



COUNTY OF MENDOCINO

Library

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I. Effective County Government

Mendocino County Library is partnering with California State Parks on a series of events. On October 29, Anica Williams will stop by Coast Community Library to teach an hour-long program on the salmon life cycle, Salmon: Forest Superheroes. The learning continues on November 9 at 2 p.m. at the Fort Bragg Library when Anica will offer information on salmon as well as incorporating games and crafts to make learning fun. Attendees at both locations will find out more about the free California State Park Adventure passes offered to fourth graders.

II. Safe and Healthy Community

Discover the magic of Chair Yoga! Join Coast Community Library every Thursday at 11 a.m. for a low-impact, inclusive yoga program that will get you moving even if mobility can be a challenge. Experience the benefits of deep breathing, gentle stretches, and mindful relaxation, all while seated comfortably. Ronna Frost has taught yoga for over 20 years and will guide you through a series of poses and movements, promoting relaxation and rejuvenation.

III. Thriving Economy

The Ukiah Library is building young minds and bolstering future job skills with Coding Club on November 8 at 3:30 p.m. Youth eight to 16 meet on the second Friday of each month to learn an hour of coding. Beginning with Scratch, the group will work its way up to more advanced languages over time.

IV. Prepared and Resilient County

Round Valley Library is offering a Documentary Film Series. On November 8 at 7 p.m., follow an investigative journalist as she uncovers the money, influence, and alarming rationale behind covert efforts to control the most vital resources on the planet: food and water. "Food and water are vital commodities. There would be more than enough to go around if we all worked together and looked out for one another. Unfortunately, control of our natural resources in the never-ending quest for power has been a long-standing tradition among the more egregiously ambitious of humans. In this gripping documentary from Gabriela Cowperthwaite (Blackfish), our eyes are opened to dizzying examples of such greed and the frightening repercussions they might mean for the future of humanity."