



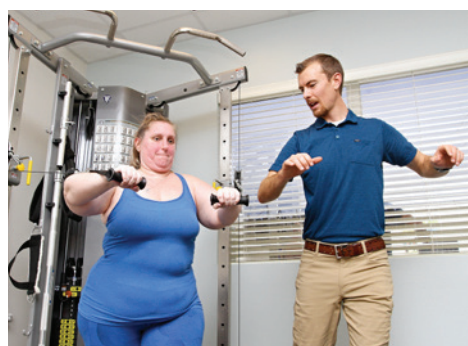
Ukiah Community

QUARTERLY

Edition #1

A free Willits Weekly special featuring community info and events for the Ukiah area

Thursday, February 8, 2018



Above, left: Live Well fitness coach Ryan Veness works with Debbie Tri Bette on shoulder strength. Above, right: Veness tells John Azzaro, "Just a little bit more!" as Azzaro works with the ball on the wall. Below: Balance balls can also be used to ... balance! Azzaro holds out arms and a leg to target his core muscles.

Photos by Maureen Moore

'Live Well'

WHAT HEALTH CARE SHOULD BE

Live Well, an exciting new program at Adventist Health Ukiah Valley, incorporates a patient's physical, mental and spiritual health when treating a wide variety of ailments, such as diabetes, heart disease, obesity and even chronic pain.

When a patient joins Live Well, they gain access to a nurse practitioner who will work with them to assess their lifestyle and develop a plan to help them meet their health goals. Each patient also has the

opportunity to meet with a dietitian, fitness coach and counselor.

Beyond these offerings, patients have access to support groups and classes, such as diabetes education and smoking cessation.

The Live Well program takes a whole-person approach to treatment; the way health care should be.

Finish "Well" on page 7



Above, left: Coach Veness works with Tri Bette and Azzaro at the gym.

At right: Understanding numbers and reaching target goals is an important part of exercising on machines; Veness can help guide folks to make the most of their workout efforts.



FEBRUARY SALES EVENT



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Wil Gonzalez, owner of Willits Flowers and W/E Flowers.
Photo by Maureen Moore



Photos by Wil Gonzalez

Bridging businesses

Wil Gonzalez offers flowers in Ukiah and in Willits through partner shops

Flowers have been a big part in the life of local businessman Wil Gonzalez, who now owns two flower shops in Mendocino County: W/E Flowers in Ukiah and Willits Flowers in Willits.

Gonzalez was born and raised in the Bay Area and graduated high school in Pacifica. In the summers he would spend time on his grandfather's farm in Sonoma where he learned the ropes of gardening, landscaping and a love of flowers.

In the 1980s, Gonzalez started a small business building furniture at a property which also had a lovely garden space in Guerneville. He started planting in this garden, and grew it into a beautiful display space with 50 kinds of roses, 150 kinds of tulips, 25 kinds of dahlias, 15 fruit trees and so forth.

Gonzalez would cut stems and arrange them in vases at his business and, one day, his display caught the eye of a flower shop owner who asked Gonzalez to come work at his flower shop.

In 1987 Gonzalez started working at the Santa Rosa Flower Shop and started his florist career.

From 1989 to 1993, he worked in a Mill Valley Safeway floral department, later developing Safeway's quality control program and helping to create the premade bouquet recipes for the stores and other employees.

After his time at Safeway, Gonzalez wanted to return to the independent retail industry. He connected with Katherine Eubanks of Larkspur and then moved to Ukiah

in 1994 where he started working with another local florist.

In 2015, Gonzalez decided to break out and open his own Ukiah shop, W/E Flowers ("Wedding and Event"), where he could offer new and different creative options, flowers, arrangements and "an urban feel" to the Ukiah area.

With the success of W/E Flowers, Gonzalez seized the opportunity to expand into Willits when a space opened up on Main Street in 2017, and Willits Flowers now offers Gonzalez' same unique take on floristry as his Ukiah shop.

Over the years, Gonzalez noted, he has worked for the White House, built floats for the Rose Parade, won floral design contests, and has international recognition among peers in the floral industry.

Regardless of his high-profile jobs, Gonzalez still enjoys working with local brides, families, and individuals to create unique and personal creations for all occasions.

He notes he constantly is keeping up with color trends (nude is now – with lace, peach, blush and pinks being on trend), floral trends (anemone flowers with their poppy-like petals and dark centers, Craspedia Billy Balls with yellow lollypop balls of flowers atop long leafless stems, and Eryngium or Sea Holly with its dusty blue color and thistle-topped stem) and design trends, too.

Willits Flowers is located at 242 South Main Street in Willits and can be reached at 707-841-3119. W/E Flowers is located at 352 North State Street in Ukiah and can be reached at 707-468-8522.

Both shops are open from 10 am to 5 pm Monday through Friday and 10 am to 2 pm on Saturday.

— Maureen Moore



At top: Education and staying on top of trends is key to serving the changing needs of customers. W/E Flowers staff and junior designers, from left: Dale Sirois, John McClain and Auston Hale, are learning how to create a European Spiral Bouquet. Above: W/E Flowers is decked out for Valentine's Day in downtown Ukiah.



At left: An anemone, one of the on-trend flowers Gonzalez frequently uses in his bouquets. Below: Gonzalez braids a tropical palm frond into a "nautilus" for a new look for the traditional green.

Photos by Maureen Moore



I ♥ Wine & Chocolate REDWOOD VALLEY

TASTE OF REDWOOD VALLEY Saturday February 10

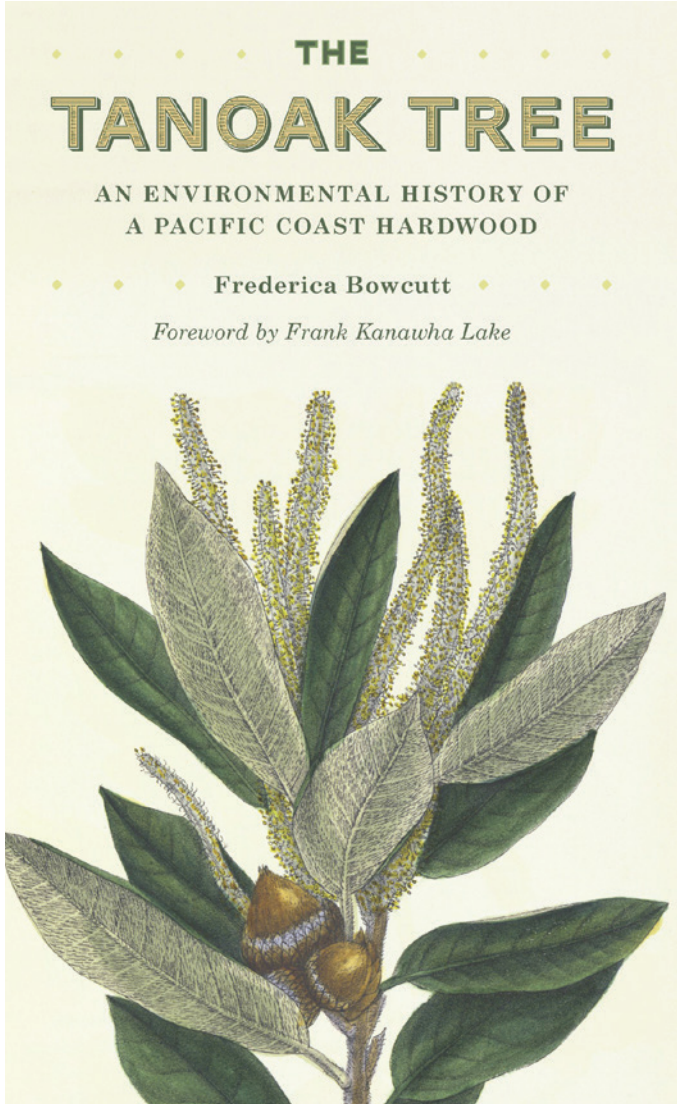
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Talk, book signing kicks off 'Beauty and the Beast' exhibit

AT GRACE HUDSON MUSEUM

"Beauty and the Beast: California Wildflowers and Climate Change," an exhibit of photos spotlighting the state's immense and diverse botanic beauty, while raising awareness of the expanding impact of human activity on wild spaces, will run from February 10 to June 3 at the Grace Hudson Museum, 431 South Main Street, Ukiah.

The exhibit's inaugural event will be a talk by botany professor Frederica Bowcutt, PhD, based on her new book, "The Tanoak Tree: An Environmental History of a Pacific Coast Hardwood."

Bowcutt's illustrated talk on a vital Pacific Coastal region species and the contemporary challenges to its well-being is set Thursday, February 11, from 2 to 3:30 pm at the museum. Copies of the book will be available for sale and author signing. The presentation is free with museum admission.

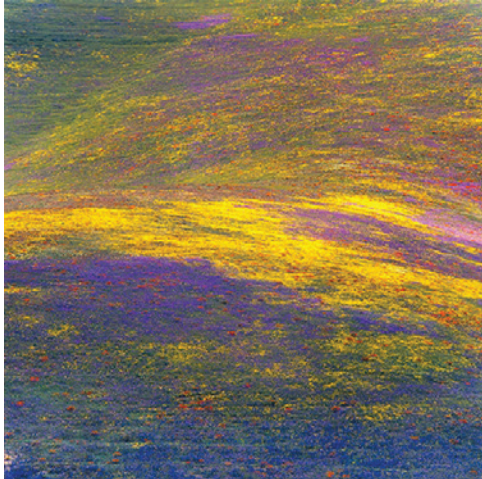
Bowcutt's talk is co-sponsored by the Grace Hudson Museum and the Sanhedrin chapter of the California Native Plant Society. Other upcoming events include wildflower walks, the first one on February 24; an illustrated talk with exhibit photographers Rob Badger and Nita Winter on April 22; and a presentation on citizen science in relation to environmental threats on May 12.

The Grace Hudson Museum is open Wednesday through Saturday from 10 am to 4:30 pm, and Sunday from noon to 4:30 pm.

General admission is \$4; \$10 per family; \$3 for students and seniors; free to all on the first Friday of the month; and always free to members.

For more information, visit www.gracehudsonmuseum.org or call 467-2836.

— Submitted by the Grace Hudson Museum



Above: An immense swathe of California wildflowers. Below: The California poppy. At left: The cover of Frederica Bowcutt's "The Tanoak Tree: An Environmental History of a Pacific Coast Hardwood."



UKIAH HOSPITAL TAKES NEXT STEP IN

Family Medicine Residency Program

Adventist Health Ukiah Valley is taking the next step in securing a Family Medicine Residency Program in Ukiah.

The first step was completed in October 2016, when AHUV was approved as an official teaching hospital.

The secondary step in launching the residency program is the approval of the program itself. On February 7, the Accreditation Council for Graduate Medical Education made its official site visit to AHUV. If successful, the residency program will be accredited by May 1 and residents will join the practice in July 2019.

Following completion of medical school, residents will receive their first year of training at UC Davis and then travel to the Ukiah Valley hospital for their second and third year of family medicine residency, including training in emergency medicine, surgery, pediatrics and women's health, all under the supervision of a board-certified physician.

Once their residency is complete, these new physicians will be qualified to become board-certified family physicians.

The family residency program is a long-term solution to enhance access to primary health care in Mendocino County. Recent projections from the U.S. Health Resources and Services Administration indicate that, without significant changes to primary care, the growth in the field will not be adequate to meet the demand by 2020. This is even more prominent in rural communities such as Mendocino County.

Finish "Residency" on page 7

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COYOTE VALLEY CASINO

MONTHLY DOWNTOWN EVENTS

ART WALK **FIRST FRIDAY.** FRIDAY, FEBRUARY 2ND

SECOND SATURDAY. SIDEWALK SALE SATURDAY, FEBRUARY 10TH

LOCAL NIGHT OUT **THIRD THURSDAY.** THURSDAY, FEBRUARY 15TH

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WW Ukiah Community QUARTERLY

A free Willits Weekly special featuring community info and events for the Ukiah area

Ukiah Community Quarterly is an advertising, calendar and community special section brought to Ukiah and the surrounding communities by Willits Weekly, the independently owned and operated local newspaper founded in 2013, which covers the greater Willits area.

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For advertising inquiries, please call 707-354-1670 or 707-972-7047 or email advertising@willitsweekly.com

VALENTINE'S DINING

Romantic Dinner for Two

Looking for a fabulous dinner with your special loved one on Valentine's Day or Valentine's weekend? Here's some great inland Mendocino County restaurants to consider. Valentine's Day, Wednesday, February 14, is a busy night at local restaurants, so reservations are recommended!

Adam's Restaurant, Willits
"American cuisine. Local grass-fed beef, organic poultry, fresh seafood, locally grown fruits and vegetables, as available."

Adam's Restaurant, 50 South Main Street in Willits is taking reservations for Valentine's Dinner, on Wednesday, February 14, and celebrating Valentine's all weekend. 707-409-4378.

Menu includes: Sautéed Mushrooms seasoned with wine and garlic; Lobster Tail, buttered and broiled to perfection, served with drawn butter; Filet Mignon, cooked over an oak wood pit; Chocolate Mousse Cake; and Schat's Raspberry Sour Cream Cheesecake, with a graham cracker crust.

The Broiler Steakhouse, Redwood Valley
"Specializing in juicy steaks and barbecued dinners."

The Broiler Steakhouse, 8400 Uva Drive in Redwood Valley is taking reservations for Valentine's Dinner, on Wednesday, February 14 and valentine's weekend. 707-485-7301.

Menu includes: Sautéed Mushrooms seasoned with wine and garlic; Lobster Tail, buttered and broiled to perfection, served with drawn butter; Filet Mignon, cooked over an oak wood pit; Chocolate Mousse Cake; and Schat's Raspberry Sour Cream Cheesecake, with a graham cracker crust.

Chop Chop, Ukiah
"Craft cocktails, small batch beer, and local wines served up with tasty street-style favorites and Asian fusion cuisine."

Chop Chop, 110 West Standley Street in Ukiah is taking reservations for Valentine's Dinner, on Wednesday, February 14, and Valentine's weekend. 707-472-0925.

Menu includes: Steam Buns, mushroom with sesame slaw, balsamic-soy glaze; Coconut Curry Bowl, chicken, beef, pork or tofu on rice or rice noodles with pineapple chutney; and Pad Thai, spicy rice noodles with lime, chili, egg, lettuce, sprouts, carrots, peanuts and green papaya.

Crush Steakhouse and Bar, Ukiah
"Specializing in traditional Italian flavors mixed with fresh local seasonal ingredients."

Crush Steakhouse and Bar, 1180 Airport Park Boulevard in Ukiah is taking reservations for Valentine's Dinner, on Wednesday, February 14 and Valentine's weekend. 707-463-0700.

Menu includes: Bruschetta, cherry tomatoes, basil pesto, burrata cheese, grilled bread; Bolognese Pappardelle, 8-hour ragù, hand-made pasta, ricotta, basil pesto, romano; Double Bone Lamb Chops, sundried tomato pesto, pistachio gremolata, sautéed local kale, mashed potatoes; Butterscotch Bread Pudding, served warm; and Tiramisu, mascarpone cream, soaked lady fingers, espresso, Kahlua.

Mario's Ristorante Italiano, Redwood Valley
"Small restaurant that takes you back in time to the way people used to enjoy a nice sit-down meal."

Mario's Ristorante Italiano, 9601 North State Street in Redwood Valley is taking reservations for Valentine's Dinner, on Wednesday, February 14 and Valentine's weekend. 707-485-7400.

Menu includes: Eggplant Arancini; Linguini Shrimp Fra Diavolo, garlic, butter, white wine; Manicotti Bolognese, soft crepe shells filled with four different cheeses, baked to a golden brown; Mario's Special, tender veal with eggplant in a red wine sauce with mushrooms, peppers, olives, prosciutto, topped with cheese and baked golden brown; and Cream Pie, chocolate, pistachio, lemon, or orange cappuccino.

Oco Time, Ukiah
"California-Japanese cuisine."

Oco Time, 111 West Church Street in Ukiah is taking reservations for Valentine's Dinner, on Wednesday, February 14 and Valentine's weekend. 707-462-2422.

Menu includes: Wa Beef in the Cast Iron, grilled premium Wa beef with Asian BBQ teriyaki sauce and garlic bean sprout sauté; Sunshine Oco, sliced cabbage, bean sprouts, green onion, egg, noodles, cheddar cheese and nori powder; and Asian Yakisoba, rice noodles with shrimp, veggies, and fish sauce with sesame oil.

La Siciliana Restaurant and Pizzeria, Willits
"Authentic Sicilian cuisine featuring pastas, pizzas and salads."

La Siciliana Restaurant and Pizzeria, 1611 South Main Street in Willits is taking reservations for Valentine's Dinner, on Wednesday, February 14, and Valentine's weekend. 707-459-5626.

Menu includes: Anitpasto Kabobs, veggies, mozzarella, pepperoni and salami topped with balsamic vinaigrette; Carbonara Pasta, white sauce with egg and prosciutto; Kapila Phoenix Pizza, olive oil, pesto, mozzarella, sundried tomatoes, and Roundman's fennel sausage; and Cannoli, crisp shell filled with ricotta, whipped cream, chocolate chips, and topped with berry drizzle.

Patrona, Ukiah
"Refreshing lunches and inspired dinners using the freshest Mendocino-sourced ingredients."

Patrona, 130 West Standley Street in Ukiah, is taking reservations for Valentine's Dinner, on Wednesday, February 14 and Valentine's weekend. 707-462-9181.

Menu includes: Gorgonzola Flatbread, port soaked figs and walnuts with béchamel; Seared Yellowfin Tuna, sambal, sweet chili and balsamic sauces, jasmine rice, and vegetables; Zinfandel Braised Lamb Shank, creamy polenta and sautéed vegetables; Classic Creme Brulee, bourbon vanilla bean custard; and Belgian Chocolate Torte with a walnut crust.

Piazza De Campovida, Hopland
"Best fresh, locally sourced organic ingredients for salads, pastas, and wood-fired pizzas."

Piazza De Campovida, 13441 South Highway 1 in Hopland, is taking reservations for a special Valentine's Weekend Prix Fixe Dinner, on Wednesday, February 14, Friday, February 16, and Saturday, February 17. 707-744-1777.

Special Valentine's menu includes: Sautéed Mushrooms, herbed butter and asiago cheese; Oysters on the half shell, half-dozen with mignonette; Spinach Salad, heart of palm, white almonds, strawberries and blue cheese; Cheese Tortellini, creamy pesto, purple carrot, romanesco, tomato and mushrooms; Prime Rib, potato puree, roasted brussel sprouts au jus and creamy horseradish; Chocolate Tiramisu; and Chocolate-Raspberry Lava Cake.

Roland's Bakery and Bistro, Willits
"Everything we do here is fresh and homemade, using local, organic products whenever possible."

Roland's Bakery and Bistro, 1726 South Main Street in Willits, is taking reservations for a special Valentine's Dinner on Wednesday, February 14, from 5 to 8:30 pm. Also open Valentine's weekend. 707-841-3058.

Special Valentine's menu includes: Bacon-Wrapped Filet with béarnaise sauce; Surf and Turf, with New York strip steak, shrimp and scallops; Seafood Strudel, with lobster, shrimp, scallops and crab; Vegetable Lasagna; and special appetizers and desserts.

Saucy, Ukiah
"Thin crust, sourdough pizzas star on the menu, which also includes an incredible array of delicious salads, delectable appetizers, as well as signature sandwiches, pasta and other wood-fired specialties."

Saucy, 108 West Standley Street in Ukiah, is taking reservations for a special Valentine's Day Prix Fixe Dinner, on Wednesday, February 14. Also open Valentine's weekend. 707-462-7007.

Special Valentine's menu, \$43 per person, includes: Heirloom Beets and Arugula Salad, Humboldt fog cheese, fennel, toasted hazelnuts, blood orange vinaigrette; Local Mushroom Tart, wild mushrooms, roasted garlic sauce, frisee; Ceviche Crudo, avocado, shaved red onions, cilantro, toasted corn nuts; Fort Bragg Roasted Cod, celery root potato puree, broccoli rabe, romesco sauce, crispy parsley; Eggplant Roulade, Bloomdale spinach, wild mushrooms, tomato sauce, Fontina, soft polenta; Free-range chicken breast, roasted root vegetables, watercress, mushroom demi; Chocolate Cake, ganache, dulce de leche, sea salt; and Butterscotch Pots de Crème, Chantilly, pecan cookie.

Simona's Italian Restaurant, Ukiah
"Casual Italian restaurant."

Simona's Italian Restaurant, 131 East Mill Street in Ukiah is taking reservations for Valentine's Dinner, on Wednesday, February 14, and Valentine's weekend. 707-462-2141.

Menu includes: Penne Giovanna, penne with cream, mushrooms and Italian ham; Gnocchi alla Caprese, gnocchi with tomatoes sauce, garlic, basil and mozzarella cheese; Veal Piccata, veal sautéed with lemon, butter and capers; Old World Spumoni; and Peanut Butter Pie.

Ukiah Brewing Company and Restaurant, Ukiah
"Hand-crafted all natural unfiltered beers, local wine & spirits, great food and live music in the historic Marks building in beautiful downtown Ukiah."

Ukiah Brewing Company and Restaurant, 102 South State Street in Ukiah is taking reservations for a special Valentine's Day Prix Fixe Dinner – menu to be announced. With live music: Ukulele folk and love songs with Jon Gonzales and Carissa Green, 6 to 8 pm. 707-468-5898.

THURSDAY, MARCH 15TH
5:00PM

MENDOCINO COLLEGE
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ART SHOW

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Handley Cellars will be providing a delicious array of wines including drawings to win your very own bottles.

Additional opportunities will be available to support the Mendocino College Adopt A Fifth Grader program!

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Ukiah Brewing Company Presents
Jon Gonzales & Carissa Green



Valentines Day Dinner
Ukulele Folk & Love Songs
WEDNESDAY
14 Feb
6:00PM-8:00PM
Romance is in the Air
~ Special Prix Fixe Dinner Menu ~
102 S. State St. Ukiah Ca. 95482 www.ukiahbrewing.com 468-5898

THINGS TO DO, SEE AND ENJOY in and around Ukiah

'1984' by Ukiah Players Theatre

OPENS FEBRUARY 8

Opening night is Thursday, February 8 for the Ukiah Players Theatre presentation of "1984," based on the classic novel by George Orwell in which a man loses his identity while living under a repressive regime. The show runs Thursdays and Saturdays at 7 pm and Sundays at 2 pm at the Ukiah Playhouse., 1041 Low Gap Road, through March 4 (no public performance on February 10). Directed by Chris Douthit.

"In this classic novel written by George Orwell, Winston Smith is a government employee whose job involves the rewriting of history in a manner that casts his fictional country's leaders in a charitable light. His trysts with Julia provide his only measure of enjoyment, but lawmakers frown on the relationship -- and in this closely monitored society, there is no escape from Big Brother."

Tickets available online at www.ukiahplayerstheatre.org, at the Mendocino Book Company, or by calling the UPT box office at 462-9226. Tickets for opening night are \$10 for everyone; other dates are \$20 adults; \$17 for students/seniors; and \$11 for those under 12.

"Love Uncorked"

Get ready for "Love Uncorked," P a r d u c c i Wine Cellars Valentine's Day Celebration, on Friday, February 9, from 5 to 9 pm, at the Parducci Tasting Room, 501 Parducci Road, just off the Lake Mendocino exit in Ukiah. This fun Valentine's Day-themed event for those 21+ features sensuous wine, chocolate pairings, and special Valentine's Day wine sales, along with music by D.J. Larry Thompson. \$10 admission includes six tasting tickets, for unique wine and chocolate pairings, including Parducci's award-winning True Grit Petite Sirah with chocolate-covered bacon from the Parducci Farm, and Parducci's sparkling Brut with chocolate-dipped strawberries. For directions or more information, contact info@parducci.com or 707-467-3480, or visit www.parducci.com.

Participating locations include: American Craft Whiskey Distillery and Craft Distillers, both at 1110 Bel Arbes Drive; Graziano Family of Wines, 1170 Bel Arbes Drive; Giuseppe Wines, 401 East School Way; and Testa Vineyards, 6400 North State Street. Visit all five stops and receive 50 percent off a purchase at the participating location of your choice. (Frey Vineyards will be back for the summer Taste of Redwood Valley event.) All sites will also be raising funds for fire relief throughout the day, with



sales of "I/UV / Redwood Valley Strong" T-shirts. Visit the "Taste of Redwood Valley" page on Facebook for more info.

'Event of the Heart'

FEBRUARY 10

Mendocino County AIDS/Viral Hepatitis Network presents the 31st Annual Event of the Heart, "A Starry Night," starting at 5:30 pm on Saturday, February 10 at the Ukiah Valley Conference Center. This benefit event includes a Champagne reception by Roederer Estate with music by Majide! Machiko & Paul, a gourmet dinner by Ellery Clark Catering, local wines, live & silent auctions, and dance music by The Johnny Young Band. Tickets are \$90 and are available at the Mendocino Book Company or by calling MCAVHN at 707-462-1932.

Figure Drawing in Ukiah

STARTS FEBRUARY 11

Join the Deep Valley Arts Collective for a Figure Drawing class on the second Sunday of every month from 1 to 4 pm, starting Sunday, February 11 at the Motel 6 (North) conference room, 1340 North State Street, Ukiah. \$20 at www.deepvalleyartscollective.com/ or cash only at the door. "The Deep Valley Arts Collective believes in the

transformative power of making and experiencing art. Our mission is to create a culture that nurtures artists' development and success while contributing to the well-being of our community." Info: Katherine Payne at 707-354-0638 or email info@deepvalleyartscollective.com.



Pizza & Pruning Party at Rivino Winery

FEBRUARY 11

Rivino Winery is hosting their first Pizza & Pruning Party, Sunday, February 11 from noon to 4 pm at the winery, 4101 Cox Schrader Road on Saturday, February 10 from 11 am to 5 pm. Bring your own wine glass and enjoy some of the world's finest wines and spirits right here in Mendocino County. Along with free tastings, there will be chocolate and sweets served at each stop to celebrate Valentine's Day!

limited: rain will cancel: RSVP on Facebook or by emailing Jason at jason@rivino.com.

"Ever wanted to know what goes into keeping the vineyard productive?" Rivino Winery asks. "Get your hands dirty (not too dirty) at our inaugural Pizza & Pruning Party to get a hands-on experience of the life of a winemaker. In the winter, after all the leaves fall off and the vines are dormant, we prune back our vines to keep them healthy and improve fruit quality in the coming season -- and now you can be a part of it!"

The group will be walked through the process of properly pruning by an expert, and then try out their new skills on Sangiovese vines. After the Pruning Party, Rivino will fire up the pizza oven and sell wine by the glass. This event will be canceled if it looks like rain -- no pruning is done in the rain.

'Palentine's Day' Teen Party at the Library

FEBRUARY 14

Teens (age 12-18) are invited to a free "Palentine's Day" Party at the Ukiah branch Library, 105 North Main Street, Ukiah, from 2 to 5 pm on Wednesday, February 14. "Join us to color & lament life, make friendship bracelets, create "books of awesome" where you sing your pals' praises, decorate cookies, and eat pizza." Sponsored by Friends of the Ukiah Valley Library and Ukiah Library District Teens. "District Teens @ Ukiah Library" is a place for teens to hang out, collaborate, read, draw, make stuff, play games, and share ideas. Follow "District Teens - Ukiah Library Teen Space" on Facebook to learn more about what the library offers for area teenagers.



FIGURE DRAWING IN UKIAH

JOIN THE DEEP VALLEY ARTS COLLECTIVE ON
SUNDAY, FEBRUARY 11TH
FROM 1-4 PM

WWW.DEEPVALLEYARTSCOLLECTIVE.COM
TO REGISTER
MORE INFORMATION BELOW



real authentic boba -- aka bubble tea -- brought to you by the high school tea club."

Ukiah Toastmasters

FEBRUARY 23

Ukiah Toastmasters welcomes interested members of the public to its Open House, Friday, February 23, from 6:45 am to 7:45 am, at the North Coast Opportunities conference room, 413 North State Street, Ukiah.

Ukiah Toastmasters is a non-profit educational club that meets every Friday morning -- guests are welcome -- and teaches public speaking and leadership skills.

For more info visit www.ukiah.toastmastersclubs.org or the "Ukiah Toastmasters" page on Facebook.

2018 Boys & Girls Club Crab Feast

MARCH 3

The 2018 Boys & Girls Club of Ukiah Crab Feast is set for Saturday, March 3 from 5 to 10 pm at Carl Purdy Hall at the Redwood Empire Fairgrounds, 1055 North State Street, in Ukiah. Doors open at 5 pm; dinner starts at 6 pm.

About 320 guests are expected at this evening of festivities to help raise funds for the Boys & Girls Club of Ukiah, featuring "all you can eat" salad, pasta, fresh cracked crab, bread, a light dessert, and beverages, served by Boys & Girls Club members, plus appetizers provided by Crush and beverages provided by DBI Beverage, Sierra Nevada and McNab Ridge Winery. \$65 a seat, or table for eight, \$480. Also, live and silent auctions.



"Every day, Boys & Girls Club of Ukiah strives to improve each child's life by implementing self-esteem, courage, and positive values through our many educational programs.

"Our youth come to the Boys & Girls Clubs to receive tutoring, computer training, homework help, and mentoring. By attending our programs, our youth gain confidence and develop a sense of usefulness and belonging."

For tickets or to reserve a table, call 707-467-4900 or 707-489-2050.

Yoga & Mindfulness

for Kids
with Genevieve Shouff, MSc



Saturday, February 17th

1pm
@ Ukiah Library

Water provided - Limited yoga mats available
Please wear clothing that allows you to move freely
Recommended for ages 7 & up
105 N Main St. 707-463-4490 www.mendolibrary.org

80th Annual
REDWOOD
REGION
LOGGING
CONFERENCE
March 15-17, 2018 | Ukiah, CA

NORRIS MAN

& Light of Da Trinity Sounds

February 10

UKIAH BREWING COMPANY

102 South State Street Ukiah

California, Ukiah, CA 95482



Mendocino College grad accepted at three medical schools – so far!

By Lynda Myers, Mendocino College Foundation Board of Directors

Mendocino College graduate Zachary M. "Zach" Visinoni's wildest dream is coming true. The first person in his family to attend college, he has been accepted at three medical schools – so far!

Visinoni grew up in Paradise, where he played youth baseball. After graduating from high school, he attended American River College for a semester before transferring to Mendocino College, along with friends, to play baseball.

A spinal injury put him out of the game and left him wondering if he would ever be able to lead a "normal" life. To his surprise, a spine specialist at UCSF told him his injury would heal and he would be able to play baseball again.

Visinoni recalled thinking: "She [the specialist] changed my life in 10 minutes. If I became a doctor, just imagine the impact I could have on people's lives!"

At that moment, he decided to pursue a career in medicine.

"Although my parents were always supportive, no one in my family was involved in medicine, so it was a challenge to find the resources to carry out my dream," he admitted.

Visinoni was awarded the Mendocino College Foundation Carl J. Ehmann Scholarship in recognition of his excellence in both academics and baseball for the 2014-2015 academic year. He received an AA General Studies: Natural Science degree in July 2014, and was on the President's List, having maintained a perfect 4.0 GPA.

"I love Mendocino College!" he enthused. "Without great professors like Leslie Banta and others who took an interest in me, there is no way I'd be going to med school. MC is



Graduate Zach Visinoni, at left, with Mendocino College Foundation board member Tom Herman.

the perfect size: small enough that your professors know you and your aspirations, but large enough that I could get all the classes I needed to transfer to Colorado State University without having to make up any units.

"At MC, I could get academic help whenever I needed it, and thanks to the MC Foundation Carl J. Ehmann Scholarship, I also received financial help, which was huge for me at that time."

Besides his academic preparation, Visinoni was privileged to be able to "shadow" doctors in Paradise and Chico during school breaks, which solidified his desire to enter the medical profession.

Asked whether he might consider the proposed family practice residency program at Adventist Health Ukiah Valley when the time comes, Visinoni said he had not previously heard about that program,

but would definitely consider it.

In an email to Professor Banta, Visinoni said: "I truly cannot thank you enough for your help over the years. Attending MC was one of the best choices I ever made, and I'm certain I wouldn't have been accepted without all the great professors I had while I was there.

"Going to a community college gave me a lot to talk about in my interviews, and I think it helped me to stand out in the applicant pool.

"Thank you! I couldn't have done it without you!"

For more information about the Mendocino College Foundation or to donate towards any of their programs, call Katie Fairbairn at 707-467-1018 or visit <http://foundation.mendocino.edu>.

Congresswoman Lynn Woolsey to speak at Women's History Gala

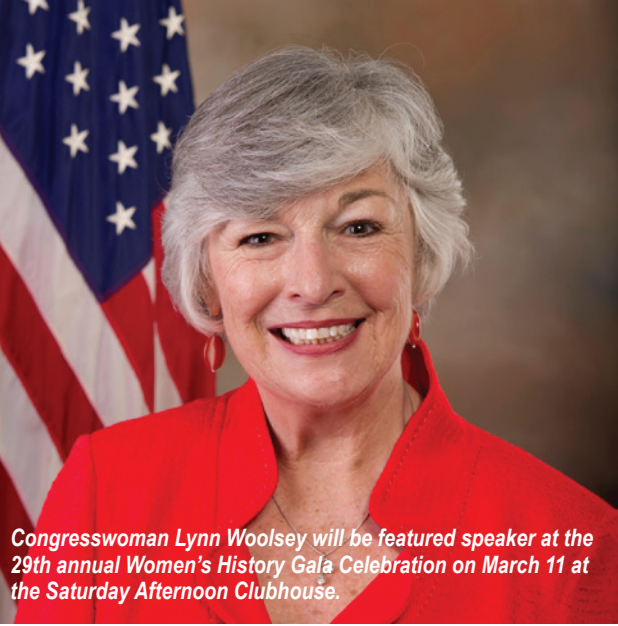
by Katarzyna Rolzinski, Mendocino Women's Political Caucus

The public is invited to attend Mendocino County's 29th Annual Women's History Gala Celebration. The event will be Sunday, March 11, at 1 pm at the Saturday Afternoon Clubhouse, 107 South Oak Street in Ukiah.

The month of March has been designated as National Women's History Month, when women's achievements in the social, political and economic arenas are recognized and celebrated. Mendocino County has been celebrating Women's History Month since the Mendocino Women's Political Caucus launched the first

gala celebration in 1983. Planning this yearly event is the Women's History Coalition, which includes the MWPC, AAUW-Ukiah, the Saturday Afternoon Club, and Soroptimist International Yokayo Sunrise.

Congresswoman Lynn Woolsey will be this year's featured speaker. In her 10th term in the U.S. Congress representing California's 6th District, Woolsey is a vocal and visible leader on progressive issues, particularly those dealing



Congresswoman Lynn Woolsey will be featured speaker at the 29th annual Women's History Gala Celebration on March 11 at the Saturday Afternoon Clubhouse.

on Early Childhood, Elementary, and Secondary Education.

The "Woman of Courage and Conviction Award" will be presented to Congresswoman Woolsey at the March 11 event, only the fourth time the title has been awarded.

In supporting Woolsey's early campaign for Congress, Val Muchowski, president and co-founder of MWPC in Mendocino County, recalls: "As a young single mother struggling to raise three children by herself, she needed public assistance just to make ends meet, even though she was employed. The experience of needing a helping hand from her government has shaped her commitment to family-friendly policies."

Finish "Gala" on page 7



Pucker Up

Adam's Restaurant

is Celebrating Valentine's Day all Weekend

Friday through Sunday and Wednesday, February 14

Call: 707/409-4378 for reservations

Open Tuesday-Sunday 5-9 · Closed Mondays

STILL TIME TO SIGN UP FOR

PG&E's Wildfire Wood Management Program

Pacific Gas and Electric Company has pruned or cut down more than 30,000 hazard trees in Northern California fire-impacted communities to reduce wildfire and public safety risk. Approximately 4,100 of those trees are in fire-impacted areas in Mendocino and Lake counties.

As part of its Wildfire Wood Management Program, PG&E will haul away larger wood it has cut down near its power lines in Mendocino, Lake, Napa, and Sonoma counties at no cost to property owners.

If the wood qualifies, customers must request the wood removal service. The opt-in program ends February 28.

"We are committed to helping our customers recover from the devastating wildfires last fall. We're offering this wood removal service to reduce wildfire risk created by hazard trees piling up, and to help ensure that customers can safely enjoy their property," said Carl Schoenhofer, senior manager of PG&E's Humboldt Division, which includes Mendocino and Lake counties.

PG&E has completed about 96 percent of the work to cut down hazard trees near its power lines in wildfire-impacted communities to help ensure public safety and protect its electric and gas infrastructure.

Work to haul away larger wood began several weeks ago in Napa and Sonoma counties, and has recently begin in Mendocino County.

Customers who would like to opt-in to the Wildfire Wood Management Program may call 1-800-743-5000.

To qualify, the wood to be removed must be:

- Easily accessible by equipment or machinery,
- Larger than 4 inches in diameter and 6 feet in length and within 50 feet of a permanent structure or having the ability to impede traffic or roll into roads, road drainage structures or watercourses.

PG&E contractors will haul away and dispose of the wood. The wood being removed from fire-impacted areas is generally not commercially viable. PG&E's contractors will determine any potential end-uses.

— Submitted by Pacific Gas & Electric Company

Late-start classes

AT MENDOCINO COLLEGE'S UKIAH CAMPUS

There's still time to sign up for the Spring 2018 semester at Mendocino College. A number of classes offer late start dates and short-term schedules. Below is a list of Ukiah campus late-start classes, ranging from firearms to sports to cooking to theater arts.

Students who are interested in applying should reach out to a counselor or the admissions department of Mendocino College quickly to get enrolled and ready for class to start.

Log onto www.mendocino.edu or call 707-468-3000 for more information. Mendocino College is located at 1000 Hensley Creek Road in Ukiah.

Starting in February:

2/20: Athletic Conditioning: Tuesday, Wednesday and Thursday from 6 to 7:50 pm with Kahl Remy, and Monday, Tuesday and Thursday from 3 to 4:15 pm with Mark Torguson.

2/20 to: Mushroom Cultivation: Tuesdays from 6 to 6:40 with Glenn Walker.

2/20: Soccer: Monday, Tuesday and Thursday from 3:30 to 4:45 pm with Shane Huff, and 4:30 to 5:45 pm with Mark Torguson.

2/21: Theatre Production 1 - 4: Monday through Friday from 6 to 9:10 pm with Stephen Decker.

2/26: Conversation Spanish 2: Monday and Wednesday from 6 to 7:10 pm with Diego Mourino.

2/27: Basketball: Tuesday and Thursday from 7 to 8:50 pm with Jacquelin Sanchez.

2/27: Justice Patrol Procedures: Tuesday from 5:30 to 9:20 pm with Robert Nishiyama.

Starting in March:

3/2: Real Estate Economics: Friday and Saturday from 8 am to 12 pm with Ignacio Gonzalez.

Starting in April:

4/2: Tennis – beginning and intermediate: Monday and Wednesday from 11 am to 1:50 pm with Conor Bird.

4/3: Vegetarian Cuisine: Tuesdays from 4 pm to 5:30 pm with Nicholas Petti.

4/5: Advanced Firearms Training: Thursdays from 8 am to 12:20 pm with Robert Nishiyama.

4/7: Child/Adult Relationships: Saturday from 8:30 am to 12:20 pm with Mary McMillan.

4/16: Theatrical Play Development: Tuesday and Thursday from 6 to 9:50 pm with Reid Edelman.

4/21: EMT-1 Refresher: Saturday from 9 am to 12:50 pm with Theresa Gowan.

4/26: Firearms – 832 PC: Thursday from 8 to 11:50 am with Robert Nishiyama.

4/28: Psychology Post-Traumatic Stress Disorder: Saturday from 8:30 am to 12:20 pm with Marsh Rose.

Starting in May:

5/12: Child Development Music and Movement : Saturday from 9 am to 12:50 pm with Janet Greene.

The end of "Well" from page 1

Fitness can many times be the most dreaded component of Live Well, since many patients suffer from chronic pain or mobility issues. However, Live Well fitness coach Ryan Veness offers a fun, personable approach to fitness.

While sessions can take place in a gym, Veness looks beyond the gym, searching for activities that will best fit a patient's lifestyle.

AHUV recently shared a story depicting Veness' approach to fitness and health. A patient arrived at the gym feeling the physical tolls of chronic pain. This patient was unsure if working out was in the cards that day. However, Veness remembered this patient loved to dance, so despite his lack of experience in the dance sector, he asked the patient to teach him to dance. Before he knew it, the patient had danced the entire session and the feelings of pain were long gone.

This story embodies Live Well.

Live Well is not a typical wellness program. Each provider is invested in the success of their patients; each provider works with a patient to develop innovative strategies to meet their goals.

Persons suffering from an illness or health condition who think Live Well may be the right program for them are encouraged to call 467-5292 to schedule their first appointment.

— Submitted by Adventist Health Ukiah Valley

The end of "Gala" from page 6

Each year the Women's History Coalition embraces the theme designated from the National Women's History Project, www.nwhp.org. This year's theme is "Women's Education – Women's Empowerment," and the coalition has identified four Mendocino County women who embody this theme.

The women to be honored include Judy Albert and Debra Ramirez, who have provided longtime service to Project Sanctuary; Kathy Lehner, president of Mendocino College; and Val Muchowski, a founder of MWPC, who has worked to increase the role of women at all levels of politics.

This Women's History Gala will also include the 30th anniversary celebration of MWPC, which has taken the lead to bring women to the table where political decisions are made through campaign trainings, candidate forums, and various forms of campaigning.

The Women's History Coalition is expecting a large crowd to attend and honor Mendocino County women and celebrate the significant changes in women's public and private roles in our society. The coalition welcomes the public to share in the celebration of the stories of women who have helped to preserve our history, are continuing the work for equity, and who will be our future hope.

The gala celebration will also feature music by the Inland Valley Women's Chorus and BREATH, a young women's a cappella group that began at SPACE in 2000 under the direction of Ali Miller. Over the past 11 years, many young women have spread SPACE's message of human rights for all through song. Refreshments and a silent auction are also planned for at this year's Women's History Celebration.

Advance tickets, \$10, may be obtained at the Mendocino Book Company. For more information, call 895-3543.

— Submitted by Adventist Health Ukiah Valley

Mendocino County AIDS Viral Hepatitis Network presents.

The 31st Annual EVENT OF THE HEART

"A Starry Night"

FEBRUARY 10, 2018
5:30—10:30 PM
UKIAH CONFERENCE CENTER

Gourmet dinner by Ellery Clark

Music: The Johnny Young Band

Danny Schott

George & Ruth Bradford Foundation

The Hunger Express

Comfort Inn, Frey Vineyards, Jaxon Keys, SBMC, Adventist Health Ukiah Valley, Roederer Estate, Brigham Law Office, Pacific Redwood Medical Group, MAX 93.5 FM, KJLWME 94.9 FM

Tickets in advance—\$85 per person (all inclusive)/ Purchase a table for 8-10 guests & receive a \$5 discount per person. Ticket price increases to \$90 per person on Feb. 4th.

TICKETS CAN BE PURCHASED AT MCAVHN (707) 462-1932 OR MENDOCINO BOOK COMPANY



Ukiah Farmers Market

Every Saturday morning local farms and vendors offer local produce, meat, and sweet and savory preserves, local cheese, hot food, baked goods and more at the Ukiah Farmers Market from 9 am to noon on School Street, between Clay and Stephenson.

With the days getting longer, and the temperatures warm during the day, more spring produce is showing up at the county's farmers markets each week.

Ukiah Farmers Market is rain or shine. Many Ukiah locals come to enjoy the friendly atmosphere where talented musicians entertain weekly, and customers can relax with beverages and fresh-baked pastries every Saturday morning.

Follow the "Friends of the Ukiah Farmers Market" page on Facebook to keep up with special events and vendors throughout the year.

The end of "Residency" from page 3

A Robert Graham Center study showed that more than 50 percent of medical residents stay and practice within 100 miles of their training. This is due to the physician's knowledge and comfort working in the area and their desire to be near their mentors. This program will help provide needed primary care physicians for our region.

Bringing a family residency program to the community has other benefits as well. Physicians know that residency programs are an indication of healthcare growth and are excited at the opportunity to be part of a forward-thinking organization.

The residency program also has positive economic impacts on the local economy. Another finding from the Robert Graham Center study found that in California family physicians have a positive economic impact of almost \$1 million per year per doctor. Family physicians generate significant economic activity, providing employment for support staff, purchasing goods and services, and generating other healthcare income for hospitals and nursing homes.

With an aging physician population and a greater need for family medicine physicians, the residency program will make a positive impact on our community.



At top, left: Hot and fresh Ethiopian food by Yusuf Heyi is now also available at the Ukiah Farmers Market.

At top, right: Sue Clark of John Ford Ranch in Willits offers local grass-fed beef.

Photos provided by Scott Cratty



Above: Jars of jam and other goodies are available from Amanda Fairall at her booth.

At left, top: Cratty notes that California Balsamic is another staple most weeks at the market.

Photos provided by Scott Cratty

At left: Gilbert Cox of Shamrock Artisan Goat Cheese offers savory options.

Below: Come to the market on Saturday mornings from 9 to noon.

Photos by Jendi Coursey



UKIAH PLAYERS THEATRE PRESENTS

1984

BASED ON THE BESTSELLING NOVEL BY GEORGE ORWELL
DIRECTED BY CHRIS DOUTHIT

FEBRUARY 8TH - MARCH 4TH
NO PUBLIC PERFORMANCE ON FEB 10TH

GENEROUSLY UNDERWRITTEN BY
ALLIANCE AUTO SERVICE, BLACK OAK COFFEE ROASTERS, & KEITH FEIGIN

SHOWTIMES
THURSDAYS - SATURDAYS AT 7PM
SUNDAYS AT 2PM

TICKETS
MENDOCINO BOOK COMPANY.
WWW.UKIAHPLAYERSTHEATRE.ORG
UPT BOX OFFICE (707)462-9226

PERFORMANCES AT UKIAH PLAYHOUSE
1041 LOW GAP RD

Living Well Starts Here



Live Well. An integrated program focused on all aspects of your health.

If you suffer from chronic pain, uncontrolled diabetes, obesity, heart disease or complex health issues our Live Well team can help.

They will work with you to develop a customized plan based on your unique health needs. A central part of this plan is eating delicious, healthy foods. Registered Dietitian Karen Ramey will help you learn about great tasting food that can have a positive impact on your health.



"I love helping people and being part of this unique team approach. A good healthy diet is just one component of overall health. Having a plan that includes nutrition, exercise, counseling and expert medical care can make a real difference in people's lives."

KAREN RAMEY, MS, RDN

"Many of my clients think they have to eat less to meet their weight loss goals, but the truth is eating right can help you lose weight. Weight management has more to do with choosing great tasting foods that are good for your body and its conditions."

LIFESTYLE
TIP

KAREN RAMEY, MS, RDN



TO SCHEDULE AN APPOINTMENT CALL 707.467.5292