

# THE WEST COUNTY GAZETTE

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## Local HEROES

### Little Red Hen Prevents Crisis at Sebastopol Pantry

By Cecile Lusby

While winter food supplies are uncertain, Fall, 2008 brought a temporary bailout for Sebastopol's Pantry. September and October presented stark challenges to its operations. Not only were there more people needing help with food, but the amount of cash in the treasury dropped along with the economy. Fortunately a new philanthropic agency reversed that trend.

The Kiwanis Club and local Real Estate agencies held food drives dedicated to helping the Pantry. The Kiwanis began a new effort to gather food on November 22, the Saturday before Thanksgiving in order to help West County households celebrate. A few days later the Sebastopol Realtors held their annual food drive on November 26<sup>th</sup> to stock up the food supplies for the rest of the season.

On November 19<sup>th</sup> this writer worked with one other volunteer to give groceries to households representing a total of 69 people in two hours. Then the Treasurer, Diana Godwin, walked in with the good news.

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## Stay Light on your Feet to SURVIVE & THRIVE

*"Angels can fly because they take themselves lightly"*

SEE: Choosing Optimism - page 7

## What's Wrong with this Picture?



SEE: Willing to Work - page 10

## Clean Water Rapidly Disappearing

By Brenda Adelman

In a national survey on planet biodiversity, it was determined that seven out of ten biologists believe that we are in the midst of a mass extinction of living beings. They rated biodiversity loss as a more serious environmental problem than the depletion of the ozone layer, global warming, and pollution, although these three together may contribute significantly to the crisis, which is occurring because of great damage to the natural systems that purify our air and water. *Unlike five previous mass extinctions attributed to natural phenomena, it is believed to be caused by human activity.*

In the Russian River area we are being required to immediately deal with the precipitous disappearance of Coho and Chinook salmon and Steelhead Trout, with the first on the verge of total collapse. The **National Marine Fisheries Service (NMFS)** is overseeing Endangered Species Act implementation. They developed the **Biological Opinion**, which directs the Sonoma County Water Agency (SCWA) to make critical changes to our waterway, which NMFS believes is necessary to save the fish.

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