customer service. She has taught them to cut the aluminum foil for highlights, how to braid on manikin heads, and which high-end products have value. Both students have begun talking with Peterson's clients, a skill Peterson

says will help prepare them for real life positions.

"I'm doing something I love," said one of her mentees. "I've wanted to be a cosmetologist since I was seven years old!"

WorkAbility I pairs with the the Mendocino County Transition Partnership Program (TPP), a collaborative program with Mendocino County Office of Education/SELPA, Point Arena Joint Union High School District, and the Department of Rehabilitation (DoR). TPP also serves students with disabilities during their last two years of school.

PAHS Special Education teacher, Teppi Cantin, runs the TPP program. She said of Wade's program, "I love the WorkAbility I program because our kids get a chance to work in our community. They begin to prepare for real life."

If you are interested in becoming a community partner with WorkAbility/TPP, please contact Phyllis Wade or Teppi Cantin at (707) 882-2134.

San Francisco Poet

Tongo Eisen-Martin

Featured March 19

at Third Thursday Poetry & Jazz
at Arena Market Cafe

On Thursday, March 19, at 7:30pm The Third Thursday Poetry & Jazz Reading Series will feature SF poet Tongo Eisen-Martin. 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.

Tongo Eisen-Martin is a movement worker, educator, and poet who has organized around issues of human rights and self-determination for oppressed people throughout the United States. His curriculum on extrajudicial killing of Black people, titled "We Charge Genocide Again", has been used as a teaching and organizing tool throughout the country.

His book someone's dead already was nominated for a California Book Award. His latest book of poems "Heaven Is All Goodbyes" was published in the City Lights Pocket Poets Series, was shortlisted for the Griffin Poetry Prize, and won the California Book Award and the American Book Award.

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.

"Poetry should please by a fine excess and not by singularity. It should strike the reader as a wording of his own highest thoughts, and appear almost as a remembrance."

John Keats (1795 - 1821)



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

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

Mendocino Coast Coffee Roastery



Locally Roasting Specialty Coffee in Small Batches and Delivering Often, for Freshness & Flavor
Available In Stores Locally, and online at littlegreenbeanroastery.com
The Little Green Bean • 211 Main Street (Hwy 1) Pt. Arena, 95468 • (707) 684-9813

"Fig Newton: The force required to accelerate a fig 39.37 inches per second."

J. Hart (1931 -)

Great Expectations

"Donald Trump will do for America what he did for all four of his casinos:

Declare bankruptcy and walk away."

John Davis

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

KINKY *Continued from Cover Story*

... The ecstatic dance Lola does in the beginning of this movie is so uplifting the movie could've ended there as far I'm concerned. But the rest of the story is worth sticking around for too. Stephen Holden's New York Times review added "'Kinky Boots' doesn't ask you to believe a single detail of what's splashed across the screen.



All it wants is to divert you for about 100 minutes and leave you with the glow of vicarious comradeship, as blue-collar blokes and drag queens pull together to save the day. Foot fetishists will drool." Come out and have some fun.

"Reclamation: The Feminine Return to Self-Discovery" Soo Young Lee Presents A Unique Workshop in May At Gualala Arts

In May 29-31, 2020, Soo Young Lee will be teaching a long weekend seminar called "Reclamation: The Feminine Return to Self-Discovery" at Gualala Arts.

Using the creative tools of writing, journaling and movement, this workshop retraces the trail of crumbs back to a wild, connected vibrant sense of Self. For more information or to register for the workshop contact Gualala Arts, 707.884.1138. Detailed information is at GualalaArts.org.

Everything That Was Broken

Everything that was broken has forgotten its brokenness. I live now in a sky-house, through every window the sun. Also, your presence.

Our touching, our stories Earthy and holy both. How can this be, but it is. Every day has something in it whose name is Forever."

Mary Oliver (1935-2019)

Forgetting Your Brokenness Through Poetry

by Soo Young Lee

Winter is like a love song to me. I revel in the early darkness, overcast skies, rain and snow in beautiful combination. My toddler and I celebrate the night by riding sea saws and swings in the moonlight.

This winter, however, has been dimmed by the colds and coughs that have traveled back and forth in the family. Unable to explore or jump in puddles, our world shrank into the confines of our tiny apartment.

When I was finally given a day alone to sit on my couch with a cup of jasmine tea and book of poetry, I felt a rift inside start



to mend. A few weeks of only tending to the healing of others and myself took its toll on me.

Thankfully, there is a remedy for me through poetry. Poetry creates breakthroughs. I read poetry when I have writer's, emotional and life blocks to find my window in my "sky-house." I sometimes make collages in dedication, sing their beats and dance to their stories. In Colorado, I was in a poetry group where we read the same poem over and over in unison and harmony to digest them like magical fruit.

As a professor and seminar leader, I have seen the transformation of faces just from hearing lines read aloud. Sleepy, apathetic students straighten their posture and listen with heads slightly crooked. Tears appear and gasps are unearthed through poetry. And this is just the beginning to what poetry can do.

Reading poetry is a reminder of one's childhood that sits dormant inside everyone. It helps us remember to dialogue aloud, hear the trees talking and daydream that clouds can be walked on.

They can remind us of love, all the myriad of past moments – the first moments your hand was held by a new romantic interest, the first time you saw the ocean together after a summer day of biking, the way he watched you running into the waves. The pizza you cut out into a heart filling your lactose intolerant belly with extra crust and cheese.

That is what poetry is. It is the shavings around the centerpiece of life.

It is the fragments of a feeling that once

felt so far. The colored pencil shavings a toddler creates in a ceramic blue bowl. Far more interesting than the pencils he started with. It is allowing one's mind and emotions to stray and wander without a set course.

Whether read aloud or in a group, poetry demands quiet and seclusion. As soon as the first lines are read, each person has gone inward into their imaginings. The lines "Also, your presence, Our touching, our stories" may help listeners unfold different situations. Someone may recall how warm New York City felt that winter because she had leaped into the arms of an old pen pal who became the love of her life. Another may recall spring blossoms flying by, while skateboarding along the Charles River in Boston with his lover.

It is in these moments that poetry takes us, changes the space around us and fills it with potential. Anyone can become part of the poem as we add our own shards and petals of memories unfurled from an image or line.

"Everything that was broken has forgotten its brokenness."

Poetry can do all this because poetry holds everything. And in that everything, I can find myself again. We all can. In my workshops, we walk that forged path together to forget our brokenness and transform it into reclamation.

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 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)



"Our lives teach us who we are."

Salman Rushdie (1947 -)

South Mendocino Coast Bus Service

This holiday season, use MTA's #95 bus for airport connections from Point Arena south to Santa Rosa and SFO and return, 7 days a week. Large suitcases? No problem.

Info: <https://mendocinotransit.org/routes/route-95/>




mta
MENDOCINO TRANSIT AUTHORITY

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



Crossword

by Margie E. Burke

ACROSS

- 1 Gave the slip
- 5 Pants style
- 10 Battery contents
- 14 Gawk at
- 15 Woody or Gracie
- 16 Bygone bird
- 17 Change of heart?
- 19 Burr-Hamilton event
- 20 Floral leaf
- 21 Like a stop sign
- 23 Hindu social class
- 25 One of ten in FDR's coin
- 26 Ghostly figure
- 29 Take the bait
- 31 Compass dir.
- 34 Angelic feature
- 35 Fairy tale's second word
- 37 Travolta walk
- 39 Switch on
- 41 Fastest feline
- 43 Part of LCD, in math
- 44 Liniment target
- 46 "Get a ___ on!"
- 47 Miss the mark
- 48 Plaster base
- 50 Snoop Dogg, e.g.
- 52 Still-life fruit
- 54 Companionless
- 56 Winter pelter
- 59 Desktop icon
- 63 Like some coffees or teas
- 64 Impossible to fill
- 66 Fancy trim

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20					21				22					
			23		24				25					
26	27	28					29	30				31	32	33
34					35	36				37	38			
39				40				41	42					
43					44	45				46				
47				48	49				50	51				
		52	53				54	55						
56	57					58				59		60	61	62
63					64				65					
66					67						68			
69					70						71			

Copyright 2020 by The Puzzle Syndicate

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> 67 Squirrel away 68 Salty drop 69 Seating section 70 Metric heavy weight 71 Drop-off spot | <ul style="list-style-type: none"> 9 Still in one piece 10 Extra charge 11 Kitchen surface 12 Creative spark 13 Chatty Cathy, e.g. 18 Trellis piece 22 Migratory birds 24 Put a lid on 26 Humpback, e.g. 27 Marathon entrant 28 Paneled art in a church 30 Progress slowly 32 Slick 33 It'll knock you out 36 Kind of moss | <ul style="list-style-type: none"> 38 Geographical zone 40 Mythical strong-man 42 Male protagonist 45 French song 49 Matisse, for one 51 Start to freeze? 53 Respected one 55 Live's partner 56 To the ___ (fully) 57 Exotic berry 58 Not taken in by 60 Out for the night 61 Coal refuse 62 "Take one!" 65 Golf ball support |
|---|---|--|

DOWN

- 1 Quite a few
- 2 Folklore monster
- 3 Insult response
- 4 Persistent
- 5 Spending limit
- 6 Divvy up
- 7 Sugar pill, say
- 8 Monopoly payment

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

KGUA IS EVERYWHERE

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

YOU ARE THE YOU IN

KGYUA

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

"Zoo: An excellent place to study the habits of human beings."
Evan Esar (1899 - 1995)

Office Source

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



"Black Oystercatchers need a new PR agent!"
by Mary Jane Schramm, Greater Farallones National Marine Sanctuary

He had her in his sights. Against the vivid blue sky, she stood immobile, her attitude one of watchful serenity, despite the waves that crashed relentlessly against the rocks at her feet. Unperturbed, she extended first one, then another of her pale limbs in a stately procession. Thus, she picked her way slowly among glistening expanses of tidepools filled with the oddest of creatures: tiny red octopuses, vari-colored sea stars, and chitons that looked like tiny armored cars. Frilly sculpins—small fish whose fins end in Edwardian-style cuff-ruffles, darted among flower-like sea anemones. Though tasty and varied, this was food akin to cocktail party fare: a delight to the palate but hardly filling.



Hopping up onto a higher rock, she spied dense beds of many hundreds of mussels, many shells agape, unsuspecting of danger. Swiftly she leaped into their midst, her sharp beak snipping the muscle that might snap them shut. Our relentless but stately stalker is a Black Oystercatcher, *Haematopus bachmani*, a shorebird both handsome and elusive to the untrained eye. Sometimes they can be heard first, emitting a high, rapid and repetitive call when they take flight.

A VISION IN BLACK: In California and other temperate West Coast shores, the Black Oystercatcher is a home-loving bird that stakes out and defends its coastal

territory and does not undertake long migrations. (After all, our sanctuary and the California Current Ecosystem it protects



is like a perpetual seafood smorgasbord.) Ironically, they don't prefer to eat oysters, when an abundance of the more prosaic mussels, limpets, barnacles, worms and chitons are available: a kind of reverse snobbery.

WELL-KEPT SECRET: Oystercatchers are cryptic birds that construct inconspicuous shallow scrapes or loose bowls rather than elaborate nests, often on coastal cliffs, behind rocks or driftwood. This is their home, year-round, and in spring the female will lay up to four eggs, from which fuzzy black chicks will emerge. Incubation takes from 26 to 32 days, and the parents - which form long term pair bonds - both nurture and protect them till fledging, around Day 40. The chicks will remain in the same area until the fall season.

The black oystercatcher is a large, long-lived shorebird about 15 inches high, with a thick, red-orange bill, and a startling bright yellow eye ringed with vermilion. Pale pink legs contrast with its all-black plumage. Juveniles are brown-black and less vivid bill. Oystercatchers are monogamous, returning to the same nesting territories to pair with the same mates each year.

SENSITIVE NATURES: This shorebird

is considered a keystone species, and a particularly sensitive indicator of the overall health of the rocky intertidal community. Oystercatchers are highly vulnerable to natural and human disturbances. Major threats include egg predation, coastal development; human disturbance, including from vessel wakes, especially at high tides; toxic and feather-fowling oil spills; and climate change that may inundate low-lying nest sites.

Next time you visit the shore, use your ears and your eyes and see if an oystercatcher hoves into range of your binoculars. Watch as it probes its turf, and see how it interacts



with other shore life. And quietly enjoy the variety and abundant wildlife of NOAA's Greater Farallones National Marine Sanctuary, your ocean backyard.

Franny's Farmhouse Dinner
Sunday • March 15
Manchester Community Center

The next Franny's Farmhouse Dinner is set for Sunday, March 15 at the Manchester Community Center, 43970 Crispin Road, just north of downtown Manchester.

With Franny at the helm, food lovers know that these popular dinners sell out quickly, so reservations are highly encouraged.

The menu for the evening will include

- Orange, Jicama & Radish Salad with Spiced Pumpkin Seeds & Cumin-Lime Vinaigrette.

- Ancho Chile Brisket with Sweet Potato-Chard Enchiladas.

- Toasted Coconut Tre Leches Cake with Hibiscus-Prickly Pear Sorbet.

Salad, Main Course & Dessert are \$35 (plus tax and gratuity.) Non-alcoholic drinks available for purchase and BYOB allowed at \$2 per glass corkage. Vegetarian options available and the evening is suitable for all ages. Reservations at 707.882.2500. Please note, Franny creates a more intimate setting than the large grange hall suggests.

Mary Jane Schramm
NOAA Greater Farallones
National Marine Sanctuary
Maryjane.schramm@noaa.gov
Image Credits: Top: "Black oystercatchers mate for life."
Credit: GFNMS-BeachWatch
Left: Black Oystercatcher tidbit. Credit: usfws
Right: Oystercatcher spreads its wings coming in for a landing.
Credit: David Ledig/BLM

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

Haiku for March

"Grassy Banks Show
Large Deposits
of Gold
Daffodils."

by Laura Leigh

ride the world famous
SKUNK TRAIN

SKUNKTRAIN.COM | 707.964.6371
FORT BRAGG & WILLITS, CALIFORNIA



Clean energy for every home.

Power life's special moments with 100% local, renewable energy from Sonoma Clean Power.

Call or visit to upgrade today: 1 (855) 202 2139 | cleanenergyfuture.club



Get Out! March Music, Poetry, Theater, Films, Art and Events

- Sunday 01: 8:30am, Garcia Guild Sunday Breakfast, with Franny. Manchester Comm. Ctr.
- Monday 02: 7:00pm, Arena Theater Film Club presents "State and Main" at Arena Theater.
- Tuesday 03: 7:00am, Primary Voting day. Polls open 7:00am to 8:00pm. VOTE!
- Wednesday 04: 4:00pm, New Women's Writing Group at Ft. Ross School, Timber Cove.
- Friday 06: 4:00pm, Reception. Woodworker Charles Ross. Coast Hwy Art Coll., Pt. Arena.
- Friday 06: 7:00pm, "ViVerde-Fifty Shades of Green: Nicaragua!". Slide Show Series. Ft. Ross.
- Saturday 07: 1:00pm, "All My Sons". National Theatre Live at Arena Theater (rescheduled).
- Saturday 07: 5:00pm, RCMS Be Our Guest 2020, Fundraiser at Gualala Arts Center.
- Saturday 07: 7:30pm, English Country Dance at Caspar Community Center.
- Sunday 08: 4:00pm, Chamber Music. The Escher String Quartet at Gualala Arts.
- Monday 09: 7:00pm, Arena Theater Film Club presents "Lola" at Arena Theater.
- Monday 09: 7:00pm, Full Worm Moon Tour at Pt. Arena Lighthouse.
- Wednesday 11: 1:00pm, Healthy Brain, Healthy Heart. Free 1-hour session. Mendonoma Health.
- Thursday 12: 1:00pm, Self Management Workshop. Mendonoma Health Alliance. Manchester.
- Friday 13: 5:00pm, Latitude 38.90° N. Opening Reception at Think Visual in Pt. Arena.
- Friday 13: 5:00pm, "Art in the Schools". Opening Reception at Gualala Arts Center.
- Saturday 14: 9:55am, "Der Fliegende Hollander", MET Opera at Arena Theater.
- Saturday 14: 10:00am, March For Meals on Wheels" Fundraiser, Gualala Pt. Reg. Park.
- Saturday 14: 3:00pm, Jim Vickery Featured at Opening Reception at Artists' Collective in Elk.
- Saturday 14: 4:00pm, The 127th St. Pat's Party at Greenwood Community Center.
- Saturday 14: 6:00pm, Gualala Lions Club St. Pat's Day Bingo/Dinner at Gualala Comm. Ctr.
- Saturday 14: 7:30pm, Collectivity with JJ Mulekat at Arena Theater.
- Sunday 15: 5:00pm, Franny's Farmhouse Dinner, Manchester Community Center.
- Monday 16: 7:00pm, 3rd Monday Music at Arena Theater: Open Mic Night.
- Tuesday 17: 5:30pm, "Spring Equinox". Taoist Seasonal Talk at Gualala Arts Center.
- Tuesday 17: 7:00pm, "Muscle Shoals" film screening at Arena Theater's Music on Film Nite.
- Wednesday 18: 4:00pm, So. Coast Community Food Summit, Veterans Hall, Pt. Arena.
- Thursday 19: 11:00am, Viola Adunca Treasure Hunt Returns! Training at Ft. Ross State Park.
- Thursday 19: 7:30pm, 3rd Thursday Poetry with Tongo Eisen- Martin at Arena Market Cafe.
- Saturday 21: 4:00pm, Sara Bogard Lecture. "Harbor Seals and others. ." Pt. Arena Lighthouse.
- Saturday 21: 4:30pm, Stardust Cocktail Party, Fundraiser for (and at) Arena Theater.
- Sunday 22: 2:00pm, Bolshoi Ballet "Giselle" at Arena Theater.
- Monday 23: 7:00pm, Arena Theater Film Cl. Presents "A Clockwork Orange". Arena Theater.
- Friday 27: 5:00pm, Spaghetti Dinner at Veterans Hall, served by teachers and staff of AUES.
- Saturday 28: 1:00pm, Special Screening of "Kinky Boots: A Musical" at Arena Theater.



**KEEP
CALM**

AND CALL

VANESSA



INDIVIDUAL, FAMILY & SMALL BUSINESS
HEALTH INSURANCE PLANS

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