



MAY 2, 2024

### Willits Farmers Market

The weekly farmers market moved outdoors for the season on April 18, to the old Rexall parking lot downtown, 90 South Main Street. Hours are still 3 to 5:30 pm every Thursday afternoon.

Enjoy just-picked produce, local meat, farm-fresh eggs, delicious meals, tasty treats, live music, the new edition of Willits Weekly, and more. All are welcome to Tobin's Tales, story time at the farmers market, from 3:30 to 4 pm, with Library Assistant Tobin reading selected juvenile picture books.

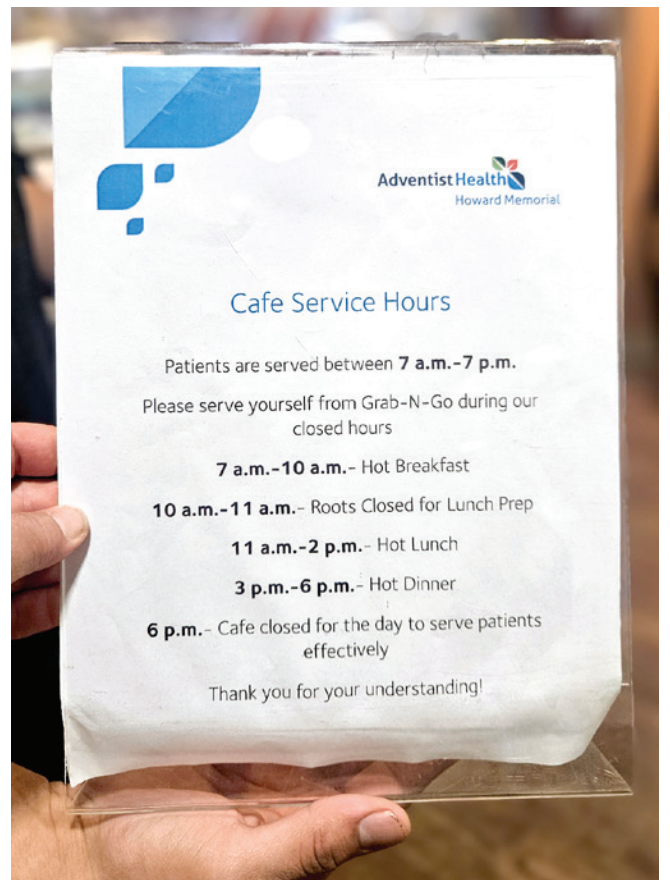


### Dine at Roots

Howard Hospital's restaurant offers dishes featuring organic and locally grown produce to the public at affordable prices



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May Lunch Menu for Howard Hospital's Roots restaurant</b>			1 TRI TIP STEAK OR VEGGIE SANDWICH POTATO SALAD RED PEPPER GOULGA GF	2 RASPBERRY BALSAMIC CHICKEN OR TOFU GRILLED POLENTA GARDEN VEGGIES SOUP: BROCCOLI	3 BAKED COD OR FRIED TOFU TOSTADAS W/MANGO SALSA SOUP: CREAM OF POTATO GF/DF	4 MEATLOAF OR LENTIL LOAF GARDEN VEGGIES MASHED POTATOES SOUP: CHEFS CHOICE
5 LEMON ROSEMARY CHICKEN OR VEG ORZO & GARDEN SALAD SOUP: CHEFS CHOICE	6 SPAGHETTI & MEATBALLS SALAD GARLIC BREAD SOUP: MINESTRONE	7 CHICKEN TINGA NACHOS SOUP: BLACK BEAN GF/DF	8 THAI NOODLE SALAD W/ BEEF OR TOFU SOUP: CARROT GINGER GF/DF	9 CHICKEN AU POIVRE ARTICHOKE MASH ASPARAGUS STUFFED PEPPERS SOUP: VEGETABLE	10 FRIED CHICKEN SWEET POTATO MASH CILANTRO LIME COLESLAW SOUP: CHICKEN NOODLE	11 LEMON ONION BEEF GARDEN VEGGIES JASMINE RICE SOUP: CHEFS CHOICE
12 POT ROAST STUFFED MUSHROOM GARDEN VEGGIES ROASTED POTATOES SOUP: CHEFS CHOICE	13 PESTO CHICKEN OR MUSHROOM SANDWICH PASTA SALAD SOUP: RED PEPPER GOULDA GF	14 GROUND BEEF OR SOYRIZO TACO BOWL SOUP: CHICKEN TORTILLA GF/DF	15 TUSCAN CHICKEN MUSHROOM RAVIOLI GARDEN SALAD CHIBATTA BREAD SOUP: TOMATO GF/DF	16 CURED SALMON OR FLORENTINE MUSHROOMS W/TARRAGON CREAM SAUCE HERBED POTATOES GARDEN VEG SOUP: WHITE BEAN	17 BURGERS AND ONION RINGS SOUP: FRENCH ONION GF/DF	18 ORANGE PINAPPLE CHICKEN JAZMINE RICE GARDEN VEGGIES SOUP: CHEFS CHOICE
19 SPAGHETTI AND MEATBALLS SALAD GARLIC BREAD SOUP: CHEFS CHOICE	20 GYROS CHICKEN OR VEGGIE SOUP: BUTTERNUT SQUASH GF/DF	21 CHICKEN OR MUSHROOM SOPES RICE & BEANS SOUP: RED POSOLE GF/DF	22 MEATLOAF OR LENTIL LOAF MASHED POTATO CARROTS/KALE SOUP: MINESTRONE GF/DF	23 COLD SOBA SALAD W/TERIYAKI CHICKEN PICKLED CABBAGE SOUP: VEGETABLE GF/DF	24 JERK CHICKEN JAMBALAYA VEGAN GUMBO HUSH PUPPIES SOUP: CALIFLOWER GF/DF	25 CHICKEN SOUVLAKI CUCUMBER SALAD PITA BREAD SOUP: CHEFS CHOICE
26 BBQ CHICKEN VEG OPTION MAC AND CHEESE SALAD CORN BREAD MEMORIAL WEEKEND BBQ	27 PARMESEAN ENCRUSTED CHICKEN EGG PLANT PARMESEAN MUSHROOM RISOTTO SALAD GARLIC BREAD SOUP: MINESTRONE GF/DF	28 BARBACOA STEAK OR MUSHROOM TACOS RICE & BEANS SOUP: CHICKEN AVOCADO GF/DF	29 RUEBEN OR VEGGIE SANDWICHES W/ GARDEN SALAD SOUP: FRENCH ONION GF/DF	30 HOT TURKEY OR MUSHROOM PATTY SANDWICHES ON SOURDOUGH W/ DUJON JACK CHEESE ROASTED POTATOES GRAVY SOUP: CORN CHOWDER GF/DF	31 FRIED CHICKEN WRAPS SWEET POTATO FRIES SOUP: SPLIT PEA GF/DF	



**Avenues to Wellness is a community-based, free-of-charge wellness program sponsored by the Frank R. Howard Foundation.**

**Monthly Speaker Event:** Featuring local health educators. We meet on the third Wednesday of the month, at Willits United Methodist Church 6-7pm.

Our next speaker is Dawnmarie Riskey-Childs DO, a retired psychiatrist speaking about her personal story of healing from childhood sexual abuse. Previous talks can be viewed in the archives at: [avenuestowellness.org](http://avenuestowellness.org)

**Bereavement Support Groups:** Offered three times per year in 8-week sessions. This is a facilitated group to process emotions and learn about your unique grief journey.

**Call to Connect:** A telephone-based emotional support system for isolated and lonely people. This program provides a once a week, 30-minute phone call with a "phone-pal." This is also a volunteer opportunity to help folks who are feeling lonely.

*Suzanne Picetti-Johnson, Program Manager.*

For more information call: 707-456-9676 or email Suzanne at: [spicetti@howardfoundation.org](mailto:spicetti@howardfoundation.org) Facebook page: Avenues to Wellness

**Coming Soon!**

**Willits Kids Corner**

*Indoor Playground and Family Fun Center!*

Scan this code to Keep up on our progress as we get closer to Opening Day!

[WillitsKidsCorner@gmail.com](mailto:WillitsKidsCorner@gmail.com)

707-841-1138



## Outdoor Recreation Boosts Mental Health

Submitted by the National Recreation and Park Association

Ninety-two percent of U.S. adults experience a positive mental health boost after spending time at their local parks, according to the latest National Recreation and Park Association Park Pulse poll.



Visiting parks and participating in recreational activities can improve mood and boost energy. Not only do parks and recreation provide opportunities for physical health, but also they provide mental health benefits. Time spent in nature positively impacts mental health by increasing cognitive performance and well-being and alleviating illnesses, such as depression, attention deficit disorders, and Alzheimer's.

### Key Findings

- Ninety-two percent of U.S. adults experience a positive mental health boost after spending time at their local parks.
- Women are more likely than men to say they feel calm or peaceful after visiting their local parks (62% vs. 55%).
- Millennials are more likely than baby boomers to feel happy or joyful after spending time at their local park (53% vs. 40%).
- Those from households of three or more are more likely to feel happy or joyful after spending time at their local park (52%) compared to those who live with one other person (42%) or by themselves (34%). Larger households also feel more energized after their visit (32% vs. 20% vs. 21%).
- Nearly three in five parents (57%) feel happy or joyful after spending time at their local park, compared to 40% of non-parents.

"The positive impact of parks leaves many individuals healthier, happier and less reliant on local medical and mental health services," said Melissa May, NRPA senior manager of research. "Access to quality parks and recreation can help improve health outcomes for every community."

Each month, through a poll of 1,000 U.S. residents focused on park and recreation issues, NRPA Park Pulse helps tell the park and recreation story. To learn more about NRPA's Park Pulse and see results from previous polls, click here.

About the National Recreation and Park Association: The National Recreation and Park Association is the leading not-for-profit organization dedicated to building strong, vibrant and resilient communities through the power of parks and recreation. With more than 60,000 members, NRPA advances this mission by investing in and championing the work of park and recreation professionals and advocates – the catalysts for positive change in service of equity, climate-readiness, and overall health and well-being. For more information, visit [nrpa.org](http://nrpa.org). For digital access to NRPA's flagship publication, Parks & Recreation, visit [parksandrecreation.org](http://parksandrecreation.org).



# Hospice of Ukiah

Community Supported Hospice & Palliative Care

## End-of-Life Care through Hospice of Ukiah

The Mission of Hospice of Ukiah is to provide end-of-life and comfort care, free of charge, to everyone in our community who needs it.

Hospice of Ukiah is based on the belief that people with terminal or long-time debilitating illness can live and die comfortably among family and friends in familiar surroundings. We provide support and professional care for the physical, emotional, and spiritual needs of clients and their families.

### How Do You Qualify for Our Hospice Program?

There must be a willing and able caregiver responsible for the client's 24-hour care.

The client must have a primary physician who makes the referral and accepts responsibility for medical care.

The client must live in the geographical area we serve\*

The client, when possible, must be able to participate in decision-making

### Why Choose Hospice of Ukiah?

There is no requirement for a prognosis of death.

You may continue to receive life-extending treatment (such as Chemo, Dialysis, etc.)

We do not require or accept Medicare, Medi-Cal, or private insurance.

You can go to the Hospital or Emergency Room as circumstances require.

Signing a DNR or POLST is recommended but not required.



24-hour on-call help via phone. You will receive professional, compassionate care.

All our services are free.\*\*

\*Serving: Ukiah, Calpella, Redwood Valley, Potter Valley, Hopland, Talmage, Anderson Valley, and Willits.

\*\* Hospice of Ukiah is completely supported by the community in the form of Donations, Grants, Bequests, and the earnings from our Thrift & Gift Store.

## Hospice of Ukiah is hiring

Submitted by Ukiah Hospice

This is a great opportunity for a fulltime Nurse Coordinator working both in Ukiah and in Willits. Hospice of Ukiah is a community funded Hospice and Palliative Care service, not associated with Medicare or any other insurance.

Our services are available to everyone who needs us. Our nurses work with local doctors to coordinate care for those in their final days, and also those with long-term debilitating illness. Nurses work without direct supervision, set their own hours and become part of our team of nurses, personal care assistants, social worker, grief counselor, and volunteer medical advisor. For more information, call (707) 462-4038, 9 am to 1 pm, Monday to Friday.

## Willits organizations partner with Blue Zones Project – Mendocino County

Submitted by Blue Zones

Blue Zones Project Mendocino County is a community-led well-being initiative based off the National Geographic study of areas around the world where people live the longest, healthiest lives. In the original Blue Zones areas, residents make healthy choices because those choices are easy – even unavoidable – in their surroundings. Instead of just focusing on the individual, we focus on optimizing the environment and, more specifically, the "Life Radius," because personal choice is only one factor in the daily decisions we make.

The Life Radius is the area around your home or work where you spend the majority (up to 90%) of your time. Since most adults spend 40% of our time at work, Blue Zones Project is partnering with major employers in Willits to shape the work environment to make healthy choices easier for employees. Worksites can positively affect the larger community, because healthy employees become powerful advocates for change in other organizations like schools, restaurants, grocery stores, and civic groups. Worksites that increase well-being of employees by 10% see 5% fewer unscheduled absences, 5% higher reported job performance, and an increase of 6% more days of "best work" in a 28-day period.

Willits Unified School District is already working closely with BZP to improve overall student well-being. Post-pandemic, schools nationwide struggle with an overwhelming increase in student mental health referrals, discipline issues, and students reporting feeling disconnected from school. The partnership between BZP and WUSD brings a school-wide approach where every child receives well-being support to excel in the classroom through policy and program actions that promote physical, social and emotional health.

WUSD Superintendent Mark Beebe encouraged the BZP partnership early this school year, and now, three of the five WUSD schools have achieved Blue Zones Project Approval, with one more remarkably close.

Blue Zones Project schools focus on teaching healthy lifestyle choices based on evidence-based best practices from around the country that are proven to optimize the school environment to better promote physical, social and emotional health. Research shows healthier students earn higher test scores, have higher attention rates, and tend to be better adjusted and socially connected. BZP provides education for the entire family about how to improve well-being. BZP schools join a community-wide effort to improve well-being so that we all can choose to lead healthier, happier lives.

What is different when eating at a BZP-approved restaurant? Find out by eating at Brickhouse Coffee, The Munchery, and Roots Restaurant. These three restaurants completed a rigorous certification process ensuring that healthy choices are easy for patrons. At BZP approved restaurants, you can expect plant-based proteins offered at a lower cost than meat-based proteins, condiments served on the side, fresh fruit and vegetables as the default side dishes with many items sourced within a 400-mile radius, bread or chips are reserved for the meal, and whole grain offerings are available to replace refined grains. Water is the default beverage and served immediately upon arrival.

while sugary drinks are served in tall narrow glasses holding no more than 12 ounces. Sparkling water, iced tea, and club soda are available as drink alternatives. Children's plates and portions are smaller than adults, and sugary drinks are not the default serving. Overall, when you see the BZP logo in the window, you know the restaurant commits to optimizing their menu, environment, and presentation for better health.



## New life for historic Rexall building

Family Entertainment and Learning Center coming soon!



Submitted by Willits Kids Corner

Willits, CA - The historic Rexall building in Willits, California, is set for a dynamic transformation into the Willits Kids Corner and Family Entertainment Center, slated to open in early fall of 2024. This renovation will repurpose the iconic site as a modern hub for family and educational activities. Willits Kids Corner will continue to provide an outdoor venue for the community's many seasonal gatherings and annual events.



The reimagined space will be a family-friendly facility, including large indoor play structures, event rentals, escape rooms, a sensory room, arcade games, interactive even a Willits "Tiny Town," place a special emphasis and crafts, as well as activities designed to growth and cognitive

soft play areas, climbing walls, and The center will on S.T.E.M, arts ASL classes and foster intellectual skill development.

"The revival of the Rexall building as the Willits Kids Corner and Family Entertainment Center is not just an investment in a building but an investment in our community's future," said Nina Swinney, owner, spearheading the project. "We are excited to create a space where learning and fun go hand in hand, and where children can grow and thrive."

This innovative project is not only a restoration of a beloved historic building but also an investment in the future generations of Willits. Combining educational opportunities with fun and open play, the Willits Kids Corner and Family Entertainment Center will provide a safe and engaging environment where physical activity and interactive learning are encouraged.

For more information, please contact: Nina Swinney, [WillitsKidsCorner@gmail.com](mailto:WillitsKidsCorner@gmail.com), 707-841-1138.

## THE YOKAYO SEED PROJECT AT THE UKIAH BRANCH LIBRARY

### Succulent Swap/Plant Swap

The Yokayo Seed Project is hosting a succulent plant swap on May 11 from 1 to 3 p.m.

Bring your favorite succulents/cuttings to swap and share. Veggie starts and other plant cuttings are welcome at this swap as well.

Let's share the succulent wealth. This event is for ages 12 and up, and the event is sponsored by the Ukiah Valley Friends of the Library and the Mendocino County Library.

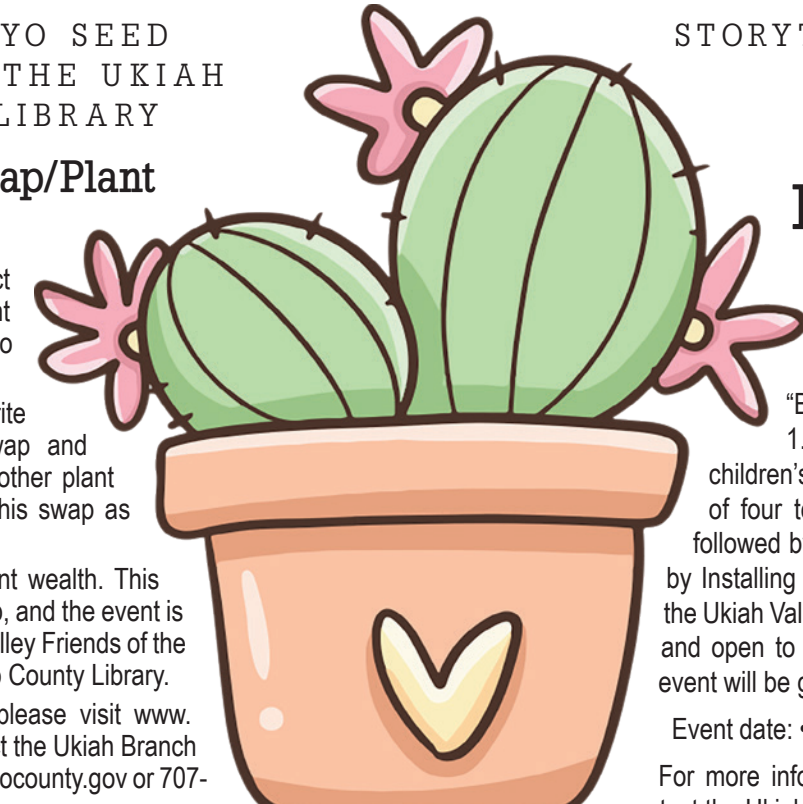
For more information, please visit [www.mendolibrary.org](http://www.mendolibrary.org) or contact the Ukiah Branch Library at [lyonj@mendocinocounty.gov](mailto:lyonj@mendocinocounty.gov) or 707-463-4490.

## STORYTELLING AT THE UKIAH BRANCH LIBRARY

### 'Blossoming Kindness: Living In Harmony'

The Ukiah Branch Library is pleased to partner with Instilling Goodness and Developing Virtue Schools for a series of monthly storytelling and craft events focusing on the theme of "Blossoming Kindness: Living in Harmony." These 1.5 hour events will take place in the library's children's room and will include a storytime hosted by one of four teachers from the Instilling Goodness schools, followed by an hour of craft time. This event is sponsored by Instilling Goodness and Developing Virtue Schools and the Ukiah Valley Friends of the Library and is free to the public and open to all ages, though the storytime portion of each event will be geared towards ages 2 to 6.

Event date: • Wednesday May 22, 2024, 10:30 am to 12 pm. For more information, please visit [www.mendolibrary.org](http://www.mendolibrary.org) or contact the Ukiah Branch at 707-463.4490.



## Did you know?

Heading out for a trip to one of our state parks? Get a CA State Park Pass with your Mendocino County Library Card!

### How it Works:

1. Visit a branch of the Mendocino County Library and ask for a parks pass
2. Each pass can be checked out for 21 days with your library card
3. Return your pass by the due date for the next patron to check out
4. Passes are good to over 200 participating parks



WILLITS CENTER FOR THE ARTS Presents

## The May Show

The Best of Inland Artists

Visit your Art Center  
Vote for Your Favorite Piece of Art

Opening May 4 through May 26, 2024

MEET THE ARTISTS  
Saturday May 4, 6-9 PM  
Open weekends 11 am-5pm

East Commercial Street, Willits CA 95490  
707-459-1726  
[willitscenterforthearts.org](http://willitscenterforthearts.org)

## What can your local Family Resource Center (FRC) do for you?

FRC LOCATIONS IN MENDOCINO COUNTY

- Covelo
- Round Valley FRC
- Laytonville
- Laytonville Healthy Start
- Fort Bragg
- Willits
- Nuestra Alianza de Willits
- Mendocino Coast Children's Fund FRC
- Potter Valley
- Potter Valley Youth & Community Center
- Ukiah
- Vision FRC
- Raise & Shine
- The Arbor
- Point Arena
- Action Network FRC

Information and application assistance for:  
Medi-Cal Insurance • CalFresh (Food Stamps),  
Parenting Support & Referrals  
and many other supportive services!

Visit [www.frcnmendo.org](http://www.frcnmendo.org) for more info!

All levels Welcome

## YOGA FOR THE FEMALE BODY

A conscious yoga class that includes sound, breath, visualization & movement.

at Long Valley Dance on Mon. @ 1-2pm  
or  
at Willits Center for the Arts on Wed. @ 12-1pm

LVD-\$10 WCA-\$15

Did you know:  
• Most yoga asanas were created by men for men's bodies  
• Many yoga poses do not support our female pelvises  
• A misaligned female pelvis looks like painful sex, bladder incontinence, diastasis recti, prolapse, birthing complications, & many more symptoms  
• Learn female pelvic bowl wisdom in this one of a kind yoga class  
• Follow @diastolademeadow on IG

Drop ins welcome  
Call/text (707) 354-5068

## LIVING WITH WILDLIFE 101

Learn how to be a good neighbor to your local wildlife!

### DO YOU HAVE QUESTIONS

about pigs, bears, birds? How to make a bear proof trash can? What to do about a bothersome skunk? How to remove bats without harming them?

### GET EDUCATED FIRST BEFORE there's a wildlife conflict!

Join Wildlife Conflict Specialist Kiana Hargreaves and local Mendocino Biologist Camden Esch for a presentation and discussion on how to LIVE WITH (NOT AGAINST) WILDLIFE in Mendocino County!

MAY 8TH 5:30PM FREE EVENT  
HARWOOD HALL, LAYTONVILLE

For more information E-mail [mendowildsol@gmail.com](mailto:mendowildsol@gmail.com)

Willits Senior Center's

## Mother's Day Pancake Breakfast

Sunday, May 12th, 2024  
8:00am - 11:00am  
1501 Baechtel Rd. Willits, Ca 95490

Breakfast Prices  
Adults - \$10  
Senior Center Members - \$9  
Children - \$8

Breakfast includes biscuits and gravy with side of eggs \$2.00  
OR all you can eat pancakes. This package includes 2 eggs, side of coffee, milk or juice.  
(Extra: Sausage, Bacon, eggs and juice for additional cost)

Free Mimosas for all moms! 12+ included with breakfast!

WILLITS CENTER FOR THE ARTS

## Song Writing Class with Deanne Bunny

songwriting class designed to nurture the creative talents of individuals interested in the art form of composing songs to express themselves

Bring your instruments!

This class aims to guide participants in developing their songwriting skills, from crafting lyrics to composing melodies, with the goal of helping them create original, meaningful songs.

June 2, 9, 23, 30, 2024 3-5pm  
\$100  
ALL LEVELS WELCOME  
Register online at [www.willitscenterforthearts.org](http://www.willitscenterforthearts.org)

Tired of slimy salad mix? Yellowing greens? Tasteless tomatoes?

## Try Fresh! Try Farmers Market!

Every Thursday, 3 to 5:30 PM  
Main and W. Mendocino

We accept EBT, double your money with Market Match

Fresh produce, local meat, eggs, bakery goods, prepared foods, drinks and hot food, crafts, community, and music every week.

## Claudia Wenning

Quantum Level Health

Holistic Health Consultant  
PhD Natural Medicine,  
Traditional Naturopath  
Functional Medicine Practitioner,  
FMP

707-371-6103  
[claudia@claudiawenning.com](mailto:claudia@claudiawenning.com)  
[www.claudiiawenning.com](http://www.claudiiawenning.com)

Hospice of Ukiah

## Now Hiring

Join our Caring Team

Hospice of Ukiah is seeking an LVN or RN with a current license, to coordinate care for our clients in the Willits area.

This is a great job for a part time nurse who likes to work without direct supervision, set their own hours, and be a part of a dedicated interdisciplinary team.

For Information and to apply, send resume to [hospiceofukiah@pacific.net](mailto:hospiceofukiah@pacific.net), or call (707) 462-4038.



## Children's Memorial Flag raised at Mendocino County Courthouse on April 26

Submitted by Sheryn Hildebrand for CASA

Now more than ever, the safety and security of our nation's children is paramount. The Children's Memorial Flag was created in honor of National Child Abuse & Neglect Prevention Month celebrated in April of every year.

Flown on the fourth Friday in April — on April 26 this year — the Children's Memorial Flag honors each lost child across our nation and serves as a symbol for the protection of children and young people from all forms of violence. The flag raises public awareness about the continuing problem of violence against children.

The Honorable Victoria Shanahan and Bishop Jonathan Padilla from the Willits Church of Jesus Christ of Latter Day Saints together helped raise the flag this year at the Mendocino County Courthouse. Participants shared in the recognition that making children a national priority is critical.

This flag is simple but powerful. A red flag depicting blue, paper-doll-like figures of children holding hands. In the center, the white chalk outline of a missing child symbolizes the children lost to violence across the nation. Created by a 16-year-old student in



Victoria Shanahan and Bishop Jonathan stand with the flag before it was raised on April 26.

Alameda County, California, the Children's Memorial Flag honors each lost child and raises public awareness about the continuing problem of violence against children.

Pinwheels were also shared at the ceremony, as the pinwheel has been embraced as the national symbol for Child Abuse Prevention. By its very nature, the pinwheel evokes whimsy and childlike notions. It has come to serve as the physical embodiment, or reminder, of the great childhoods we want for all children.

The Pinwheels for Prevention campaign nationwide provides a unique opportunity for all of us, individuals, and organizations alike, to get involved by learning more about prevention, supporting child and family friendly policies and services, and volunteering at the local, state, and national levels.

If you want to learn more about how you can get involved locally, email Sheryn Hildebrand at CASA of Mendocino County at shildebrand@mendocinocounty.org.



## Become a CASA volunteer and help youth in trouble have a voice

Submitted by Sheryn Hildebrand for CASA

CASA of Mendocino and Lake Counties, a nonprofit 501(c)(3), was established in 1994 and graduated their first volunteer advocates in 1995.

CASA volunteers are community members of all backgrounds and educational levels trained to work with our Juvenile Dependency Courts to assure that every child has a voice.

ONE PERSON CAN BE THE DIFFERENCE!

We are accepting applications ongoing for training and are especially interested in recruiting males to train as CASA advocates.

Make a difference in a Mendocino or Lake County abused, neglected or delinquent child's life. For more information, contact Sheryn Hildebrand at 463-6503, ext. 13 or email her at shildebrand@mendocinocasa.org.

## Traditional Spring Green Sauce from Germany

Submitted by Claudia Wenning

The seven spring herbs that are traditionally used for this colorful sauce in Germany are: Borretsch, Kerbel, Kresse, Petersilie, Pimpinelle, Sauerampfer und Schnittlauch. In English translation: Borage, Chervil, Cress, Parsley, Salad Burnet, Sorrel, Chives.

### INGREDIENTS to serve 4:

- 2 hard-boiled egg yolks
- 1 tablespoon walnut oil (or other nut oil)
- 2/3 cup strained Greek yogurt
- 2/3 cup buttermilk or plain yogurt
- 2/3 cup sour cream or crème fraîche
- 10 to 12 ounces fresh herbs, finely chopped, in about equal amounts of parsley, garden cress, chives, borage, salad burnet, sorrel, and chervil
- Add freshly ground pepper, salt, and fresh lemon juice to taste

### PREPARATION:

Mix the egg yolks with the oil into a smooth paste.

Add a teaspoon or two of lemon juice.

Mix this with the yogurts and sour cream, add the finely chopped herbs, and season to taste with salt, lemon juice and pepper.

Process in a blender until herbs are finely chopped and the cream is bright green.

Traditionally served cold over hard boiled eggs and hot, boiled potatoes.

Enjoy the brilliantly green color!

Use this sauce also for a bread dip or salad dressing, or as a dip for raw veggie dishes, tofu, bean dishes, and even with chips and crackers.

### VARIATIONS:

This sauce is traditionally dairy rich, but you can easily use these variations: Just a vinaigrette, oil/vinegar. Or simply lemon juice with olive oil.

Or replace dairy with a nut butter base, cashew yoghurt, beans/tofu, goat cheese, or coconut cream. You can certainly also leave out the eggs all together.

Add or substitute other fresh spring herbs you have on hand:

Dandelion, lemon balm, dill, cilantro, fennel, thyme, rosemary, miners lettuce, chickweed, purslane, dead nettle, lettuce, chard, kale, spinach, garlic sprouts, alfalfa and other sprouts, etc.

Quantum Level Health - [www.claudawenning.com](http://www.claudawenning.com) - [claudia@claudawenning.com](mailto:claudia@claudawenning.com)



Above, left: Luna Boss explains the history and uses of jackfruit to Miles Mueller, Jon Spitz and Louis Rohlicek. Above, right: Valerie Edwards uncovers the dish she brought to share as Sally Mueller looks on. Below: A fruit salad with a variety of tasty fruits lends plenty of color to the table. At bottom: Everyone loved this pasta salad with chopped pasillas, onion, celery, peas, tomato, pickled cucumbers, spicy peppers, olive oil, hummus, lemon juice, salt and cumin.



At left: Miles and Rachel Mueller have been attending these vegan dinners since they arrived in Laytonville two years ago and baby Marlo was still yet to be born.



Above: Two tables contain dishes with many types of foods to choose from, all tasty and prepared lovingly.

# Peaceful Plates

Wide variety of healthy, colorful foods to choose from at vegan potluck dinner in Laytonville

"We started these vegan dinners, 10 years before COVID hit, around 2009 or so, at the Garden Club [in Laytonville]," said Jon Spitz. "Before that, we were having vegan dinners at people's homes."

The group has now resumed their dinners and plans to get back to their schedule of holding three dinners a year, one being on Thanksgiving.

"I've been vegan for 34 years now," said Spitz. "After a while, it's just what you do. People who don't eat vegan imagine what a struggle it is, that you're constantly denying yourself. That's not the way it is at all. I enjoy my food as much as anybody."

"First of all," he explained, "the diet itself is healthy for our bodies. There's a huge amount of evidence that proves that."

Spitz' second argument was that eating vegan is also healthier for the planet. Methane produced from animals raised for food is one of the major contributors to climate change.

"Methane is about 100 times more potent than carbon dioxide," said Spitz. "It only lasts in the atmosphere about 20 years as opposed to 100 years for carbon dioxide. If we were to reduce our methane emissions, it would be gone in 20 years. You would see an enormous change in just 20 years. Animal products and livestock production are the main source of methane. I know it's a hard sell up here with all the ranches, but those are the facts."

"Third," he continued, "and this may seem esoteric, but to me, it is a healthy way for humans to relate to the other animals on the planet. We treat the other animals as though they are just chattel for us to use however we please, but they have lives. They are sentient. They feel. They feel fear and pleasure. Eating them causes health problems in us. If you really think about it, it just doesn't make sense. We eat food that, not only is making us sick, but we're ruining the planet and it's creating a terrible relationship with all the other animals."

Many carnivores think that meat is the only way to get protein into their bodies, however, they do not realize, according to Spitz, that all food contains this precious element. "What people don't realize is that

every living thing is made out of protein, plants, animals, everything," explained Spitz.

"Whenever you eat a plant, you're getting protein. All protein actually comes from plants. Plants synthesize protein when they're growing. Then animals eat the protein, and their bodies break down the individual meal essence and rebuild it into animal protein. So, all proteins essentially come from plants. All plants have all the essential amino acids that people need. If you eat a plant-based diet, there's no question, no concern about protein. That's just a myth that's been created."

Prior to raiding the tables where the participants had laid out their contributions to the evening's repast, Spitz formed everyone into a circle where they introduced themselves and gave a short sentence or two about why they were attending and / or their feelings about food.

"I think we can contribute to a better world by choosing to have more peace on our plates and putting peace inside of us," said Miles Mueller, who has been coming to these dinners for a couple of years. He and his wife, Rachel, moved to Laytonville to share a property with Miles' parents, who were also in attendance. The first time they came, their 18-month-old toddler, Marlo, was still yet unborn.

Luna, who brought an amazingly tasty dish made from jackfruit, brought a huge jackfruit to show. She explained that the 1.5-foot-long jackfruit was actually quite small for a jackfruit.

Valerie Edwards is not strictly a vegan or a vegetarian but loves the company and the food.

Sally Rohlicek, who attended with her husband, Louis, said, "It's wonderful to see all these committed vegan people together, having a wonderful time, eating plant food, and honoring our fellow beings on the planet." Louis added, "I am so happy to be with a group of people who share peaceful feelings toward the planet, especially at a time when we have such crazy turmoil happening."

By the end of the evening, the attendees were happy to have been in the company of their vegan friends and to have enjoyed a healthy and tasty meal together, created with love of food and planet.

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*Wednesday: Vinyasa, Bands & Buti, Kids Creative Movement, Capoeira*  
*Thursday: Family Yoga, Flow Fusion, HIIT Pilates, Zumba, Groove*  
*Friday: Vinyasa for Stress Release, Strength & Conditioning, Buti Yoga*  
*Saturday: 26x2 Hot Yoga, Beginning Hatha Yoga*  
*Sunday: Buti Yoga, Zumba*  
*Massage: By appointment*

*\*Beginning April, check out our website for current information & special workshops.*

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## REDWOOD MEADOWS

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## Cultivate a brighter outlook through habits of gratitude with the Give Thanks Challenge.

JOIN THE CHALLENGE >> APRIL 1 - JUNE 30

Track your progress for 21 days by answering the daily question and improve not only your sense of gratitude, but your overall wellbeing.

1. Register or log in at [bzmendocinocounty.sharecare.com](http://bzmendocinocounty.sharecare.com)
2. Find the Challenges under the Achieve
3. Join an Active or Upcoming Blue Zones Project challenge

## Grateful Gleaners PLANT SALE!

\* Saturday May 11<sup>th</sup> \* 10 am to 3 pm \*

Proceeds enable the Grateful Gleaners to distribute fruit from local yards to community groups AND provide grants to farmers in the Willits foodshed

**FLOWERS!**  
**FRUITS!**  
**VEGETABLES!**  
**HERBS!**  
**POLLINATORS!**  
**CA NATIVES!**  
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Garden art from Morgan Rex Golden Rule Gardens CSA  
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LOOK FOR SIGNS BY THE WILLITS POST OFFICE, POINTING TO 130 TUTTLE LANE



Mendocino College Dance Department presents the 42nd Annual

# Spring Dance Festival

May 2-5, 2024

Original Dance Works  
Live Music  
Visual Arts  
Family Friendly

Tickets: \$10 All Ages  
Friday Scholarship Gala \$15

Available at Mendocino Book Company,  
online at [www.arts.mendocino.org](http://www.arts.mendocino.org) or call (707) 468-3079  
Tickets will be sold at the door, cash or check only.

May 2nd at 7:30pm - \$10  
May 3rd Scholarship Gala at 7:00  
Performance at 7:30pm - \$15  
May 4th at 7:30pm - \$10  
May 5th at 2pm - \$10

Mendocino College Center Theatre · 1000 Hensley Creek Rd., Ukiah CA 95482 · [www.mendocino.edu/dance](http://www.mendocino.edu/dance)

## Want to Dance?

### There's a new Senior Dance Hall at the Willits Library Friday afternoons

Submitted by the Willits Library

Attention, seniors ages 55 and older, bring your dancing shoes to the Willits Branch Library on Friday afternoons from 2 to 3 pm, starting May 3. Enjoy jazz, pop, swing, and ballroom selections.

Don't feel like dancing? Please come and enjoy the music, catch up with friends new

and old, and share some light refreshments.

The event will be held at the meeting room at the Willits Branch Library, 390 East Commercial Street. For more information, please visit [www.mendolibrary.org](http://www.mendolibrary.org) or contact the Willits Branch Library at 707-459-5908.

### ¿Quiero Bailar?

#### ¡Salón de baile para personas mayores en la biblioteca!

Atención, personas mayores, de cincuenta y cinco a ciento cinco años, traigan sus zapatos de baile a la biblioteca sucursal de Willits los viernes por la tarde, de 2 a 3 p.m., a partir del 3 de mayo de 2024. Disfruten del jazz, el pop, el swing y el baile de salón.

¿No tienes ganas de bailar? Ven y únete a nosotros para disfrutar de la música,

ponerte al día con amigos, nuevos y viejos, y compartir algunos refrigerios.

El evento se llevará a cabo en el interior de la sala de reuniones de la biblioteca Willits Branch.

Para obtener más información, visite [www.mendolibrary.org](http://www.mendolibrary.org) o comuníquese con la biblioteca sucursal de Willits al 707-459-5908

**NCU**  
NORTH COAST  
OPPORTUNITIES

VISIÓN FAMILY RESOURCE CENTER

## PARENT CAFÉ

2024 SCHEDULE

**PARENTING WITH BOUNDARIES:  
EXPLORING DISCIPLINE STYLES**  
THURSDAY, MAY 16, 2024

**DISCONNECT TO RECONNECT:  
ALTERNATIVES TO SCREEN TIME  
IN THE DIGITAL AGE**  
THURSDAY, JUNE 6, 2024

**DISCONECTAR PARA RECONECTAR:  
ALTERNATIVOS PARA EL USO DE LA  
PANTALLA EN LA EDAD DIGITAL**  
JUEVES, 27 DE JUNIO DEL 2024

**NURTURING CREATIVITY  
FOR PARENTS AND KIDS**  
THURSDAY, JULY 18, 2024

Register at [bit.ly/NCOVisionParentCafe](https://bit.ly/NCOVisionParentCafe)

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[VisionFRC@ncoinc.org](mailto:VisionFRC@ncoinc.org)

SCAN TO REGISTER  
¡REGÍSTRASE AQUÍ!

**NORTHERN CALIFORNIA YOUTH POLICY COALITION**  
EST. 2023

**JOIN US**  
In the Journey of Creating Voices for Northern California's Rural Youth

**OUR PURPOSE**  
The goal of the NCYPC is to highlight the issues facing rural communities, engage future voters, organize annual advocacy days at the California State Capitol, and emphasize the voices and viewpoints of our rural youth who are an often-overlooked constituency in the state. As a nonpartisan organization we seek to advocate all for all.

**MISSION STATEMENT**  
We seek to give a voice to rural youth who feel unheard and a platform to come together to advocate for issues that are most important to our rural youth in Northern California.

**Key Issues**  
Our goals revolve around issues such as Fire Insurance, Water, Access to Reliable Internet, Access to Opportunity, and Climate Change.

**Interesting in Joining the Cause?**  
If you seek to help the youth of northern California join our cause whether you seek a leadership position or a smaller role we welcome you to make change possible. The QR code to the right will lead you to our sign up form. We are incredibly excited to start this new adventure.

"The Northern California Youth Policy Coalition is a phenomenal advocate for rural youth, tirelessly championing their needs and ensuring their voices are heard. With their unwavering dedication and commitment to addressing the concerns of this often overlooked group, they have become an invaluable force in creating positive change and empowering young individuals in the region."  
-Tanya Zhou

Contact Us At [infocyncpc@gmail.com](mailto:infocyncpc@gmail.com) or (707) 349-6127 or VISIT OUR WEBSITE [ncypc.com](http://ncypc.com)



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