



Ukiah Community

QUARTERLY

Edition #4

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

Thursday, November 29, 2018

UKIAH ON ICE

Adventist Health
Ukiah Valley

\$10 per session

**Saturday, December 1, 2018
to Sunday, January 6, 2019**
at Alex Thomas Plaza

Black Oak Coffee Roasters, Mendocino Forest Products, Fetzer Vineyards, George Petersen & Associates, Hillside Health Center, LACO Associates, Northwest Insurance Agency, Inc., Radiant Yoga, Ukiah Paper Supply, Inc., Savings Bank of Mendocino County, Ukiah Waste Solutions

For more information, call 463-6231 or visit www.cityofukiah.com/recreation



Return of the Rink

UKIAH ON ICE
BACK DECEMBER 1
FOR 2018 SEASON

Get out your skates, and get ready to go for a spin on the ice when Ukiah On Ice returns to town for the 2018 season.

For just \$10 per session (including skates), skaters can come and enjoy the rink at Alex Thomas Plaza starting Saturday, December 1 and running through Sunday, January 6. From December 1 through 20, the rink will be open Monday through Friday from 3 to 8 pm, and opening an hour earlier, 2 pm, on Wednesdays. Saturdays will be 11 am to 8 pm, and Sundays 12 to 5 pm.

During Winter Break, December 21 to January 6, Saturday and Sunday hours will be 12 to 7 pm. Check the calendar on page 4 and 5 for more info and holiday hours, too.



Welcome To Winter Savings



2018 Ford Explorer
Stock #JGB44815
MSRP - \$37,320
Sale Price
\$32,734



2018 Ford F-150
Stock #JKE67207
MSRP - \$35,660
Sale Price
\$29,941



2018 Ford Edge
Stock #JBC38187
MSRP - \$32,305
Sale Price
\$28,358



1170 S. State St., Ukiah, CA 95482
(707) 468-0091

REDWOODFord.COM

See dealer for details. All advertised vehicle pricing and availability are subject to change at any time. Prices exclude all state and local government fees and taxes, vehicle registration fees, dealer documentation fees, and finance charges. Other charges may include but not limited to: emissions testing and certificate fees, any dealer-installed accessories and CA tire disposal fees if applicable. On approval of credit.

BISSELL PET FOUNDATION'S

ADOPTIONS 10-4 CLOSING 1:30 PM LUNCH

UKIAH UKIAH SHELTER
298 Plant Road

HOLIDAY HOPE Empty the Shelters

During the Bissell Empty the Shelters event, adoption fee for cats, kittens and dogs over 4 months old is only \$20!

Saturday, December 1

*Mendocino County residents will need to pay the county's dog license fee!

CALL THE SHELTER FOR MORE INFORMATION: 707-467-6453 or visit our website **mendoanimalshelter.com**

HOLIDAY MARKET

DECEMBER 1-DECEMBER 29

Jewelry, Earrings, Silk Scarves, Gift Boxes, Paintings, Photographs, Pottery, Quilts, Corner Gallery Art 15% Holiday Discount Thru December 29

ART CENTER UKIAH / CORNER GALLERY
201 S. State Street Ukiah 707.462.1400
Hours: Tuesday - Saturday 11am - 5pm

First Friday Art Walk

DOWNTOWN UKIAH

5 - 8 PM

Caminata de Luces

A Parade of Lights

An Event with Walk & Bike Mendocino

Come enjoy of the Ukiah Rail Trail lit with thousands of luminarias!

Live music
Food trucks
Hot Chocolate

Friday December 7th, 2018, 5:00pm - 8:00pm
Walk & Bike Parade at 6:30pm
Meet at the Railroad Depot on Perkins Street

Find us on Facebook @Walk & Bike Mendocino
Call us with questions 707-467-3247

Ukiah on Ice

Hours of Operations

December 1 thru December 20

Monday through Friday 3 pm to 8 pm
(Wednesday open at 2 pm)

Saturday 11 am to 8 pm
Sunday 12 pm to 5 pm

Winter Break: December 21 - January 6

Sunday / Saturday 12 pm to 7 pm

Holiday Hours

Christmas Eve 12 pm to 7 pm
Christmas Day 12 pm to 4 pm
New Year's Eve 12 pm to 7 pm
New Year's Day 12 pm to 4 pm

Info: 463-6231, www.cityofukiah.com/ukiah-on-ice/.

UPT's 'A Christmas Carol'

NOVEMBER 15 THRU
DECEMBER 16

The Ukiah Players Theatre presents "A Christmas Carol," based on the novel by Charles Dickens. The play, directed by Jenny Peterman, tells the story of Ebenezer Scrooge, a miser who is visited by the ghost of his former business partner Jacob Marley and the Ghosts of Christmas Past, Present, and Yet to Come. After their visits, Scrooge is transformed into a kinder, gentler man. Info and tickets at www.ukiahplayerstheatre.org/buy-tickets.

Cannabis Industry Supply Chain Mixer

NOVEMBER 30

Join the members of Mendocino County Growers Alliance, Sonoma County Growers Alliance, and Cannabis Distribution Association for "Farm to Market: A Cannabis Industry Supply Chain Mixer" from 2 to 8 pm at the Ukiah Valley Conference Center, 200 South School Street. This is an educational event and industry-networking mixer intended to connect the region's licensed cannabis producers with vetted licensed distributors, and to provide the tools and support to successfully contract with these distributors and compete within the regulated market. The event will feature up to 30 exhibitors, local food for purchase by Zocalo Collective, elixirs from the Mendocino Herb Guild, and local beer and wine. Speaker presentations at 3 pm and educational workshops at 4 pm. Tickets are \$100. Members of MCGA, SCGA and CDA may register for up to two complimentary tickets and are welcome to invite additional guests for \$25 per guest ticket. Register at www.eventbrite.com/e/farm-to-market-fall-2018-tickets-51099260263.

BARRA Christmas Tree Lighting

NOVEMBER 30

BARRA of Mendocino Winery will be ushering in the spirit of the holiday season at their Annual Tree Lighting Celebration from 5:30 to 8:30 pm. The festivities will begin with a sneak preview of "The Nutcracker" performed by the Mendocino Ballet, followed by live music from Ukiah's own Back Porch Project bandmates, Rosie and Steve. Sure to delight young and old alike, this evening features homemade goodies, spiced cider and craft activities for the kids, and complimentary wine tasting for the adults. This is a free event. The winery is located right off of Hwy 101 in Redwood Valley. Info: 485-0322, www.barraofmendocino.com.

TREE LIGHTING CELEBRATION!

BARRA

Grace Hudson Museum Annual Holiday Open House and Craft Fair

NOVEMBER 30 & DECEMBER 1

The Grace Hudson Museum, located at 431 South Main Street, will hold its Annual Holiday Open House and Craft Fair on Friday, November 30 from 5 to 8 pm, and Saturday, December 1 from 10 am to 3 pm. Visitors will find an array of local vendors selling arts, crafts, food treats and artisanal holiday wreaths. There will also be live seasonal music and refreshments and on Saturday, Santa will be there! The Sun House will be decorated for the season and tours will be available. In addition, the gift shop will offer a 15 percent discount to all shoppers. All proceeds benefit the museum. Info: www.gracehudsonmuseum.org, 467-2836.

Ukiah on Ice Opening Day

DECEMBER 1

The Ukiah ice skating rink will open Saturday, December 1 at Alex Thomas Plaza and will run through Sunday, January 6. In addition to public skating, there are fundraising, private parties, and field trip opportunities available. The opening day will include a demo by the Santa Rosa Flyers junior hockey club at 3 pm before the rink opens to the public at 5 pm. Vendors will be selling coffee, hot chocolate and doughnuts. The Parade of Lights begins at 6 pm and will end at the plaza. Photos with Santa (free) follow at 7 pm. Prices are as follows: \$10 per skate day session (including skates) for unlimited skating; Skate Pass, \$85 for a 10-session punch card; Field Trips, \$8 per student for two-hour skate session. Field trip hours are 10 am to 3 pm. The rink is also available for private parties up to 100 people.

UKIAH ON ICE

Ukiah Players Theatre

Holiday Hope: Empty the Shelter

DECEMBER 1

The Bissell Empty the Shelters event will take place at the Ukiah Shelter, 298 Plant Road, from 10 am to 4 pm (closed 1 to 1:30 pm). During this event pet adoption fees for cats, kittens, and dogs over 4 months old will be only \$20 (in addition to Mendocino County dog license fee). Info: 467-6453, www.mendoanimalshelter.com.

Holiday Market

DECEMBER 1 THRU 29

The Holiday Market at Art Center Ukiah and the Corner Gallery, 201 South State Street, starts Saturday, December 1 and runs through Saturday, December 29. Enjoy holiday refreshments while filling your holiday gift list with art created by local artists. There will be something for everyone: jewelry, silk scarves, gift boxes, paintings, photographs, pottery, quilts and more. The Corner Gallery is offering a 15 percent discount.

Pet Photos with Santa Annual SNAP Fundraiser

DECEMBER 1

Santa will be at Rainbow Ag (235 Perkins Street) from 10 am to 3 pm! Bring any or all of your pets to take photos with Santa. Festive holiday accessories for your pet to wear for photos will be provided. You're also welcome to bring your pets dressed up for the occasion. Suggested donation is \$20 and you get physical copies of photos or a disc to pick up at Rainbow the following week of the fundraiser. Goodies (such as necklaces and car magnets) will be available in exchange for donations to SNAP. SNAP is 100 percent run by volunteers. Your donation will help to decrease suffering from overpopulation.

2018 Ukiah Parade of Lights

DECEMBER 1

The Ukiah Parade of Lights kicks off at 6 pm and can be viewed on North State Street from Low Gap Road to Alex Thomas Plaza only. Please plan to be parked and in your viewing location before the parade begins.

10th Annual Holiday Faire hosted by Girl Scouts of Ukiah

DECEMBER 1

The Ukiah Valley Girl Scouts are hosting a free indoor event from 10 am to 3 pm at Carl Purdy Hall, Redwood Empire Fairgrounds. There will be crafts, vendors, food, Mrs. Claus, music, Kids Craft Corner, and so much more!

Ukiah Symphony presents 'Vienna's Masters'

DECEMBER 1 & 2

The Ukiah Symphony presents "Vienna's Masters," featuring Mozart's "Overture to Don Giovanni"; Janice Hawthorne Timm conducting the Mendocino College Choir in Haydn's "Paukenmesse"; and Beethoven's "Triple Concerto for Violin, Cello and Piano" played by the Milou Trio. "Vienna's Masters" takes place Saturday, December 1 at 8 pm and Sunday, December 2 at 2 pm at the Mendocino College Center Theatre. Tickets are \$30 for adults, \$25 for seniors age 65 and up, and free for ASB card holders and everyone under 18. Tickets are available at the Mendocino Book Company (102 South School Street) or at www.ukiahsymphony.org. Info: 462-0236.

Free Carriage Rides

DECEMBER 2

Start the holiday season with a festive horse and carriage ride! The Pear Tree Center is hosting free rides in the JCPenney parking lot from noon to 4 pm.

Ukiah Vecinos en Acci3n meeting

DECEMBER 3

Ukiah Vecinos en Acci3n, (Neighbors in Action), UVA, a Latino Coalition formed by the community members in 2017, will be meeting at 5:45 pm at the ARC Family Resource Center, 1640 South State Street. UVA is passionate and focused on taking action on issues affecting the Latino population.

UVA Ukiah Vecinos en Acci3n

This coalition acts as a bridge between agencies and the community with the focus being to enrich the positive presence of Latinos, to serve as a non-bias platform for information, and to build an environment of trust and positive relationships with other organizations. At the meeting, UVA will be discussing their two current projects: Community Market and Disaster Planning, with a focus on the Latino community. Info: 707-234-3300 or ukiahvecinosenaccion@gmail.com.

Good Farm Fund's 5th Annual Winter Feast

DECEMBER 4

The Good Farm Fund's 5th Annual Good Farm Fund Winter Feast at Barra Winery (7051 North State Street) takes place from 5 to 9 pm. This always-popular event includes a family-style farm-to-table dinner from Black Dog Farm Catering and many friends, featuring locally raised meat, fruits, vegetables, wild mushrooms, artisan cheeses and grains; local beer and wine available for purchase; a silent auction perfect for holiday shopping; and live music from the Gibson Creek Band. This year's event will also feature the announcement of Good Farm Fund grant award selections for 2018. Tickets to the Winter Feast are available on a sliding scale from \$35 to \$50 in advance, \$45 at the door, \$15 for kids 12 and under. Proceeds will support the Good Farm Fund's Farm Grant Program and Market Match Program. This event always sells out. Tickets at <https://gffwinterfeast.brownpapertickets.com/>, at the Westside Renaissance Market, Mendocino Book Company, and the Ukiah Natural Foods Co-op. Info: www.goodfarmfund.org.

2nd Annual Caminata de Luces!

DECEMBER 7

The Caminata de Luces will be hitting the Rail Trail between Clara and Gobbi for a second year. The entirety of the rail trail will be lit with thousands of luminarias: paper lanterns decorated by kids and other community members. Enjoy live music, food trucks, hot chocolate, and walking the scenic Rail Trail in the crisp fall air. Light up yourself, your bike, your scooter, your dog, and enjoy an evening of community.

December First Friday Art Walk

DECEMBER 7

Join the community downtown for the First Friday Art Walk in downtown Ukiah from 5 to 8 pm. A fun game of Elf on the Shelf will be played. Fill a game card with stickers from participating merchants earned by finding the elf. When your card is full, take it to the ice skating rink for a free pass. Pick up a game card at any participating merchant. Make sure to visit the ongoing Holiday Market at Art Center Ukiah and the Corner Gallery. Enjoy holiday refreshments; fill your holiday gift list with art, jewelry and more created by local artists.

Annual Holiday Ceramics Sale at Mendocino College

DECEMBER 7, 8 & 9

The Mendocino College Ceramics Club presents its Annual Holiday Sale, from 11 am to 4 pm at the Lowery Student Center on the Mendocino College campus. This annual sale features advanced ceramics students' works, holiday wreaths, Culinary Club food and drinks, and live music. Info: 468-3087.

The Nutcracker

DECEMBER 7, 8 & 9

America's favorite holiday classic comes to life with a cast of nearly 100 dancers. Don't miss this wonderful production of a timeless ballet. It will be fun for the whole family. Advance tickets are \$20 for adults; \$18 for seniors over 65; and \$10 for kids under 18. Tickets available at Mendocino Ballet, Mendocino Book Company in Ukiah, Mazhar in Willits, and online at www.mendocinoballet.org (\$1 surcharge applied to online purchases). Tickets \$5 more at the door

'Buddhist Economics' scholar to speak at City of 10,000 Buddhas

DECEMBER 8 & 9

Dr. Clair Brown, economics professor and director of the Center for Work, Technology and Society at the University of California Berkeley, and author of "Buddhist Economics," will speak in the Buddha Hall at the City of 10,000 Buddhas in Talmage at 7:30 pm. A second opportunity to meet Brown will be held at Dharma Realm University on December 9, from 9:30 to 11 am. Both talks are free

UVA Ukiah Vecinos en Acci3n

and open to the public. Brown will be discussing ideas for creating an "economy that supports a meaningful life for all people and where people can care for each other and the planet."

Holiday Dance Party

DECEMBER 8

Bartlett Hall Holiday Dance Party will feature The Fargo Brothers. The Fargo Brothers have been burning up stages since 1979. These four seasoned professionals deliver a brand of blues and roots rock and roll with a fire and intensity that only three decades together can bring. Known for their vocal harmonies and tight ensemble playing, The Fargo Brothers always put on a show that is not to be missed! The Holiday Dance Party will be held at Bartlett Hall, 495 Leslie Street. Doors will open at 6:30, dance 7 to 10 pm. A wide array of gourmet appetizers served throughout the evening included in admission. Tickets available at Ukiah Senior Center Administration (499 Leslie Street), Mendocino Book Company (102 South School Street), Creative Workshop & Printing (759 South State Street), and at www.ukiahseniorcenter.org. Non-members pay \$20 in advance, \$25 at the door. Members pay \$15 in advance, \$20 at the door.



December Ukiah Contra Dance

DECEMBER 8

December Ukiah Contra Dance starts at 7:30 pm in the Ukiah Methodist Church Social Hall, 205 North Bush Street. This is the annual Holiday Dance with Dessert Potluck. Live music provided by the Upside Sound. All dances will be taught by Celia Ramsey. Class for beginners at 7 pm. All ages are welcome. No experience and no partner needed. These dances have been going on for 30 plus years and are always a great mix of ages. Info: 468-5008.

Mendo College auditions for 'Once Upon a Mattress'

DECEMBER 8

Auditions for the Mendocino College Theatre Arts Department's Spring 2019 production of "Once Upon a Mattress" will be held at 10 am in the dance studios (room 800 and 820 of the Athletic Building) of Mendocino College, located at 1000 Hensley Creek Road, Ukiah. "Once Upon a Mattress" is an exuberant family-friendly musical romp based on the classic story of "The Princess and The Pea." Carried on a wave of wonderful songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the familiar classic provides for some side-splitting shenanigans. Director Reid Edelman seeks a large cast of 25 to 35 singers, dancers and actors, ages 14 and up. No prior experience is needed, just a desire to perform and a love of musical theater! Performers will sing to the accompaniment of a live orchestra. The rehearsals will begin in mid-January and continue until the show opens on March 22, 2019. Performances will run through March 31. Everybody who auditions will need to sing, dance and act.

5th Annual Ladies Cookie

DECEMBER 9

The River Ukiah Women's Ministry is hosting a cookie exchange at 6 pm at The River Ukiah, 195 Low Gap Road. This will be a wonderful evening of connection with others, lots of different kinds of cookies, some games, and the ever-so-fun gift exchange. Bring eight dozen cookies in order to take a variety home. Bring a gift if you would like to participate in the gift exchange (\$15 spending limit, but not required). Age limit: 13 years minimum.

Exchange

DECEMBER 9

The River Ukiah Women's Ministry is hosting a cookie exchange at 6 pm at The River Ukiah, 195 Low Gap Road. This will be a wonderful evening of connection with others, lots of different kinds of cookies, some games, and the ever-so-fun gift exchange. Bring eight dozen cookies in order to take a variety home. Bring a gift if you would like to participate in the gift exchange (\$15 spending limit, but not required). Age limit: 13 years minimum.

Calpella Cubs Christmas Holiday and Craft Fair

DECEMBER 14

Shop for gifts at the Calpella Cubs Christmas Holiday and Craft Fair at Calpella Elementary from 6 to 8 pm. This fun event will include goodies, performances, and a visit from Santa.

Ukiah Cemetery Wreaths Across America

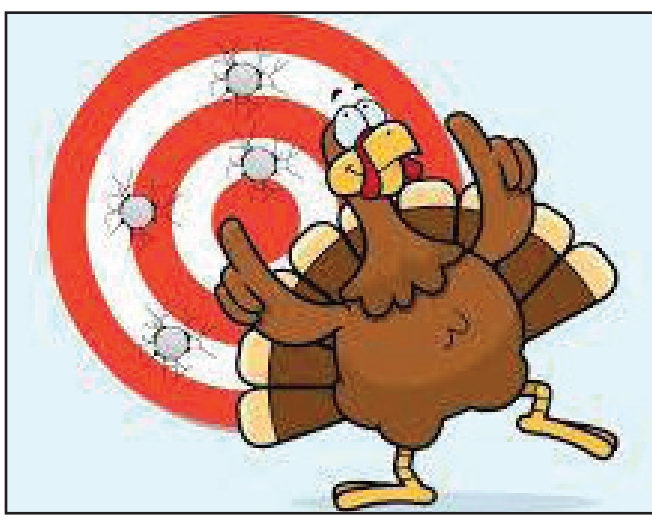
DECEMBER 15

The Ukiah Cemetery Wreaths Across America ceremony starts at 9 am. There are over 2,000 veterans buried in the Ukiah Cemetery. The goal is to place a wreath on the grave of every local veteran. Wreaths may be purchased for \$15 at the Ukiah Cemetery, through local 4-H members, or at <https://donate.wreathscrossamerica.org/>. Info: 462-8012 or 463-0411

Ukiah Christmas Turkey Shoot

DECEMBER 16

Come on out to Ukiah Rifle and Pistol Club and compete to win a Christmas turkey. There will be Trap, Rifle and a fun Kid's .22 Shoot available. For \$5 you could win a whole turkey - or a sausage or ham! Registration starts at 8 am and shooting starts at 9 am and goes until around 4 pm. Competitors do not need to be members of the Ukiah Rifle and Pistol Club to attend and shoot at this event. All competitors must have a current NRA membership. Spectators are welcome to come view the events. Everyone must have appropriate eye and ear protection. Juniors are welcome to participate (must be accompanied by a parent or legal guardian and must be able to demonstrate safe gun handling). Disclaimer: All turkeys will be frozen, no live turkeys will be harmed at this event.



Beginning Anew: New Year's Eve Retreat

DECEMBER 28 THRU JANUARY 1

Sugarplum Sangha is holding the third annual New Year's Eve Retreat at Mariposa Institute from December 28 through January 1. Celebrate this time for beginning anew with community grounded in joy, kindness, compassion and peace. Connect to live with depth and meaning. The Mariposa Institute is located at 3801 Low Gap Road. Suggested donation is \$100. Register at www.sugarplumsangha.org.

Ukiah Brewing Company's JAL BRUNCH

with the Dorian May Trio

Bottomless Mimosas, Blood Mary's, Earl Grey Martinis, Oysters on the half-shell, Oyster shooters, Shrimp cocktails, Benedicts, Fried Chicken & Waffles & more

Saturdays from 10-2pm
Music starting at 11am

Ukiah Brewing Co., 102 S. State St., Ukiah
Tel.: (707) 468-5898

THE RIVER UKIAH WOMEN'S MINISTRY Cookie Exchange

SUNDAY DECEMBER 9TH 6:00PM

New endowment fund will support Mendocino College Students enrolled in theatre arts

Submitted by
Mendocino College
Foundation

The Elwood Fund is a new open-ended memorial endowment fund established to provide scholarships for graduating theatre arts majors and to supplement the theatre department's operational budget. The Mendocino College Theatre Department prepares students for careers in theater, but also for other careers and for life. Students gain organizational and leadership skills which transfer to any field.

"They develop confidence in their abilities, and they become comfortable speaking and performing publicly," stated Theatre Arts Professor Reid Edelman. "They learn how to meet tight deadlines and operate within a budget. They learn teamwork and the ability to work creatively in collaborative relationships. They learn time-management, and the ability to read a text closely for nuance and detail."

"They experience the joy of engaging in something for the 'love of it' and thereby learn to value learning for its own sake! I can think of no better preparation for career and personal success than a degree in theater!"

We invite you to support the fund today with a tax deductible gift. Jim Williams devotedly established the fund and named it after his first principal role, Elwood P. Dowd, in the Mendocino College production of Harvey, directed by Ellen Weed in 1982. Williams is a retired educator whose life has been enriched by his participation in live theater. He invites others to join him in providing a long-term sustainable legacy that will help theater majors



Above: Donor Jim Williams, left, and Theatre Arts Professor Reid Edelman stand beside the original artwork from the 1982 production of Harvey.

complete their education while also supporting the ability of the department to provide an enriched educational experience.

For more information about the Mendocino College Foundation or to donate toward any of their programs, contact Katie Fairbairn, executive director, at kfairbairn@mendocino.edu or call 468-3164.

The end of "Upgrades" from page 2

confirm that these technologies will work well for the SCP community, provide insight into best practices for installers, and guide future energy-saving programs. In the future, the Lead Locally program will open a physical Energy Marketplace in downtown Santa Rosa, where the public will be able to learn about, test and purchase these energy-saving technologies.

About Sonoma Clean Power

Sonoma Clean Power is proud to serve the counties of Sonoma and Mendocino, as a self-funded, public electricity provider. Climate change affects everyone, so our programs are designed for everyone. SCP's services are practical, affordable and inclusive, inviting everyone to be part of the transition toward a clean energy future. To learn more, visit www.sonomacleanpower.org or call 855-202-2139.



Lead Locally Program Manager Chad Asay wants Sonoma Clean Power customers to get involved in building a cleaner energy future.



Adventist Health Ukiah Valley installs state-of-the-art newborn safety system

Submitted by Willow Anderson, for
Adventist Health Ukiah Valley

With the safety and security of families in mind, Adventist Health Ukiah Valley has recently installed a new and innovative Infant Safety System developed by CertaScan Technologies (www.certascantek.com). This new system allows the hospital to capture high-resolution newborn footprints, which can be used for precise identification in situations like an abduction, lost baby or natural disaster.

Implementation of CertaScan began this month and includes the option for new parents to order customized footprint graphics in addition to the increased safety of this system. "I think this is a wonderful blessing that Adventist Health Ukiah Valley has allowed us to adopt this program and provide for our families and newest little additions to our community. It just shows how committed this organization is to the safety and welfare of our littlest of patients – our newborns!" shares OB Director Heidi Willsher.

The Newborn Safety System — which uses LiveScan Technology — has garnered attention and praise from the National Center for Missing and Exploited Children and has been included as a recommendation for hospitals in the center's most recent Infant Security Guidelines.

The system is entirely safe for use on babies and provides outstanding footprint quality. Nurses prefer the system because it is easy to use, seamless to adopt, and replaces the time-consuming and messy ink-and-paper method. The digital footprints and security photo can be stored efficiently in the newborn's electronic medical record. And, much like fingerprints, footprints are a biometric, unique to each baby, so they can be used for identification throughout a lifetime.

Each new mom receives a beautiful certificate of her newborn's footprint during her stay. When she returns home, she can visit www.firstfootprint.com to enhance the certificate with colors, different fonts and borders. She can also download a digital copy of her baby's footprint. These additional benefits are provided as a gift from Adventist Health Ukiah Valley.

Adventist Health Ukiah Valley is among the first hospitals in Northern California to provide this innovative service to families. For more information, call 707-456-3213 or email willshhl@ah.org.

Adventist Health Ukiah Valley is part of Adventist Health, a faith-based, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii. Founded on Seventh-day Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies, and joint-venture retirement centers in both rural and urban communities. Our compassionate and talented team of 35,000 includes associates, medical staff physicians, allied health professionals, and volunteers driven in pursuit of one mission: living God's love by inspiring health, wholeness and hope. Together, we are transforming the American healthcare experience with an innovative, yet timeless, whole-person focus on physical, mental, spiritual and social healing.



Let's Celebrate 115 YEARS

SERVING LAKE & MENDOCINO COUNTIES

December 3, 2018 • 9am to 4pm

Stop by the branch of your choice

Refreshments & Gift For Coming!

This celebration is our way of saying thank you to our loyal customers. It's only with your support that we have reached this milestone!

Thank you!

Bring new toys & non-perishable food for local Christmas efforts.



Savings Bank

OF MENDOCINO COUNTY

Member FDIC

www.savingsbank.com

Ukiah Vecinos en Acción meeting

TO DISCUSS COMMUNITY MARKET AND
DISASTER PLANNING PROJECTS

Submitted by
Healthy Mendocino

Ukiah Vecinos en Acción, (Neighbors in Action), UVA, is a Latino Coalition formed by the community members in 2017. UVA consist of 12 members who are passionate and focused on taking action on issues affecting the Latino population.

This coalition acts as a bridge between agencies and the community with the focus being to enrich the positive presence of Latinos, to serve as a non-bias platform for information, and to build an environment of trust and positive relationships with other organizations.

UVA is currently housed at the ARC Family Resource Center, where it was first created. When the new presidential administration took office in January 2017, agencies and community members would contact the ARC Family Resource Center for information.

As a result, a community dinner was organized where people were invited to come and talk about their worries. ARC Family Resource Center staff went out, did research, conducted interviews, and organized a second community dinner to report back to the people. Out of this, it was recognized and vocalized that there was a lack of Latino leadership; with a few volunteers, UVA was created.

It is very important for UVA to stay connected to the people and to take action on the issues affecting the Latino community. Therefore, UVA incorporated two things in the way we do our work: to host community gatherings and to take action. The purpose of the community gatherings is to hear directly from the people on what the issues are and what we should work on. In addition, it allows UVA to report back to the people on the issues, projects, and any information the people might have asked for.

The second is that UVA takes action by focusing on a project. The project ideas come directly from what we hear at the community gatherings. Currently UVA has two projects: the Community Market and Disaster Planning, with a focus on the Latino community.

Poverty is an issue that came up at a community gathering which led UVA to take action by partnering with Healthy Mendocino's Poverty Action Team. The goal is to decrease the poverty rate in our county by giving people a creative opportunity to increase their household income through the Community Market. This is a big project which takes a strong collaboration that includes: West Company, Economic Development Financial Corporation, Grace Hudson Language Academy, and the ARC Family Resource Center.

The Community Market gives individuals and families the opportunity to take an idea, a skill, or a hobby and turn it into a business without the overhead expenses

of a storefront. UVA's role is to recruit participants and to make the day of the market fun, exciting and family friendly for buyers to come and buy the participants' products.

The cohort that the participants will form will go through a series of workshops with West Company to gain skills on how to create and run a business. The benefit of going through this program is participants will get the opportunity to apply for micro-loans with EDFC for the startup of their business.

In addition, this will prepare participants to be a part of other community events where they can sell their products and as a result, increase their household income. The market will take place at the Grace Hudson Language Academy parking lot where vendors will have their booths and entertainment will be welcoming buyers. The hope is that this additional income will assist in raising families and individuals out of poverty.

The second project UVA is working on is enhancing communication with the Latino community during a natural disaster or during a state of emergency. According to Healthy Mendocino, 35.73 percent of the county's population is composed of members from Hispanic / Latino decent.

During the devastating Complex Fires in October 2017, most of the communication was conducted in English. The first days of any disaster are the most crucial moments, where clear, fast and accurate information to all residents in their native language is very important.

During a community gathering, UVA received feedback from the people in regard to this issue. Community members stated during the time of chaos, families relied on the radio for news and updates. UVA is taking action by working on a collaboration with KZYX to add a Spanish translation after an emergency update.

In addition, the Latino community expressed interest in training to better prepare themselves and others for disasters. As part of this project, UVA is in contact with local agencies that already are doing disaster trainings to assist and ensure that our Spanish-speaking community is not left out, especially during emergencies.

We are working on researching different trainings and their ability to be offered in Spanish, allowing people to have the same information and trainings as the rest of the county, but in their native language. If you or anyone you know would like more information regarding UVA, the Community Market Project or the Project for Natural Disaster information in Spanish, please contact the ARC Family Resource Center at 707-234-3300, find us on Facebook, email us at ukiahvecinosenaccion@gmail.com, or come to our meetings. UVA meets every first Monday of the month at 5:45 pm at the ARC Family Resource Center, 1640 South State Street, Ukiah.



December 14!

CAPELLA CUBS CHRISTMAS HOLIDAY

*** SANTA * CRAFT FAIR ***

GOODIES * PERFORMANCES *

See calendar for more info!

December 7, 8 & 9 at J.D. Redhouse

SANTA PHOTO TIME!

Fri: 5 to 7 pm, Sat & Sun: 12 to 2 pm



Maureen Moore pho-tog-ra-phress 707-972-7047

UKIAH RIFLE AND PISTOL CLUB

Christmas Turkey Shoot

DECEMBER 16TH, 2018

1 DAY, 3 EVENTS!

RIFLE • TRAP • KID'S .22 SHOOT

PUBLIC WELCOME! CLUB MEMBERSHIP NOT REQUIRED.

PRICING - \$5 PER ROUND

REGISTRATION - 8AM SHOOTING STARTS - 9AM

TRAP CONTACT:
KYLE SEEVER
(707) 849-7901

RIFLE CONTACT:
MIKE DRUMM
(707) 621-0538

.22 SHOOT CONTACT:
MANNY SERVANTES
(707) 671-2499

NOTE: NO LIVE TURKEYS WILL BE HARMED DURING THIS EVENT.

UKIAH RIFLE AND PISTOL CLUB - 2300 VICHY SPRINGS RD. UKIAH, CA 95482

PHOTOS WITH SANTA

No Appointment needed.
Starting at \$7.00



Saturday, December 1st	3-5:30
Thursday, December 13th	3-6
Saturday, December 15th	11-1
Thursday, December 20th	3-6
Saturday, December 22nd	11-1

SSS TRIPLE S CAMERA 260 S. School Street
Ukiah 707-462-3163



Saturday, December 8th

SPACE Theater
508 W. Perkins Ukiah

Doors Open 7PM; Show Starts 7:30PM

Advance Tickets \$25; At the Door \$30

Tickets Available at the Mendocino Book Company
www.brownpapertickets.com/event/3817525

For more information, oakandthorn@kzyx.org

IT'S TIME FOR OUR ANNUAL Canned Food Drive!

AT MENDOCINO COUNTY ANIMAL CARE SERVICES SHELTER

Once a year we ask the community to help us by **DONATING HIGH QUALITY CANNED DOG FOOD**

Food can be dropped off at the shelter in Ukiah:
298 Plant Road ■ Tues-Sat 10 a.m. to 4:30 p.m. ■ Wed till 6:30.

OTHER DROP OFF POINTS

Laytonville
Laytonville Head Start
4440 Willys Avenue

GOING ON NOW THRU DEC. 31

OTHER DROP OFF POINTS

Rainbow Ag (Perkins St, Ukiah)
JD Redhouse (Willits)

Fidelity National Title (Ukiah)
704 E. Perkins Street, Suite D

Thank you!



Holiday Open Studio

Saturday
December 1, 2018

Jan Hoyman Studio
323 N Main St
Ukiah



THE ORIGINAL 32ND ANNUAL WILLITS HOLIDAY CRAFT FAIR

FINE ARTS & CRAFTS

FRIDAY, DECEMBER 7
12:00 Noon - 7:00 P.M. Community Center
12:00 Noon - 9:00 P.M. WCA Upstairs Gallery

SATURDAY, DECEMBER 8
10:00 A.M. - 6:00 P.M.

SUNDAY, DECEMBER 9
10:00 A.M. - 4:00 P.M.

WILLITS COMMUNITY CENTER
& upstairs at the
WILLITS CENTER FOR THE ARTS

LIVE MUSIC FRI., SAT. & SUN.

BOTH LOCATIONS

KID'S CRAFTS FAIR
SAT. ONLY, 10AM-2PM
Classroom at WCA

FOOD & BEVERAGES BY THE WILLITS CHARTER SCHOOL

A BENEFIT FOR THE WILLITS CENTER FOR THE ARTS

Willits Community Center
111 East Commercial St.
Willits, CA.

Willits Center for the Arts,
71 E. Commercial St.



Meet Santa & Ride the Train!

FREE Family Event

ROOTS OF MOTIVE POWER PRESENTS:

HOLIDAY EXPRESS

Saturday, December 1, 2018
12 p.m. - 5 p.m.

Free Steam Train Rides (12 - 5 p.m.)
Meet Santa and Receive a Free Small Gift (12 - 4 p.m.)
Free Crafts · Refreshments · Wagon Full of Toys Raffle at 3:30 p.m.
Decorated Trees · Free Admission to the Mendocino County Museum & more!

420 E. COMMERCIAL STREET, WILLITS
www.rootsofmotivepower.com
Find and like us on FACEBOOK! @rootsofmotivepower




Expert ear, nose and throat specialists

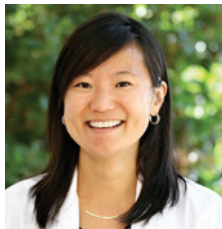
inspired to help you breathe without pain or pressure



Susan Cordes,
MD, FACS



Gregory Porter,
MD, FACS



Qi Zhang, MD

If you experience chronic sinus pressure, infections, sinus headaches, difficulty breathing through your nose, or you’ve been diagnosed with chronic sinusitis, we have good news. Our team of specialists are experts in helping patients to breathe easy with new minimally invasive treatment options including balloon sinus dilation. This procedure uses a small, flexible balloon catheter to open up blocked sinus passageways and drain mucus that builds up. Patients benefit from improved outcomes and can immediately breathe easy again.

TO SCHEDULE AN APPOINTMENT, CALL (707) 462-8855

www.AdventistHealthUkiahValley.org/ENT
1165 South Dora Street, Suite C-2
Ukiah, CA 95482

