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# Battle For The Future Of Ukiah

## *3-2 Board Majority Favors Big Development*



**1st District Supervisor  
Michael Delbar**



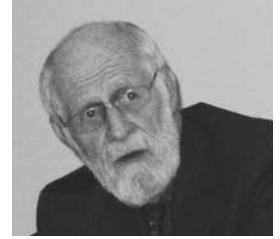
**3rd District Supervisor  
John Pinches replaced  
Hal Wagenet**



**2nd District Supervisor  
Jim Wattenburger  
promised to "fight for  
minimum growth"**



**4th District Supervisor  
Kendall Smith**



**5th District Supervisor  
David Colfax**

*By Joe Louis Wildman*

The battle for the future of the Ukiah Valley was intensified in August as corporate developers pushed for General Plan amendments that would allow urban sprawl on the north side of the city.

Developers Diversified Realty (DDR), touted as the largest shopping mall owner in the country, seeks permission to switch the Masonite plant site from industrial zoning to a "mixed use" category so as to allow construction of a huge big box shopping mall.

Creekbridge Homes, a Bay Area developer, wants to tear out 140 acres of vineyards north of Lovers Lane and build up to 1200 houses.

On August 21, the three "conservatives" on the Board of Supervisors—Jim Wattenburger, Mike Delbar, and John Pinches—formed a majority to designate these changes as the "preferred alternative" in an

environmental impact report. Supervisors Kendall Smith and David Colfax opposed the changes.

But the battle is far from over. The Ukiah city council is unanimously opposed to these developments just north of

**The UVAP process was hijacked by this majority and turned into a fast-track scheme to clear the way for corporate urban sprawl.....Wattenburger sided with the developers on every vote**

the city limits, particularly the conversion of the Masonite site from industry to big-box commercial that would compete with existing shopping centers in the city. And there is strong public opposition to the corporate developments.

At the public hearing August 21 before the Supervisors' decision, 50 citizens voiced their opposition to either the DDR or Creekbridge projects. Only 7 spoke in favor of them,

all people with financial links to the developers or the real estate industry. The developers did pass out some T-shirts and buttons to supports and conducted a postcard campaign among people who wanted "more shopping."

The Coalition's basic position is that growth should be limited by the resources available to support it, especially water, sewer capacity, and road capacity. Growth should be directed to "in-fill" locations that minimize traffic and loss of open space, and encourage walkable communities and preserve the small-town atmosphere that is so valued by Ukiah residents.

It was the Smart Growth Coalition that led the popular uprising in 2005 that sank the attempt by Ryder Homes to get approval for 750 houses on the vacant land between Masonite and the Russian River. Following that rebellion, the proposed Ukiah Valley Area Plan (UVAP) was discarded by the county and a process begun to revise it to be more environmentally sound.

But the 2006 elections caused the replacement of 3rd District Supervisor Hal Wagenet by John Pinches, and the developers now had a ma-

majority on the Board. The UVAP process was hijacked by this majority and turned into a fast-track scheme to clear the way for corporate urban sprawl.

Instead of having prospective developers pay for the cost of the studies needed to carry-out the scheme, the board majority is going the extra mile for outside corporate interests and will conduct these studies at taxpayer expense. They will spend hundreds of thousands of scarce public dollars to assist in the development of sprawl.

But the pro-development majority may not last. 2nd district supervisor Jim Wattenburger, whose district is almost the same as the Ukiah city limits, won by a razor-thin 7-vote majority in 2004 with strong developer campaign contributions and a campaign brochure that promised: "Jim Wattenburger will fight for minimum growth and development."

This pledge was known at

the time to have been concocted by Wattenburger's out-of-town campaign consultant, Rob Muelrath, after a telephone poll of the district

showed that the voters wanted slow growth. It was

only a matter of time before it was revealed to be a cynical and empty campaign promise, and that time came August 21 when Wattenburger ignored the pleas of his constituents and the city council and sided with the developers on every vote.

Wattenburger will face the voters again in June, 2008, if he decides to seek reelection. Meanwhile the Smart Growth Coalition is gearing up to fight for a detailed and truthful environmental impact report, confident that it will prove that the proposed General Plan amendments will boost the

projected growth for the valley from 13% to 56%; will cause cannibalization of Ukiah's existing retail sector and empty storefronts; will create Bay-Area-style traffic gridlock; harm the agricultural economy; worsen water rationing; and gobble up all available sewer connections so that existing landowners will be denied service.

If the EIR fails to do its job, the Coalition will support a lawsuit to set it aside.

But the ultimate solution to the crisis lies at the ballot box. With increasing public anger over the threat to the Ukiah Valley, a political solution lies within reach.

*Joe Louis Wildman*  
[joelouis@pacific.net](mailto:joelouis@pacific.net)

To receive e-mail notices of Smart Growth meetings, contact [smartgrowthuk@yahoo.com](mailto:smartgrowthuk@yahoo.com)

## If the EIR fails to do its job, the Coalition will support a lawsuit.

## The ultimate solution lies at the ballot box.

# Smart Growth Leadership



**Richard Shoemaker**  
Former Supervisor



**John McCowen**  
Ukiah City Council



**Judy Pruden**  
Ukiah Planning Commission  
Local Historian

## Masonite Toxic Task Force

The Mendocino Environmental Center is facilitating the work of the Masonite Toxic Task Force, a group of individuals concerned about demolition and future development at the old Masonite plant at the north end of Ukiah. The county chief administrative officer, Al Beltrami, declared that the decision to demolish was "ministerial" and did not require any environmental review or even a vote from the board of supervisors. Those who believe the site contains

toxic materials disagree.

The Task Force has identified two strategies. The first aims to have the California Department of Toxic Substance Control (DTSC) take over monitoring of the entire operation. The Ukiah City Council has voted 4-1 to request DTSC monitoring. The Mendocino Environmental Center has endorsed a letter by Marvin Trotter, M.D., the county's chief health officer, urging the same. You can help by contacting other elected and appointed

government officials. (See "Officials To Contact" on page 31)

The second strategy is a restraining order. If enough information is gathered to show a clear and present danger from demolition at the site, then lawyers are available to seek an order stopping it.

To that end the task force requests anyone who has experienced or observed toxins produced at the Masonite site to contact them immediately.



**Meca Wawona is leading the inquiry into toxics at the Masonite site.**

Send an email to [masonite@mecgrassroots.org](mailto:masonite@mecgrassroots.org), or call the Mendocino Environmental Center at (707)468-1660.

For latest on this issue, see page 11 "Masonite Update."

# Eco-Warrior, Eco-Peacemaker

## *A Brief History and Philosophy of the Mendocino Environmental Center*

By Dennis O'Brien

*Author's note: Many thanks to Betty Ball, who provided much early history, and Gabrielle Welford, who amended those accounts.*

Twenty years ago, a group of visionaries – Betty Ball, Gary Ball, John McCowen, Lang Russell, Patricia Lawrence, Ross Walker, and Steven Zachary – joined together to create the Mendocino Environmental Center. They did so to address an unmet need, the need for a facility to support the work of advocates for change in inland Mendocino County. A generation later, we pause to reflect on the past, present, and future.

### **To Protect the Earth**

The founders created a nonprofit corporation under California law. The initial bylaws stated the mission and goals of the effort: To facilitate public participation, to protect the environment, and to promote peace and social justice. The Center was created to assist a wide range of advocacy, as the founders recognized the interconnectedness of all issues.

But in 1987, and for a decade thereafter, the primary focus was the environment. Big Lumber, led by assets raider Charles Hurwitz, was intent on logging most of the remaining redwood forests to satisfy the bottom line of investors who did not care about the impact on the Earth. The diversion of Eel River water for out-of-control development to the south

had nearly destroyed its vital salmon run. And Caltrans continued to spray the roadsides with toxic pesticides. Focused opposition was essential, but lacking.

At its onset, the Mendocino Environmental Center was one of several organizations, along with others in Willits and Garberville, supporting action against the logging of the redwoods. It generated support, financial and otherwise, and provided a staging area for those heading north. For a while, it became the base of operations for Redwood Nation Earth First!, led by Judi Bari and Alicia Littletree.

Earth First! differed from most protest groups because of its method: it believed in and practiced direct action at the point of production. Direct



**Betty and Gary Ball were the mainstays of the MEC from its founding in 1986 until 1998 when they returned to their home state of Colorado.**

action went beyond economic boycotts, letter writing campaigns, and symbolic arrests for trespassing. Direct action included blockades of logging trucks and at the gates to logging sites, “yarning” the forest so that loggers had to cut the yarn with scissors before they

could log, and other creative nonviolent actions – frequently until a court injunction could be obtained. For some, it meant driving spikes into trees so that they could not be milled, and standing in groves about to be cut so that loggers wouldn't cut for fear of harming someone.

**Bari believed the workers were abused just as the forest was being abused.**

Redwood Nation Earth First! never engaged in tree spiking, and in 1990, Judi Bari and Darryl Cherney, along with other North Coast organizers, renounced the tactic because of the hazard it posed to workers. It was always the intent of RNEF! to build alliances with workers, and tactics were chosen to facilitate that end. A good Wobbly, Bari believed the workers were abused just as the forest was being abused, and that the unions in Mendocino County had been disempowered.

Nevertheless, mill workers were seriously injured from flying spikes, and a young man named Gypsy was killed by a falling tree. Did the consequences of such actions outweigh the benefits? The same question had been raised decades earlier during Vietnam, and likely centuries earlier during every conflict: at what point does opposition cross the line and start behaving like those it means to oppose?

The Center was again put to the test when Caltrans refused to stop spraying state highways with pesticides to control plant growth. On a day when people were organized to follow and engage every Caltrans spray team in the county, several people entered the Caltrans vehicle yard north of Ukiah to negotiate with the local supervisor. As they walked toward the administration building, one of the Caltrans drivers headed toward them at a high rate of speed, causing great fear for personal safety before swerving at the last moment. Betty, who was coordinating at the MEC “command center”, maintained her peaceful demeanor and urged all activists to remain nonviolent in their engagement. It worked. Caltrans decided to allow local governments to opt for mowing over spraying, and most did so. A frail-looking grandmother had organized the power of moral persuasion against an entrenched and powerful government agency, and won.

### **To Promote Social Justice**

In the late 90's, with an agreement reached between the state and logging interests that saved most of the remaining redwoods, those working to protect the environment could claim a substantial victory. Although the watersheds at Headwaters remained under threat, the cause that had so forcefully mobilized them had disappeared.

In 1995, the focus shifted to promoting social justice. The Environmental Center became

a central organizing place when Native American Bear Lincoln was put on trial for the murder of a Caucasian police officer. An attempt by several deputy sheriffs to serve a warrant at the Round Valley reservation went wrong, and one of the officers was shot dead. The district attorney charged Bear Lincoln with murder, and suddenly the still-unhealed wounds of racism and genocide came to the surface.

The Environmental Center is located across the street from the county courthouse, and it became the support center for the legal defense effort. Folks who came from Round Valley, 90 minutes away, used the Center as their base for meals, for solidarity, and for reaching the outside world. The fax machine, as with earlier actions, was still the king of mass communication; the internet had not yet saturated the country. For several months the nation focused on Ukiah as we considered our checkered past while trying to resolve our present conflicts. In the end, Bear Lincoln was acquitted, though the divisions between communities remained unresolved.

Soon after, Betty and Gary Ball moved to Colorado, where they have become leaders at the Rocky Mountain Peace and Justice Center. A new generation of leaders, and a new focus, came to the Mendocino Environmental Center. The issue of the day was economic globalization, and its watershed moment came when the world's economic leaders met in Seattle.

In 1999, the General Agreement on Tariffs and Trade (GATT) was up for renewal, and many nations were hoping to create a worldwide set of laws that would place economic considerations above others. A super-GATT would

have made national laws that protect workers and the environment subject to challenge as "barriers to trade" and to being overturned under international treaty obligations. Bill Gates and other monopolists had hoped the gathering in Seattle would create an economic world order that would cement in place the advantages gained by developed countries that had peaked during the Industrial Age.

The Environmental Center was at that time being led by Lynda McClure and Vicki Oldham. Lynda was a veteran

### More than ever, the MEC has become a vehicle for public participation.

labor organizer and coordinator for the Human Rights Monitoring Project. She arranged for the Center to charter two Green Tortoise busses to carry dozens of locals to Seattle to help with the anti-globalization protest. When you consider that the Santa Rosa Press Democrat made a big deal out of two individuals making the trip from Sonoma County, you realize the significance of the Center's effort. As KZYX broadcast the protests live for those of us who stayed behind, it was possible to feel the great shift, the turning of the tide, as thousands of people braved rainy weather, peacefully disrupted the meetings, and prevented the attendees from even producing an agenda for the next round of talks.

Not long after, the Center itself had to be shut down while the building was renovated and to allow construction next door. For a couple years there was no "there" there, and those

in the community who would have been naturally involved suddenly had no vehicle for their conscience. Membership plummeted. There was serious talk that, perhaps, the Mendocino Environmental Center had had its day, and that now it was time to just fade away.

### To Facilitate Public Participation

But before the Center shut its doors, three members came together to start a new project, one that would change the nature of local activism forever. The members were future director Chris Bennett, technical guru Govinda Dalton, and attorney-activist Dennis O'Brien. The project: KMEC, a low-power FM radio station that would spread the word via the airwaves and the internet.

There were some who thought that the project would just be another drain on precious time and resources. But the effort went forward in the belief that, if you build it, they will come. And they did.



**The MEC storefront was remodeled with considerable volunteer effort over a two and one half year period. By the spring of 2005, the renovations were complete and the radio station was on the air full time.**

In January 2005, KMEC began broadcasting from the newly-reopened Center, providing an alternative radio voice for the local community. With a range from Calpella to

Talmage and all of Ukiah, it reaches the county's population center with news, views, and music that people often have never heard but instantly like. Via the internet, it reaches the world. It is the voice of the Mendocino avant-garde, for Yokayo and beyond.

KMEC is one of the new tools for advocacy. A mobile crew covers the Board of Supervisors, town hall meetings, and cultural events. Native Americans can now tune in Saturday afternoons to find their ancient culture being nurtured and broadcast for the benefit of all. Organic growers of all types can find information and support. Aging hippies can listen to the classic vinyl that made them who they are. And everyone can regain the sense that they are once again on the cutting edge of human existence, part of the shared effort to move humanity forward.

More than ever, the MEC has become a vehicle for public participation. Yet the question remains, at this moment in history: What is our focus? What is our future?

### To Promote Peace

In the spring of 2003, world opinion forced the United States to return to the United Nations before going to war in Iraq. When the French declared that they would veto any resolution authorizing war, millions, perhaps billions of people believed that humanity had finally reached the moment when it could choose peace. That hope, perhaps our greatest hope, was crushed when the U.S. ignored the U.N. and started a war that has poisoned yet another generation.

*Continued next page*

Although all of the goals set forth in the Center's bylaws are important, each one rises to a priority depending on historical events. For the past few years, as the world's priorities have increasingly focused on peace, the Center has likewise responded.

This April, the MEC and its sister organization, the Cloud Forest Institute, sponsored an event that combined the energies of the environmental and peace movements. Earth Day – United In Peace was held at Alex Thomas Plaza in Ukiah and featured local activists and performers in an event that drew hundreds in spite of an all-day rain.

The purpose of the festival was to show the connection between saving the Earth and

saving humanity. A sustainable world is a peaceful world, with no more fighting over oil and other scarce resources. Protecting the environment, encouraging economic localization, nurturing the body, mind, and spirit – these are all peaceful acts that help reduce con-

flict. Whether inspired by experience, philosophy, or religious

beliefs, all can join together and support each other in the greatest of human efforts.

### Something To Believe In

At the anti-GATT demonstrations, and at most large demonstrations since, those who were the focus often said, "We know what you're against. But what are you for?"

Thousands of years ago, we were told that if we loved

our neighbor, then we would find personal fulfillment/salvation, and humanity would benefit. Later, we were told to love even those who have wronged us. Now it seems we must extend that teaching: we must love the Earth and all its creatures.

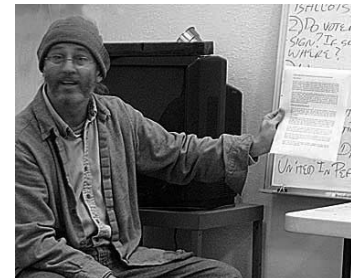
Future articles will explore the principles of nonviolence and how we can apply them to our daily lives, including our advocacy. But the essential principle, the one that connects the here-and-now with the eternal, is this: If people act with good will toward each other, then humanity will move forward toward its best destiny, regardless of any current understanding of what that destiny is. And that is something to believe in.

The Mendocino Environmental Center stands ready to facilitate this mission, but

cannot do it alone. The Ukiah Valley is on the brink of being transformed. Will it be a sustainable community, a shining example for the rest of the world, or will moneyed interests control future development? The choice is yours.

\* \* \*

See addendum, below: "To Use The Courts,"



**Dennis O'Brien chaired the Election Committee meetings, Spring 2007. "Inclusiveness and transparency are our guiding principles."**

## To Use The Courts

Addendum By Dennis O'Brien

The recent decisions by the Board of Supervisors to choose big box profiteers and urban sprawl over sustainability has created turmoil throughout the county. Many folks believe that Second District supervisor Jim Wattenburger will be voted out next year, but are afraid that irreversible decisions will be made before then via a "fast-track" process. But at this point the process is already flawed. Not enough time was allowed for comments on scoping, and without a groundwater assessment, it will be impossible to forecast the impact on the environment.

One of our purposes is to use the legal system to protect the Earth and all its creatures. We still have a government

based on a separation of powers. If the Board of Supervisors chooses to abuse its powers, the Mendocino Environmental Center is prepared to use the courts to stop it.

### Our bylaws detail the scope of our activism:

"Objectives and Purposes  
(a) To collect, produce and distribute information concerning the preservation, restoration and wise use of the Earth's natural resources.

(b) To encourage and facilitate the public's participation in the protection, wise use, management and regeneration of the Earth's natural resources and the achievement of peace.

(c) To provide publications for general distribution.

(d) To provide a facility where the general public can

avail itself of information, including, but not limited to, materials concerning conservation and wise use of the Earth's natural resources and to make said facility available to the general public for networking, research, reading, writing, publishing, meetings, debates, lectures, seminars, workshops, multi-media presentations and other educational activities as may be deemed appropriate by the Board of Directors.

(e) To sue for justice in our courts where it is necessary to further or uphold the purposes of Mendocino Environmental Center.

(f) To provide office space, meeting space, an address, information and resource exchange and coordination, facilities for networking and other support services as may be deemed appropriate by the Board of Directors for groups and individuals working to promote peace and justice, and

the preservation, restoration and wise use of the Earth's natural resources.

(g) To provide for the sale of literature and other merchandise, provided such merchandise is compatible with the purposes of the Mendocino Environmental Center.

(h) To provide written comments and other information to resource management agencies to assist them in their administrative decision making.

(i) To cooperate with universities, other institutions and organizations whose interests and ends are similar to those of this corporation.

(j) To contract grant services to further the purposes of this corporation: and

(k) To receive donations, grants, loans, aids, and other financial assistance or remuneration to be used to fulfill the purposes of the corporation.



**Alicia Littletree Bales and son, Jude, at the Mendocino College Award Ceremony**

*By King Collins and Gabrielle Welford*

*Alicia Littletree Bales is known in her community as an environmental activist, Earth First! troubadour and for her work as a radio journalist (KZYX "Truth To Power"). She was only 17 years old when she joined Earth First! in 1991. That was after the car bombing that disabled Judi Bari. Alicia became Bari's closest associate, working on a wide variety of Earth First! projects. She was the youngest member of the legal team that worked for 12 difficult years and eventually won a lawsuit against the FBI and Oakland Police. She also served on the board of the MEC in the turbulent times after Betty and Gary Ball left the organization. Now she's in her early 30s and has a three-year-old son named Jude. In this candid interview she shares her ideas about the MEC and how to build a movement.*

# Alicia Littletree

## *The Education Of A Rebel Spirit*

**I'm here with Alicia Bales who is also known as Alicia Littletree. Do you still use that name?**

I still do. Littletree was my CB (radio) handle during the Albion Uprising. In 1992, Louisiana Pacific Timber went to log in an area beloved by the Albion community.

There's a place on the Albion Estuary called the Enchanted Meadow. There's forest all around it. Across the river is Table Mountain, which is an old community. LP went in to log---that was 15 years ago---and there was a big uprising, the Albion Uprising. We blockaded LP every single day of the logging operation.

**How long did the Albion Uprising last?**

The direct action blockades against the logging happened non-stop for nine weeks. It started right around the time of the 1992 earthquake and the Rodney King ruling. So there was a sustained logging blockade and many, many tree sits, 16 in all. We kind of pulled off a treetop occupation, which was really amazing. So Littletree was my CB name when I was one of the tree sitters.

**The MEC was founded in 1986. Were you around here then?**

I was 12 years old in 1986. I was living in Sacramento with my mother. I didn't come to Northern California until I was 17, just out of high school.

**So you went to high school in Sacramento. Tell us about that.**

It was a very affluent high school---not that I was. I felt very out of place, but I was there because of the academic track I was into. Anyway I was doing some environmental organizing: I started an environmental club and that sort of thing. When the Gulf war started I was really, really disillusioned by it, and so I joined up with this political activist group in Sacramento, and we set up an affinity group and we did a lot of organizing around the war. That was when I was sixteen, and that was the first activism I did.

**In high school...I joined up with this political activist group in Sacramento. I was sixteen, and that was the first activism I did.**

**There is something empowering about pulling something off. Really doing it. It changes you.**

The group was called the "Ad-hoc Committee For Peace," and it was a bunch of young anarchists with a great sense of humor and a direct-action ethic. We did some really great organizing around the

*Continued next page:  
"Alicia Littletree"*

## Alicia Littletree (continued)

gulf war in Sacramento. We had fun protests, like the “war is uncouth” march and fashion show through the richest part of town. But we also did blockades and civil disobedience, and it’s where I first was arrested for occupying the busiest intersection in Sacramento during rush hour on the day after the bombing began.

I’ll never forget it. There is something empowering about pulling something off. Really doing it. It changes you.

### **You weren’t at the first Redwood Summer in Humboldt County, then. How did you get involved there?**

After the war “ended,” our group in Sacramento was looking for something more to be involved with, and Earth First! was really in synch with our activism. Some of our group had been to Redwood Summer, and EF! was calling for “Redwood Summer II” in 1992. We went as an affinity group, about fifteen of us.

I was totally ignorant of what was happening in the EF! leadership at the time. I had no idea, I was just having crushes on the cute boy activ-

ists and swimming in the river. Later, I learned from Judi, though, that Redwood Summer II had been important, because it was their first campaign since the first Redwood Summer, and kind of proof that the bombing of Judi

and Darryl had not destroyed them.

But there were some real problems within EF! As a result of the bombing and the aftermath, people were really terrified. The organizing had become centralized, decision-making was not collective, and information was held secret. As a result, the backwoods actions during Redwood Summer II, or Ecotopia Summer, were a

disaster, and the group really had to work through some serious self-criticism.

After that fiasco in the forest, we regrouped and decided to do an action back in Sacramento. I participated in an action at the state capitol where a banner was hung for headwaters forest and two men locked down to the statue of Columbus in the foyer of the Capitol building. I was arrested for my part and sent to Juvi for that.

My mother was *not* happy. She said, “I am so not into what you are doing!”

### **How did you get so close to Judi Bari?**

I started working for her on her lawsuit against the FBI. Judi had a strong ethic for paying activists when possible to do work. She needed someone to drive and we made a lot of trips to the city.

We spent a lot of time together. I got educated just being with her. She gave me thousands of articles to read and sort through. That’s how I learned the case. Later when she was dying, she gave her files to me. I’m sure she was confident that

I was the right one to have the files. We sat around and talked about this stuff for hours and hours. Now I’m aware that you can win but also how difficult it is to do that and how much it takes of

yourself.

**Let’s talk about the MEC. For the first 10 years Betty and Gary Ball were the leaders, the mainstays. You were a board member after they left for Colorado. Some say that we should find another Betty and Gary. What do you think?**



Judi Bari, 1949 - 1997

**People were terrified after Judi was bombed. The organizing had become centralized, and information was held secret. As a result, the backwoods actions of Redwood Summer II were a disaster, and Earth First! had to work through some serious self-criticism.**

The thing is not to replicate Betty and Gary but to understand what they did. Some things were unique to their personalities. While the fighting raged and people weren’t talking to each other, Betty managed to be able to talk to everyone. I don’t know how she did that. Maybe by the sheer force of her sweetness. She was articulate and smart and not a kiss-up at all.

Gary wasn’t on the phone so much. He kept our mailing list and he was extremely reliable for that. We would hand him new names and changes and he would input them. That was huge for us. He was so dependable and reliable. After he left I actually paid people to do that.

Betty and Gary had respect for ANY level of activism. If you were willing to do anything it was okay with them. So all the activists felt like they had a home there. They were never exclusive. K-Mart and WalMart developments, Native American support, environmentalism, obviously. Everything was welcome. I first got to know the MEC because the MEC was EarthFirst!’s address.

I remember when we were in Humboldt, EF! opened a little office and I basically sat behind the phone for a month, and that made a big difference. I could see that just having a stable person, someone who is always there, was really important.

So I don’t think that anyone can replace Betty and Gary. People used to say to me: “You can’t be Judi Bari.” Well, excuse me! I wasn’t trying to be Judi Bari. I knew I couldn’t be her. But I know what she did and I’m going to do those things because that’s what works.

It’s the same thing with the MEC. If everything revolves around you as an individual, that’s a problem. Judi was aware of it. She even said that: “Every time I’ve left the struggle it has gone away.” The Headwaters struggle didn’t exactly go away. There were protests and Julia Butterfly’s amazing tree sit, which was a kind of distraction, in a way.

### **So, are you saying that Julia Butterfly was not a good leader?**

It wasn’t a secret that I was critical of what was going on with Julia’s tree sit. It was nothing personal. Julia was charismatic and a great speaker, and she inspired a lot of people. She was also incredibly

determined and committed to the tree sit. My difficulty with it had to do with strategy and goals. All the years I organized with Earth First! were about mobilizing many people to work together, creating mass civil disobedience and direct action.

Earth first! had a tradition of collective decision-making that was absent

in Julia's working group, which basically centered around her and what she wanted to do. EF! was never about one person or one action, we just came back, week after week, season after season. I felt it was very powerful, profoundly, on a community level. I don't think much social change can be accomplished by individuals or individual actions. I was also uncomfortable with the celebrity culture that sprouted up around Julia, because I feel it is disempowering. I'm not saying EF! was perfect by any means. I found it very difficult to discuss these differences at the time, though. People seemed horrified by anything but hallowed words about Julia Butterfly, which I also found disturbing.

### **How did you raise money in Earth First!?**

Money came from direct mail. We brought in a lot of money. We put out a couple of mailings a year and people responded.

But the thing is, we were constantly organizing, putting our phone number out, having face-to-face meetings with people, calling base camps. I went on several road shows myself. Judi would go on speaking engagements. Daryl would play all over the state. We were out there. There were benefits locally and we would always have a mailing list sign up. And this is important. Sometimes it was just a piece of paper, but I made a form---I learned this from Judi---that we called an "Action Pledge." It had your name and address and a list of things you were willing to do. One of them was always "Send money." I would have these forms at my table or enclose it in a mailing.

But we were about action. We were not just talking about it, we were always doing

it. So in that way we had an advantage. Our business was mobilizing people. We had separate lists for meetings. There was a local list. We called regular meetings.

We always sent out meeting notices so people would be aware that meetings were happening. That's crucial. When someone hears of a meeting they were not told

about, it undermines the willingness to be involved. We were very consistent about meeting notices, and frequency of meetings

After Betty and Gary left, the whole EF! list fell to me. It was never more than 2500 people. And there's a process



**Alicia with one-year-old Jude doing a live interview at KMEC. "It was really hard trying to balance being a new Mom and and being an activist."**

of maintaining a mail list. We would drop people from the fundraising list if they did not respond for a long time. We never cut someone who came to actions, though, because those were the ones we most wanted.

It would cost thousands of dollars to put out a mailing but we would always get several times that back.

And you know Judi found out that when she went to colleges and gave speeches, the college students would sign up but they always fell off. They almost never participated and never sent money. So she just stopped going to colleges.

**My dream [for KMEC] was to have a block of consistent Spanish programming in the afternoon and evening.**

### **Interesting. I guess college students are not like they were in the 60s. So where did your supporters come from?**

They came from events. From mobilizations, meetings, tables. When I did my road shows, I got a lot of names that way. People would constantly call up the MEC and we would take their names. When I did my radio show (Truth To Power), people would call. This was all pre-internet. I'll bet now people would send email or fill out an on-line form.

### **But now there's no Redwood Summer.**

There was no Redwood Summer when Judi and her friends started either. They had an idea how to mobilize. You asked about the mailings and what made them work. Well, I think the most powerful thing about the EF mailings was the distillation of the political reality and why you, the reader, needed to get involved to make a difference. And we didn't just make that up. We did it. We were a direct action group. Our purpose was to get out there and commit civil disobedience. Our analysis was about why direct action was necessary. That's what it comes down to. In your mailing, or pamphlet or whatever, you have to make it clear why this has to be done. It is really motivating to think, "I need to do this. Somebody has figured out what needs to be done, and I can join with them and do it."

But if you are saying that everything is rotten and send us some money, the reader thinks, "Hey I'm paying for their organizational costs and who wants to do that?"

### **Well, suppose the Board of Directors offered you the job of running the MEC. What would be your approach?**

Well the radio station is key. That's where I would start. I would raise the profile of the station. Do the Betty thing: Contact people, reach out to the different communities in the area. And find out from the programming what they think and what they want.

My original idea for a KMEC mailing was not to ask for money, but just

*Continued next page*

## Littletree (continued)

say, "Give us your name and address." You know: build the mail list and ask for money later.

But right now the MEC list is only 200 names, not much of a list.

### Why did you drop out?

It was really hard to balance being a new Mom and being an activist. I had so many ideas for programming and running the station. I just felt like I couldn't make anything happen. The last thing I did was to call a programmers' meeting to talk about having some kind of training program, collectivizing programming decisions, reaching out to communities that are under-served, but it seemed like all that was sidetracked and the big issue was that the teenagers were playing rap songs with bad words in them. So I did a whole show on balancing free speech against the rules of the FCC. But the process was not working for me, so I dropped out.

Oh, and nobody was listening. That's the other thing. It was like talking into a bucket. The station had no visibility. So it wasn't worth it to me to be breaking myself, sacrificing my family. For what?

### I think other people dropped out for the similar reasons. Like Joe Louis (Wildman).

I asked him to get involved. I wanted him to do a weekly analysis of what is going on in local government politics. I think he is a good local voice for that.

### So would you like to see the community programming be more coherent?

Yes, of course. But people need support for that; they need skill building; they need to know that somebody is listening and giving positive feedback about it, and the station should be trying to get them an audience.

Like I said, if I was "the leader of the MEC Rrooommm! Rrooommm!" (motor-cycle sounds) I would make sure that the

programming was relevant and that people knew about it.

We can have more programs about solar power and localization and on and on. But I'm used to like, "Where are we going to go and what are we going to do?" I want to see something real. There are a lot of people in this community doing things, but you have to build from the ground and figure out, literally, step by step, how to build those networks and connect people and get information out there.

### So would you be on the phone to people asking if they wanted to do a show or what?

Yes. My dream at the time was to have a block of consistent Spanish programming in the afternoon and evening on KMEC. If I didn't have to go through a

Our culture is at a strange place where collective values are really absent....We don't even have basic collective and communal skills that are part of movement building

process and convince anyone, I would talk with some community leaders in the Latino community in Ukiah, and I would get some Spanish language talk programming going, consistently at the same time. Not one hour but four or five hours from like 4 to 9 pm. Because most of them live in town. There's not a lot of Latinos living in the hills. And there is NOT a Spanish language political talk program in the valley as far as I know.

And as I said before, I'd see what was going on and contact every group that is doing anything around the county. Basic networking.

### Well, that sounds like a great idea.

But talk radio takes skills. You have to have a solid and reliable foundation that supports people building skills because

I have this recurring fantasy of starting a work group to look at how you do the basic stuff: How do you do outreach? How do you have a meeting? How do you work together? Because people are just clueless about those things.

good programming takes a lot of energy--you have to learn how to do a show, how to think about it, and what makes good



Activist occupying a spot high in a tree at the "Albion Uprising," where Alicia Littletree met Judi Bari for the first time.

radio. You've got to have consistency and an audience. Anyway, that's where I would start, to try and bring the Latino community in. We have a radio station: Who needs it most?

### We have a new board now. Maybe we could have a get together to discuss

how the MEC could connect with you and others who may feel the same way.

Well, maybe so. Remember how there used to be a core of

hippie activists who hardly had any money? They were dirty and ratty but would always show up. But then again, what's there to show up for? If we're not building for something, I don't want to do it.

### Well, you say you don't feel like getting involved in anything that's going on right now. So...

I think there's a huge crisis of leadership. It seems like the people in leadership positions right now are just so individualistic. There's so much "I'm great: I'm in leadership" sort of thing. It's not about that at all! And leadership is crucial to movement building.

### Tell us more about that...

Well, if you look at Betty and Gary and Judi, they were incredible leaders. People depended on them.

It's a psychological thing that happens in groups, and as a young woman I caught some shit when I was in a leadership position.

People weren't comfortable with that. But I found that people need to have someone they can depend on, somebody they feel

## Littletree (continued)

knows what is going on. And I tried to give them the confidence to act.

And the reality is that someone has to take the responsibility for doing all the little jobs. There has to be someone with a sense of what is going on. Receiving the mail, opening it, digesting it. I don't see that kind of leadership happening around here. I have some friends in the Bay Area that I respect in that kind of leadership.

I used to talk about this kind of stuff all the time, but there aren't a lot of people who've had the experience I've had. I feel kind of isolated sometimes. There aren't many people I can talk to about this kind of thing.

### Well suppose the MEC was more pliable...

Probably not, because I've had a lot of trauma around working with groups. Bad things happened, especially among the lawsuit group. It was really terrible. A lot of fighting and nasty things said.

For me it would have to start with really basic things like people getting together and talking about what to do.

### What effect has your past direct action organizing had on what you are doing now?

Well, right now I am in a kind of confused and stagnant place politically. Kind of in a backlash. I just need to come to terms with my culture and find out as much as I can about what people in the mainstream are thinking. I just need to have something to compare. I'm an

### It would have to start with really basic things like people getting together and talking about what to do.

extremely critical thinker and my leftist politics are as up for criticism as much as anything else. If I'm going to be politically active again, and I'm sure I will be, I want to come up with something really useful, something that I could be proud of, and not just do something to feel good about myself. I don't have any energy for that right now. I've got to be efficient with my energy. But I have no idea what that will be.

I'm glad people are out there doing things

But I also think our culture is at a very strange place where collective values are really absent at the moment. The pendulum swing is totally toward individualism. That was what was up-and-coming in the 80s, and now we're at the apex of individualism. We don't even know how to work together and don't have any idea

about basic collective and communal skills that are part of movement building. Those skills are forgotten, and even the instinct for it.

In the 60s and 70s there was kind of a cultural basis for collectivism. Maybe it was because computers hadn't centralized so much information. We just had to be kind of organized and reach out to people. Now everybody sits in front of their computer in their own little bubble and I don't see people really doing things together.

Well, maybe I'm not seeing it, but my feeling is that we have to start from scratch. I have this recurring fantasy of starting a work group to look at how you do the basic stuff: How do you do outreach? How do you have a meeting? How do you work together? Because people are just clueless about those things. Not that I'm so smart but I do have this memory of this experience where I've actually done it. Thousands of actions, civil disobedience and arrests and people working together and doing their best. Like I said before, there's something satisfying about pulling something off, you know. Really doing it. It changes you.

\* \* \*

Alicia Littletree can be reached by email ([littletree@pacific.net](mailto:littletree@pacific.net)). She is the founder of Little Tree Organics, a market garden.

## Masonite Update. . .

Some people, including Mari Rodin, Ukiah City Council member, recently went down to Santa Rosa to speak with the California Department of Toxic Substance Control (DTSC) about their position regarding oversight of the Masonite site cleanup.

Their response, essentially, was that only when earth is moved, would DTSC come into the picture. Currently, since only structures are being dismantled, any monitoring of asbestos and dust toxics remains under the purview of Mendocino County Air Quality Management District. People

are left with a sense that no one is really paying attention since structures are coming down and being loaded and trucked away in open air.

It is not clear how the transition between "mere" structural removal and other site activity, which might involve earth moving, will be managed.

It would seem, according to the writer of this update, that some kind of evaluation of the "earth" under the site will have to occur, but at the moment, structures that may very well be contaminated, are being dismantled.

\* \* \*

Contact MCAQMD  
306 E. Gobbi, Ukiah  
phone: 463-4354  
fax: 463-5707  
[mcaqmd@co.mendocino.ca.us](mailto:mcaqmd@co.mendocino.ca.us)  
Their expert is C.D. Wolbach, Ph.D.

To contact Meca Wawona, see info at bottom of page 3.



Sign on Masonite fence says "Detectable amounts of chemicals known to the state of California to cause cancer, birth defects or other reproductive harm may be found in and around this facility."

Photo by Jeremy Pollard,  
[Jeremyphoto23@yahoo.com](mailto:Jeremyphoto23@yahoo.com)

# Cloud Forest Institute Sponsors Community Garden

Whether it's sun kissed tomatoes in summer or various robust greens year round, there is nothing more satisfying than food cultivated by ones own hand. For those who don't have the luxury of big fertile outdoor spaces there is the consolation of pots of herbs and lettuces and maybe a cherry tomato on the patio. Food security from a stamp size back yard is unlikely though and that leaves some townies wondering where's the Community Garden in Ukiah?

The answer to that question is Cleveland Lane, between the Sun House Museum and the RR tracks. And if you want, maybe next year there will be a location in your neighborhood! The City of Ukiah and Sun House Museum along with Cloud Forest Institute

sponsor the garden in Cleveland Lane and CFI, the Green Room Project and the City are collecting the contact information for interested gardeners to see about scouting out a couple of more planting sites around town.

For those that have the need to seed this fall there are a few limited spaces available at the Cleveland Lane Community Garden. If all this sounds nice but you really don't know your spade from your hoe have no fear for the Ukiah Permaculture Guild, the Green Room Project, and CFI are offering fall gardening and introductory permaculture design workshops.

To find out more about participating in a community garden and/or workshop please contact:



**Members of GULP, CFI and the Permaculture Guild collaborate to plant the Sumo Burnstad Memorial Medicine Chest Garden at Cleveland Lane.**

Freeda Alida Burnstad,  
Cloud Forest Institute,  
(707)743-1287, [alida@cloud-forest.org](mailto:alida@cloud-forest.org)  
Miles Gordon, Green Room

Project, (707)367-6939, [those-gordons@hotmail.com](mailto:those-gordons@hotmail.com)  
Chipabelle, Ukiah Permaculture Guild, [chipabelle@kmcradio.org](mailto:chipabelle@kmcradio.org)

## Mendo GrowFund - Harvest 2007

Please take a moment to relax your shoulders, take a deep breath, and let go of whatever it is that is worrying you. Give thanks for this life giving planet, and our extreme good fortune to be here, now.

We live in paradise. What abundance, what opportunity!

This county is regenerating sustainability right now through individual choices we make daily to lessen our ecological footprints, and by working together on a myriad of grassroots community projects. In Mendocino County there is the potential for bioregional sustainability if we use the resources we have at our disposal – without disposing of them. Could there be another hipper, more prepared, educated, willing, and able population with so much extra income and time on their

hands? So what is holding us back? Perhaps a lack of coordination? Anti-authoritarianism is part of what characterizes the left, and sometimes it keeps us from working together effectively. Until now.

*MendoGrowFund.org is an innovative new community program to support local all-volunteer organizations through a mix of donor designated funds and grassroots grants. The funds will help nurture local projects into financially sustainable organizations by providing vital seed money for groups getting started and workable budgets for project-based initiatives.*

*MendoGrowFund.org intends to increase philanthropy and civic participation and grassroots community organizing throughout Mendocino County. Through a demo-*

*cratic online grant distribution process, the community controlled initiative is intended to help fund the future and put us further along the path to bioregional sustainability.*

### **How does MendoGrowFund.org Work?**

MendoGrowFund.org participates with local volunteer organizations to promote their public benefit projects. When donors give to the fund their donation is shared 3 ways: 1/3 to a project of their choice listed among the participating groups; 1/3 divided between all groups; and 1/3 to the Community Grants Fund. Donors then vote to decide how Community Grants Funds are distributed.

Beginning in October 2007 people will be able to make donations on-line, through the mail or by cash deposit

at MendoLake Credit Union. Local projects can download the application at the MendoGrowFund.org website right now. All participating groups help distribute the MendoGrowFund.org informational materials. By connecting our networks across the county we are creating an avenue of communication that donors can recognize, trust, and support.

Take another deep breath. Feel that rush of hope. Drink in your extreme good fortune to live in this place at this time, peaceful and free, with abundance. Start contemplating how we can share our blessings to cultivate the priceless power of a cooperative community.

# GULP Works For Local Community

The Greater Ukiah Localization Project (GULP) has been hard at work localizing our economy and strengthening our community. Founded in January of 2006, “GULP works to engage all residents of the Upper Russian River Watershed to collaborate in strengthening our capacity to ensure local sources of food, water, energy and the basic physical and spiritual needs of our communities by co-creating vibrant, self-reliant local economies.”

Activities undertaken to date include a successful campaign to raise awareness about the importance of shopping locally, hosting a wide range of speakers and films on aspects of sustainability, maintaining a high public presence through the UVAP and General Plan Updates, staffing tables at community events from Farmer’s Markets to Concerts in the Park to Pumpkin Fest, and connecting disparate parts of the community.

Recently members of GULP have been helping to coordinate efforts to strengthen our local food economy through connect-

ing producers, community members, and educators in the hopes of establishing a sustainable agriculture program at Mendocino College. Members of GULP have also served on the Mendocino Energy Working Group to draft a set of energy related policy recommendations for the General Plan Update. For more information go to: [mendoenergy.com](http://mendoenergy.com).

GULP also recently collaborated with the Wagonseller Neighborhood Association to undertake a project modeled on City Repair in Portland, OR. Approximately 80 volunteers from throughout the community joined forces to construct a cob bench and create a “pocket park” on Joseph Street, creating a public gathering space in a neighborhood that previously lacked any such amenities.

If you’d like more information on GULP or to get involved you can contact Cliff Paulin at 463-0413 or [cliffpaulin@hotmail.com](mailto:cliffpaulin@hotmail.com). Also check the website for updates: [www.cloudforest.org/GULP](http://www.cloudforest.org/GULP).



**Building a cob bench at the new park on Joseph Street**

# Friday Night Vigil Expresses Local Outrage At War

Mendocino County Courthouse has been a hub for protesters for many years, just as town squares throughout the world have been the rallying point for those demanding change. Most recently it has been the site for a peace vigil, which occurs Fridays from 5-6 pm every week. Most weeks dozens of people have shown up with signs, banners, flags, and just

their simple two-fingers held up in a the peace sign. But in 2002, when the Bush Administration started rattling sabers toward invading Afghanistan and Iraq, people flocked to the courthouse sidewalks in the hundreds.

For almost six long years now, there have been people there to remind us of this mistaken policy shift and the ensuing debacle that has many of us wondering if there is a more effective means of overriding this government’s penchant for war, this endless war. The interesting thing about these vigil participants is that they make up a very diverse group who might not normally agree with each other on many issues. But U.S. policy now is captivating in its extreme injustice to the world, and therefore unifying to these many walks of life.



# Pomo Foundation Plans Healing Center

By Raphael Montoliu

Clayton Duncan presents the Saturday afternoon KMEC show, "The Voice of White Plume - Native History and Politics." Raphael Montoliu, who sometimes accompanies him on the show, wrote this piece originally for the "Lake County News." The article describes how Clayton Duncan, who was instrumental in changing the wording of the Bloody Island historical marker, continues the vision of his great grandmother, Lucy Moore, envisioning and practicing forgiveness for the Bloody Island Massacre and other U.S. atrocities in California and elsewhere.

"At six years old, she weighed not much more than one of the cannon balls that tore through the people like a boulder through willows. Crouching beneath the water beside the bank she sipped air through a reed to maintain her life. Above her, an old world was ending, washed in blood."

Clayton Duncan  
Great grandson of Lucy Moore

The year was 1850, the little girl was Lucy Moore, hiding in the bloodied water behind the tule with her mother...the place was Badonnapati, Old Island, called Bloody Island after Dragoons and a militia under the command of Captain Lyon massacred between 150 and 200 Pomo men, women, elders, children, bayoneting women and babies, stepping on and crushing infants, "braining" (19th century term) children by smashing their heads

against tree trunks. Given some limited public outcry, they were charged for these crimes but not convicted, and Lyons was later promoted. The members of the militia, some of them prominent members of society, subsequently took ownership of the best Pomo lands around the lake and all over Lake County, for the unofficial design of this particular expedition was to "clear" the land of its indigenous inhabitants, as the official policy of California, supported by the federal government, was to exterminate all of the Indian population.

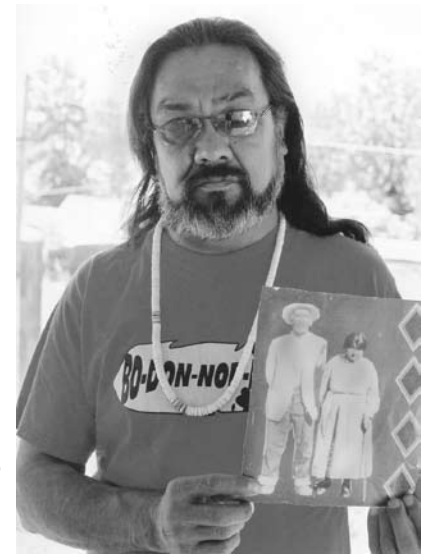
A few Pomo people survived. It took five days to gather the bodies for cremation. Orphaned children had to be hidden from settlers gathering slaves for the market in central California. Despite this and many more hardships unleashed on Native people by the U.S., Lucy Moore became a mother, a grandmother and great-grandmother, lived to be 110 years old, and her great grandson, Clayton Duncan remembers her in her old age praying every day to forgive America.

It is in her memory and to honor her, her prayer and all who died at Bloody Island that Clayton created the Lucy Moore Foundation in 2000, having for many years approached the tribal leadership to address some of the following issues, without success.

The Lucy Moore Foundation's vision is to educate the public about the massacre, one of many in California. To locate, preserve and memorialize the site of the mass grave

where the victims of the massacre, whose only fault was to live on their own land and stand in the way of America's expansion, were thrown into a hole and cremated. The Foundation's mission is to pronounce Bloody Island and the surrounding 500 acres of marshland an area of archeological sensitivity, as a variety of significant prehistoric and historic period archeological sites exist within its borders; to buy Bloody Island, and preserve the rich archeological and anthropological resources known to exist in great abundance on and around the Island, its wetlands and its bay.

On the Island, a Lucy Moore Foundation Museum and Cultural Center in the traditional shape of a round house will be created. In accordance with the prophetic dream of Sage Runningbear and the traditional use of the four directions, the Foundation is also planning to build and develop the following: to the east a research center/laboratory, focusing on nutrition, natural medicine and the environment; to the north a counseling center for abused, neglected children of all races; to the west a healing center offering Native and non-Native spiritual and healing practices and therapies such as the sweat lodge, round house and Native American church, herbal medicine, yoga, massage, meditation, acupuncture, etc; to the south an amphitheatre and spaces for concerts, celebrations, powwows, etc.



Clayton Duncan, KMEC programmer and Lake County Pomo activist, with a photo of his great grandmother, Lucy Moore

"If we can do this together, to know and learn from each other, to accept the truths of the old world and the new, perhaps our children will not see the colors of skin, the manners of our worship, our cultural heritages as characteristics that divide us, perhaps they will see them as the attributes that unite us so we can all work together to fix, mend and heal the earth our mother...Doing this, we know in our hearts and from the wishes of our ancestors that it will bring back the balance, using Lucy Moore's prayer of forgiveness."

Clayton Duncan

\* \* \*

The Foundation also organizes a yearly May Sunrise Ceremony at Bloody Island, to honor and remember the people who died there during the massacre. Anyone seeking more information about the Foundation or how to come to a meeting can contact me at [raphael@konocti.net](mailto:raphael@konocti.net) or Clayton Duncan at [klemhyu@yahoo.com](mailto:klemhyu@yahoo.com).

Listen to the radio show on KMEC at 2 p.m. every Saturday.

# KMEC-LP News

## KMEC Reports County Government Activities Live Every Week

Most Tuesday mornings starting at 9am, within a 10-mile radius of Ukiah, Mendocino County residents can turn their radio dials to 105.1 FM to hear live coverage of the Mendocino County Board of Supervisors meetings.

For the last six months or so, the KMEC news team, led by Govinda Dalton and Louis Bigfoot, has broadcast our "Supes" meetings live with commentary. Worldwide, with any Internet connection one can listen via <http://www.kmecradio.org/listen/> and check out the most recent archived Supes meetings on the KMEC Radio homepage (<http://www.kmecradio.org>), or check out the Mendocino County Supervisors Meetings archive pages at <http://www.kmecradio.org/p/mcbos/>.

When the Supes break (usually from 12:30pm to 1:30pm), KMEC-LP broadcasts Cliff Paulin's Greater Ukiah Localization Project "GULP Update" (available on the web at <http://www.kmecradio.org/p/gulp> anytime). The Supervisors meetings generally last most of the afternoon, and are available on KMEC's homepage for at least a month.

This public service has become increasingly important lately, especially since the August 21 Supervisors meeting at which they voted to allow the rezoning of the old Masonite

*(Continued page 18: "KMEC At Supes And In The Community")*



Govinda Dalton, KMEC engineer, looks out on a Board of Supervisors meeting.

## All Programs Available from KMEC-LP Via Internet and Archived on the Web

KMEC-LP 105.1 FM, broadcasting from Ukiah at the Mendocino Environmental Center is streaming live on the internet and archiving all shows on its website, <http://www.kmecradio.org/>.

If you have a favorite KMEC show or program and you missed it but you have a computer with an internet

connection, no problem! Go to <http://www.kmecradio.org/schedule/> (the schedule link from most pages on the site) and click on show/program! Somewhere on the page you will see a list of archived shows. Shows are archived in high and low resolution mp3 formats (notice the 20k for lower resolution or 48k for higher resolution in the file-

name). For a list of shows/programs on the web, go to <http://www.kmecradio.org/p/>.

More KMEC audio is archived from 2006 on. To browse audio by date on the web, go to [http://www.kmecradio.org/k/by\\_date](http://www.kmecradio.org/k/by_date) (or follow the link on the sidebar of most pages).

\* \* \*




# KMEC 105.1FM

www.kmecradio.org



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	<b>KMEC Morning News Digest</b> <i>Matt James</i> Real News Local to Global	<b>OPEN</b> Call 468-9801 if you are interested in becoming a programmer	<b>KMEC Morning News Digest</b> <i>Matt James</i> Real News Local to Global	<b>OPEN</b> Call 468-9801 if you are interested in becoming a programmer	<b>KMEC Morning News Digest</b> <i>Matt James</i> Real News Local to Global	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>OPEN</b> Call 468-9801 if you are interested in becoming a programmer
:30							
7AM	<b>KMEC Morning News Digest</b> <i>Matt James</i> Real News Local to Global	<b>OPEN</b> Call 468-9801 if you are interested in becoming a programmer	<b>KMEC Morning News Digest</b> <i>Matt James</i> Real News Local to Global	<b>OPEN</b> Call 468-9801 if you are interested in becoming a programmer	<b>KMEC Morning News Digest</b> <i>Matt James</i> Real News Local to Global	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>OPEN</b> Call 468-9801 if you are interested in becoming a programmer
:30							
8AM	<b>Music &amp; News</b>	<b>Democracy Now!</b> The War and Peace Report	<b>Music &amp; News</b>	<b>Music &amp; News</b>	<b>Mendocino County Board of Supervisors</b> <i>Tuesday's Highlights</i>	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>Eclectic Semantic Ear</b> <i>Paris Clueless</i> Glitter Humor, Rock, Blues and Jazz
:30							
9AM	<b>Awakening The Dreamer</b> <i>Earl Brown</i> Bringing consciousness into our activities and recognizing and honoring pain in order to move into positive action.	<b>Mendocino County Board of Supervisors Live Coverage</b> <i>Govinda, Louis Bigfoot, &amp; KMEC News Crew</i> Live Local Coverage	<b>Free Speech Media</b> <i>Jenny Shakman</i> Local, World News and Alternative Views	<b>Signal-path Blue</b> <i>Tim Gregory</i>	<b>Mendocino County Board of Supervisors</b> <i>Tuesday's Highlights</i>	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>Eclectic Semantic Ear</b> <i>Paris Clueless</i> Glitter Humor, Rock, Blues and Jazz
:30							
10AM	<b>Democracy Now!</b> The War and Peace Report	<b>Mendocino County Board of Supervisors Live Coverage</b> <i>Govinda, Louis Bigfoot, &amp; KMEC News Crew</i> Live Local Coverage	<b>Free Speech Media</b> <i>Jenny Shakman</i> Local, World News and Alternative Views	<b>Signal-path Blue</b> <i>Tim Gregory</i>	<b>Mendocino County Board of Supervisors</b> <i>Tuesday's Highlights</i>	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>Eclectic Semantic Ear</b> <i>Paris Clueless</i> Glitter Humor, Rock, Blues and Jazz
:30							
11AM	<b>Democracy Now!</b> The War and Peace Report	<b>Mendocino County Board of Supervisors Live Coverage</b> <i>Govinda, Louis Bigfoot, &amp; KMEC News Crew</i> Live Local Coverage	<b>Free Speech Media</b> <i>Jenny Shakman</i> Local, World News and Alternative Views	<b>Signal-path Blue</b> <i>Tim Gregory</i>	<b>Mendocino County Board of Supervisors</b> <i>Tuesday's Highlights</i>	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>Eclectic Semantic Ear</b> <i>Paris Clueless</i> Glitter Humor, Rock, Blues and Jazz
:30							
NOON	<b>Democracy Now!</b> The War and Peace Report	<b>Mendocino County Board of Supervisors Live Coverage</b> <i>Govinda, Louis Bigfoot, &amp; KMEC News Crew</i> Live Local Coverage	<b>Free Speech Media</b> <i>Jenny Shakman</i> Local, World News and Alternative Views	<b>Signal-path Blue</b> <i>Tim Gregory</i>	<b>Mendocino County Board of Supervisors</b> <i>Tuesday's Highlights</i>	<b>The Green Wolf Radio Show</b> <i>Sandra Wolf</i> Music, satire and comedy, political music and commentary, weather and news	<b>Eclectic Semantic Ear</b> <i>Paris Clueless</i> Glitter Humor, Rock, Blues and Jazz
:30							
1PM	<b>Stones</b>	<b>GULP Update</b> <i>Cliff Paulin</i> - News and views on local politics, economics, and consciousness	<b>Democracy Now!</b> The War and Peace Report	<b>'Sun?'</b>	<b>Democracy Now!</b> The War and Peace Report	<b>Turtle Island Peacekeepers</b> Reconnecting and respecting the land as one people, voices for	<b>Alternative Radio</b>

<b>in the Creekbed</b> <i>Chipabelle</i> Magical Radio	<b>Mendocino County Supervisors Live Coverage</b> <i>Govinda, Louis Bigfoot, &amp; KMEC News Crew</i> Live Local Coverage	<b>&amp; Moods</b> <i>Chris Bennett</i> Independent Media - World Music, Pacifica	<b>Verge Belanger</b> Authentic Rock From His Large Collection	<b>Tune Out &amp; Tune Out</b> <i>Andy</i> Audio Journeys and Live In-Studio Performances	<b>The Voice of White Plume</b> <i>Clayton Duncan</i> Native History and Politics	<b>Club FM</b> <i>MC Squared</i> Music & News
<b>NEWS: Pacifica &amp; 420 Drug War</b> <b>Free Speech Radio News</b>	<b>NEWS: Pacifica &amp; 420 Drug War</b> <b>Free Speech Radio News</b>	<b>NEWS: Pacifica &amp; 420 Drug War</b> <b>Free Speech Radio News</b>	<b>NEWS: Pacifica &amp; 420 Drug War</b> <b>Free Speech Radio News</b>	<b>CURRENT SCHEDULE CAN ALWAYS BE FOUND AT:</b> <a href="http://kmeccradio.org/schedule">kmeccradio.org/schedule</a>	<b>Alternative Radio</b>	<b>Acres Lounge</b> <i>DJ Ace</i> Eclectic music - indie pop, indie rock, world, funk, jazz, hip-hop, etc
<b>Soney Hour</b> <i>Jake Scott</i> Funk & Groove	<b>Around the World</b> <i>with Mongo Cerveza</i> World Music	<b>Your Own Health &amp; Fitness</b> <i>Layna Berman</i>	<b>Sacred &amp; Profane</b> <i>Writch &amp; Sheesh</i> - Musical commentary on god, godlessness, profundity and vapidty	<b>Opium Den</b> <i>Kim Shepard</i> Music for Omnivores	 Call 468-9801 if you are interested in becoming a programmer	<b>Brent Black in Chocolate Town</b> Music from archive.org and inspiration for localization
<b>Now What?</b> <i>Reverend Jim</i> Some of the music of New Orleans	<b>Gemini Radio</b> <i>Torya</i> Music & Community	<b>Visionary Activist Radio</b> <i>Caroline Casey</i>	<b>So Many Roads</b> <i>Jeff &amp; Troy</i> Jam Bands	<b>Revolutionary Radio</b> <i>Emelyn</i> - Exposing underground alternative/hiphop & Bay area live info	<b>CURRENT SCHEDULE CAN ALWAYS BE FOUND AT:</b> <a href="http://kmeccradio.org/schedule">kmeccradio.org/schedule</a>	<b>Rough Shift Radio</b> <i>Ellyniea</i> Taking listeners on an erratic genre ride from AC/DC to Mozart
<b>Vintage Vinyl</b> <b>Mellow Mondays</b> <i>Barry</i> Vinyl, Tape & Reel-to-Reel	<b>Neighbors Reading</b> <i>Dave Smith</i> - Our neighbors reading their favorite books <a href="http://NeighborsReading.com">NeighborsReading.com</a>	<b>Guitar Shop</b> <i>Bill</i> Masters of Many Genres, and Guitar History, Technology & Talk	<b>Slaughter Radio</b> <i>Bret Slaughter</i> Electronica	<b>The Turning Point</b> <i>DJ Daddylonglegs</i> music reflecting the urgency of the times - expanding the mind and inspiring the soul		
<b>Vintage Vinyl</b> <b>Old Time Radio Theater</b> <i>Barry</i> Vinyl, Tape & Reel-to-Reel	<b>KMECLP 105.1FM</b> <a href="http://www.kmeccradio.org">www.kmeccradio.org</a>		<b>Mendo Waves</b> <i>Tim O'Meara and Cecil White</i> College Age Issues			

# KMEC At The Supes And In the Community (Continued from page 15)

site north of Ukiah, paving the way for certain developers vision of another Ukiah mall, a mall which the citizens of Mendocino County, according to public input at the August 21 meeting, do not want (complete audio of the meet-

**“KMEC is right on time to cover Ukiah at the crossroads”**

- Annie Esposito  
KZYX News

ing is available at <http://www.kmecradio.org/p/mcbos/2007-09-21>). Subsequent community meetings have confirmed that the citizens of Mendocino County are not for the rezoning or possible building of a mall on the old Masonite property.

KMEC’s coverage and immediately available audio archives are encouraging cooperation between local community radio stations.

Soon, KMEC-LP will be



**KMEC and our ubiquitous laptop broadcasting live at a recent Smart Growth meeting. All of KMEC’s programs are archived and available for community use. (See article below.)**

broadcasting Ukiah City Council meetings also. Mendocino citizens or groups wishing to use our airwaves, Internet bandwidth, website hosting, and archiving facilities for local government meetings please call (707) 468-9801.

“ KMEC radio does a very important thing for the community by frequently webcasting the Board of Supervisors meetings - as well as a lot of the other crucial meetings taking place right now. KMEC is right on time to cover Ukiah at the crossroads - whether the city can hang on to its small town charm or become a bedroom for the greater Bay Area. KMEC also shares this information with other media - and KZYX&Z often uses audio from KMEC’s ‘casts to bring the voices of the community to the county-wide radio listening audience.”

*Annie Esposito, KZYX News anchor.*

## Healing Arts Fair Draws On Many Traditions

In September, a Healing Arts Fair was held at Grace Hudson Museum park in Ukiah. Dozens of providers set up booths to provide information and demonstrations about their

particular field of expertise. Music was provided by guitarist/songwriter, Marcos and the Dirt Floor bluegrass band. In addition, the Pomo Nation engaged in a ritual dance high-

lighting their young women and men. In spite of a cold and drizzly day, hundreds attended. The event was co-sponsored by the Mendocino Environmental Center and broadcast

on KMEC Radio, 105.1fm. To listen to the event, or any other program that has been broadcast on KMEC. please go to [www.kmecradio.org](http://www.kmecradio.org)



**View with elders from KMEC booth**

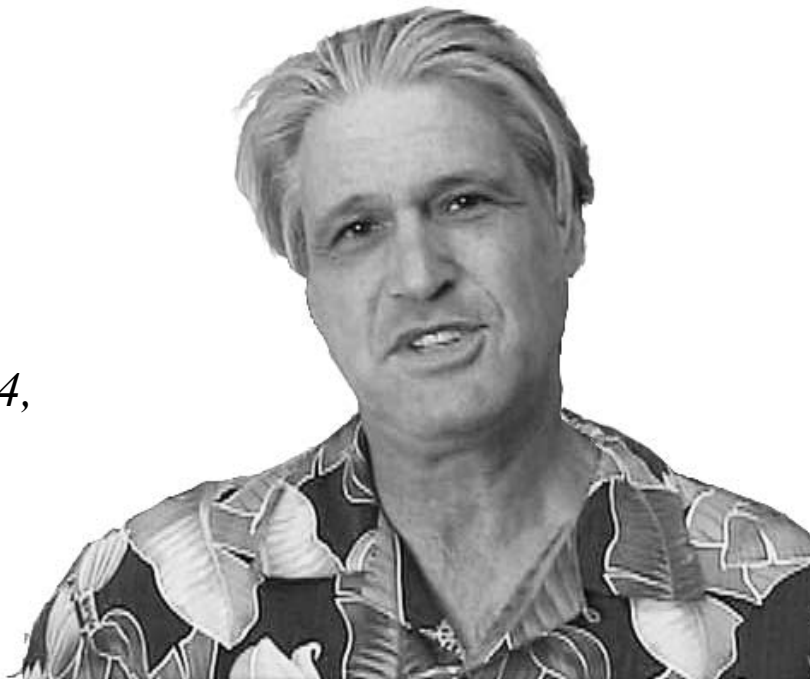


**Drumming and chanting for the dancers;**

# Dan Hamburg

*Universal Health Care,  
Clinton's Deal With The Devil,  
Real Politics, Why He Lost In '94,  
And What He's Doing Now*

*Dan Hamburg  
U.S. Congressman, 1<sup>st</sup> District  
California 1992-1994  
Interview by King Collins for the MEC*



**In 1992, you won the 1<sup>st</sup> District election for U.S. House of Representatives, and Bill Clinton had won the Presidency. What was the scene like when you went to Washington? Universal health care was a big issue, wasn't it?**

A year before Clinton's election (and mine), JFK's Peace Corps Director, Harris Wofford, won an impressive victory in a Pennsylvania senatorial campaign. His number one issue was the

lack of affordable health care in that state. His win catapulted the issue of national health care onto center stage.

When I went to Washington in 1993, there was a lot of grassroots support for single-payer national health care. Bill Clinton had talked about the "deficit" in health care during his campaign and there were broad hints that he was determined to provide health insurance for all.

**Who was with you on the health care issue?**

The two people I remember best as leaders were Jim McDermott, a Washington congressman, a physician, and Joe Kennedy, (a Kennedy and a personal friend of the Clintons). Early in my term, I

was invited to be part of a group of single-payer advocates meeting with the First Lady at the Executive Office Building adjacent to the White House.

I'll never forget Joe looking across the meeting table saying, "Hillary, the only way to do this is single payer. It's the most cost-effective, leaves the most choice in the hands of the patients, and is a tested model." The First Lady smiled: "Joe, you're right. But it's not what's happening. We'd get killed politically."

Interesting. The Democrats, the party to which I'd sworn some measure of fealty, held an 85 seat majority in the House, a 10 seat majority in the Senate *and* the White House, and still *it wasn't politically feasible* to do the right thing for the American people. Now that was a big bite of a reality sandwich.

Hillary (and presumably Bill) had "decided" that the best way to expand access to health care was to give it to the big insurance companies and HMOs in an option they dubbed "managed care."

That was the Clinton's deal with the Devil. They had the support of big business—the Chamber of Commerce, the Business Roundtable, the National Federation of Independent Businesses—and so "national health care" became "feasible."

The Clinton plan was wildly complex. I held town hall meetings around the district trying to explain to people how it would work. I barely understood it myself and to the extent I did understand it, wasn't that sure it was an improvement.

And then a funny thing happened. The big boys pulled the plug. Big business, big Pharma, the HMOs, the insurance companies, all withdrew their support. (Remember the "Harry and Louise" TV spots? "The government wants to tell us what doctor we can go to! Say no to socialized medicine!")

So here we are a decade and a half later: National health care, first proposed by Harry Truman in 1948, is still a dream.

**So here we are a decade and a half later: National health care, first proposed by Harry Truman in 1948, is still a dream.**

And Hillary Clinton ranks number two among 100 senators in contributions from the very industry

that beat her to a pulp! That shows that she's been to the woodshed, just like her husband.

*(Continued next page)*

# Hamburg

(continued)

## What do you mean “been to the woodshed?”

Bill Clinton won the election in '92 with populist rhetoric. He said the budget wasn't the only thing in deficit in the U.S. The education system was in deficit. Public infrastructure was in deficit. Access to jobs, housing, transportation, and health care was in deficit. But as soon as the election returns were in, he began singing from a different hymnal. I saw this up close during my first week as a member of Congress. The president had invited the entire freshman Democratic “class” (all 63 of us, a record number) to hear him lay out his administration's priorities. After a few minutes of hearing the speech (masterfully delivered and oozing Clintonian charm), I thought maybe I had mistakenly caucused with the freshman Republicans.

There was little talk of education, health care, and jobs. Nothing about decrepit roads, sewers, and bridges and the employment programs that would lead to their repair. Instead it was all about “instability in the markets due to federal budget deficits.” The US economy could not move forward—and all those progressive things we'd all campaigned for couldn't happen—until we'd balanced the budget and calmed the markets.

When I asked a colleague to explain the discrepancy between candidate and President Clinton, he replied “Bob Rubin took him to the woodshed.” The story was that Bob Rubin—Goldman Sachs chair and later Clinton's Treasury Secretary--had met with the president in Little Rock just after his election. Rubin had “explained” that things were jittery with Wall Street. Bondholders were nervous. Something had to be done to calm them.

And thus was born The Deficit Reduction Act of 1993, the major achievement of Clinton's first year in office. (NAFTA was the major achievement of his second year in office. These “achievements” led directly to the Newt Gingrich-led ascendance of the Republican Party in 1995.)

**So universal health care was off the agenda. What else was going on?**

By the time '94 came around--a quick two years--the health care plan was in the toilet. One of the big promises they had made in '92, “we're going to bring health care,” had failed. And the big success that Clinton/Gore could point to for those first two years was NAFTA. The grassroots of the Democratic Party—organized labor, progressives, environmentalists—all hated NAFTA. So not only did the Clintons not give us what we wanted, they gave us what we DIDN'T want.

**You had to run again in 1994 against Frank Riggs, the same man you had beaten in 1992. But this time you lost.**

By '94 the health care plan was in the toilet. And the big success was NAFTA. The grassroots of the Democratic Party all hated NAFTA....So not only did the Clintons not give us what we wanted, they gave us what we DIDN'T want.

## How come?

The Democratic Party “faithful”—in the first congressional district and really across the country—were demoralized in 1994. They showed it not by voting Republican but by not voting. I won the '92 election largely because Democratic turnout was huge. I lost in '94 because turnout was abysmal.

There were other factors of course. Doug Bosco hurt me. Employed by Pacific Lumber at \$15,000 per month, he challenged me in the '94 Democratic primary. Doug was a well-known entity in Democratic Party circles, having been both a state assemblyman and a congressman, and was especially beloved by the timber industry. I was their worst nightmare. I won that election, but Bosco spent me into oblivion and damaged me with an unrelenting barrage of attack ads on TV and radio.

And the timber beasts got their revenge. The prudent thing would have been for me to stay away from the Headwaters Forest/Pacific Lumber issue until I'd managed to be re-elected, but prudence wasn't my

watchword. We went headlong into trying to save the forest and the company from Charles Hurwitz and we paid the price, even though the bill I authored passed the House by a vote of 288-133! I didn't expect much from Dianne Feinstein, but was very disappointed that Barbara Boxer (herself then a freshman senator) did little to help move the bill when it had a chance actually to become law.

I was portrayed in the general election as “the nut who wants to spend millions to save a seabird while hundreds of hard-working men and women get pink slips.” Of course, now Pacific Lumber is bankrupt and largely in shutdown mode.

## Tell us more about what it's like to be new in Congress.

Before you're actually sworn in, they send you to JFK School at Harvard for a week. We called it “Camp Congress.” It's mostly listening to “experts” in a range of fields give you the inside dope. For example, Condi Rice (yes, this was an event organized by Democrats!) took us through the world order. Robert Reich (later Secretary of Labor by Clinton) extemporized on the labor market.

But perhaps more interesting than who was there to address us was who wasn't. Here we were at Harvard, home base of Physicians for a National Health Program and a group of us had to petition just to get a PNHP rep. on a panel.

The highlight of Camp Congress was a dinner during which every freshman took

a minute or two to introduce themselves. It was amazing to hear how many had fought for civil rights in the south,

resisted the draft and the Vietnam war, and spent time in jail for protesting the myriad injustices of America. It was just incredibly energizing.

## But I wonder how often you were actually able to express your views?

One of the biggest frustrations of Congress for me was realizing how difficult it is to bring about serious discussion of serious problems. Single-payer health

insurance is one example but there were many others. Another is that in the two years I served, very little environmental legislation moved (including Kyoto, reauthorization of the Endangered Species and Clean Water acts), defense spending remained intact (despite the end of the Cold War there was no “peace dividend”), and much Republican Party-inspired legislation (deficit reduction, NAFTA) sailed through. Nothing gets “to the floor,” meaning actually being put to vote, without the approval of the “leadership” through their dominance of the Rules Committee.

### **What committees were you on as a freshman?**

Public Works and Transportation and Merchant Marine & Fisheries. Public Works was a disappointment because much of the money promised by candidate Clinton went the way of deficit reduction. I joined Fisheries because of the dire straits of our north coast fisheries but in trying to negotiate a settlement between tribes and fishermen, I got roasted. Former Mendocino County supervisor John Cimolino took it on himself to organize a group of angry fishermen and bring them to Washington to protest my actions, a low point for me. Cimolino treated me as if I was stealing food from the mouths of children. I did take solace in the fact that the tribes appreciated my attempt to be even-handed.

Committee assignments are a big deal. When you’re elected, you get a call from leadership (then Speaker Tom Foley and Majority Leader Dick Gephardt) and try to work out assignments that best fit your district and needs to be re-elected. If you stay in long enough, you can work for a seat on prestigious committees—such as Ways & Means (taxation), Appropriations, and Energy & Commerce. Most members want seats on the committees that lead to the most power and thus the biggest campaign contributions.

### **Well who were your friends in all this?**

I met some great people in DC, both in and out of Congress. I could never

say enough about the dedication of the people who worked in my offices in DC and throughout the district. In fact, the hardest part of losing re-election was taking apart the staff and ending a lot of good work. Here in Ukiah, Lynda McClure, Ruth Hunter, and Dave Nelson did great work. Dave, now a Superior Court judge, was District Director, a huge job that he did with his usual intelligence and grace. I’m still friends with many of the

people who worked in our congressional office in Washington like Kate Anderton and Denis Edeline. It was a great staff.

I’ve had occasion to contact members I worked with. When Carrie and I were camping out in the Mojave Desert trying to stop the Ward Valley nuclear waste dump, we got help from Bob Filner, an old congressional colleague from San Diego. When we were in Ohio after the ‘04 election debacle, I called on Sherrod Brown (now an Ohio senator) for help. I still consider Cynthia McKinney of Georgia, Maurice Hinchey of New York and Mel Watt of North Carolina friends, even

though a lot of time goes by between communications. You meet a lot of great people in Congress. Unfortunately, they’re not the majority.

### **What would you say you accomplished while you were in Washington?**

The Headwaters Forest Act, even though it stalled in the Senate, was a big achievement.

Also, giving support to progressives and progressive causes in the district. Progressives are accustomed to pleading their cases before reluctant congressional staff members and often can’t get through the door. I was often pushing progressives to push harder!

I do think, however, that once I got elected my presence in Congress was quickly taken for granted. Progressives

and environmentalists believed I would be easily re-elected and concentrated on their own causes, rather than on making sure that happened. My good friend Cecilia Lanman (then director of EPIC, the Environmental Protection Information Center in Garberville) put it, “We forgot to work to keep you in office and Headwaters lost its champion in Washington, DC.”

### **Do you have hope in the new media. Hasn’t it undercut and sometimes begun to generate a counter dialog. Do you think that’s important?**

I don’t know whether the “new media” has the capability to save us. The drumbeat of mainstream media is purposefully corrosive to the public’s understanding of what’s really happening. We live in a bubble here in Mendocino County, and it’s a big mistake to think the rest of the country is much like us in terms of political consciousness.

On the other hand, even if we can’t save the country, we can save ourselves, family by family, community by community. And to do that, we need alternative media. First, we need to be aware of the horrors that are being committed in our name. It’s important to live in the real world, not in the fantasyland of consumer culture.

Second, we need to communally arrive at survival strategies as the dominant political and economic institutions of our society come unglued.

### **Do you have any thoughts about the MEC (Mendocino Environmental Center) with its new board and a viable radio station?**

Organizations thrive with steady, open-handed leadership. Gary and Betty Ball supplied this for years at the MEC. David and Ellen Drell have long been the heart and soul of the Willits Environmental Center. Up in Arcata, it’s been Tim McKay, who passed away after decades of great work, and was replaced by long-time north coast activist Greg King.

I don’t know what the potential of a

*(Continued next page)*

# Hamburg *(continued)*

new MEC with a radio station component is but the possibilities are exciting.

## **Do you really think that finding another Betty and Gary is the way to go? Is that sustainable?**

The MEC needs to re-establish its reputation for inclusiveness and relevance. I'm not sure that's been the case for a while. It's strange because a town like Ukiah, no less than say Willits and Arcata, should be able to maintain a strong environmental center.

**There is so much that needs to be done in city and county politics. But...you can't do much without majorities, and the current Board of Supervisors lacks the vision necessary to move this county forward.**

## **What do you think the MEC should be doing now?**

Groups like Smart Growth and GULP have usurped the MEC's role in land-use issues like the proposed mega-mall at the old Masonite site and the huge housing development proposed just north of Lover's Lane. In the days of Betty and Gary, the MEC was able to initiate major challenges to the Board of Supervisors and be heard.

For example, Gary and Betty got me involved as plaintiff in a lawsuit challenging Gil Ashoff's development east of Ukiah (Vichy Springs). Ashoff freaked, but we sued the Board and stopped the process, forcing the county to pay attention to its own laws.

There is so much that needs to be done in city and county politics. But the first thing is to be able to count to three. You can't do much without majorities, and the current Board of Supervisors lacks the vision necessary to move this county forward. We saw that with the recent 3-2 vote catering to developers on the north end of Ukiah. We saw it when the Board refused to seriously consider a citizen-backed resolution calling for the impeachment of Cheney.

In my opinion, there's nothing more important locally than replacing Jim Wattenburger with a progressive voice representing Ukiah on the Board of Supervisors.

## **What else have you been doing lately?**

I've been director of a small nonprofit, Voice of the Environment We've taken on many issues over the past decade including Ward Valley, Headwaters, a ban on the logging of old growth, GMOs, Wal-Mart, toxic chemicals in fertilizer (and everywhere else!), and recently, autism and other childhood neuro-developmental problems.

Recently, we published an ad in the New York Times, the San Francisco Bay Guardian and the Santa Monica Mirror calling for imprisonment of Bush and Cheney. A couple of local attorneys—Janie Sheppard and

**I've been director of a small nonprofit, Voice of the Environment We've taken on many issues over the past decade. Recently, we published an ad in the New York Times, the San Francisco Bay Guardian and the Santa Monica Mirror calling for imprisonment of Bush and Cheney.**

Gail Jonas—helped me put it together. The basic idea is that we need to impeach now to stop the Bush administration from starting another war in the Middle East. Then, after Bush and Cheney leave office, we can indict them. Anyone wanting information on this should read Elizabeth de la Vega's excellent book, United States v. George W. Bush et al. The author, a former assistant US attorney, describes the process for a grand jury indictment against the key figures of the Bush administration. These guys (and Condi too!) shouldn't be allowed to slink out of town to comfortable retirements.

Given the theft of the last two national elections, I put nothing past these people.

I wouldn't even assume there will be an election in 2008.

## **Let's return to the subject of Health Care. What did you think of "Sicko"?**

I thought "Sicko" was outstanding. It made me laugh, it made me cry. Sometimes it made me turn my head from the screen. Great documentary footage. Great music. Moore is a polemical genius. On the other hand, "Sicko" can't overcome the multi-million (billion?) dollar advertising budgets of Big Pharma and the rest of the health-industrial complex. Their lobby is just too strong, another mega-lobby of Congress.

I was glad to see Ukiah activist Rich Lehman campaigning for Sen. Sheila Kuehl's SB 840, a single-payer approach to insuring all Californians. Her biggest opposition is from groups like the Chamber of Commerce and NFIB, which is paying for ads that warn Californians of massive job loss if universal health care becomes law.

## **You're suggesting that we should support Senate Bill 840 (SB840)?**

Yes, and I wouldn't be surprised to see the state Senate pass Kuehl's bill. But it will die in the Assembly due to the opposition of the "mod Dems." This group is analogous to the "Blue Dogs" in the US House, a large group of conservative Democrats of which Mike Thompson is a member. You can blame the Republicans all you want, but it's the so-called "pro-business" Democrats who make it impossible to do anything very progressive or environmental, in Sacramento and in Washington.

\* \* \*

*Dan Hamburg can be reached at: [vote@pacific.net](mailto:vote@pacific.net)*

*For follow-up questions about what Dan Hamburg reads, books, blogs, web sites, see FOOTNOTES AND REFERENCES, Page 32.*

# Medical Marijuana And The Supes

*What was decided was not how to legally obtain marijuana. It was, at what point can law enforcement step in and bust someone.*

By Russ Emal

*In the years before medical pot was legal, Russ Emal was convicted of marijuana cultivation. He appealed the case all the way to the State Supreme Court. He served four months in county jail and from inside the jail he produced "Lock-down" a popular radio show on KZYX.*

It had been a good while since I'd been to the Mendocino County Planning Office. I had to meet a friend there. Entering the main doors of the building, I found the lobby full of people and heard the supervisors had some important things on the agenda this day.

Among them, the supes were going to decide on what amount of marijuana was to be allowed to medical marijuana users. I was interested in what they had to say, since I knew many people who were confused about what they could and could not do to obtain their legal pot.

You could argue that few topics would bring out more interest from the populace of Mendocino County than pot. We live in a county that has always been vocal in both the political arena and our position on pot use. We are tired of all the attention to pot when almost everyone knows it should

be legal, as it hurts no one.

I was also happy to see that the District Five Supervisor was bringing this agenda item forth. Dave Colfax has been on the board a good while and he should have clout due to his long tenure. Besides this

Perhaps the most untalked-about factor is how these laws alienate the people who work for law enforcement from the social fabric of our county.

Colfax can, when aroused, be a rabble-rouser. Granted, I say, when aroused.

Inside the chambers the room was full. The media booth had radio people doing live recording, and the general press was in attendance.

I had no idea what was going to happen but this was going to be fun.

I know there is a lot of confusion over the medical marijuana laws and what amount is to be allowed by medical marijuana users. Without much complaint on anyone's side, it was quickly decided that a medical marijuana user could have either 25 plants or two pounds of pot in possession. But was that all that was going to be said? Was that the guidance the supervisors were giving people with medical needs?

While it is true pot helps many people with real medi-

cal problems, there are a ton of people taking advantage of the laws. This is true and law enforcement may even tell you that 60 -70% of people wanted the law passed so they could smoke even though they had no medical problem. But,

doesn't everyone get it? That means people want it legal. All the laws that pertain to pot are unneeded. The current laws greatly harm our society. They

have for decades and, for the most part, we all already know this. Perhaps the most untalked-about factor is how these laws alienate the people who work for law enforcement from the social fabric of our county. It's

I left the meeting dissatisfied....I decided to talk to a doctor myself.

a real mess and it needs to end.

I left the meeting feeling unsatisfied with what had happened. What was decided was not how to legally obtain marijuana. It was, at what point in time can law enforcement step in and bust someone. I thought we might hear from doctors telling what amounts might actually be medically sound. I hoped that people who grew pot would talk about the process of growing pot.

People who have grown pot,

like myself, know that to get 25 female plants you have to get them one of several ways. One is from seed. As some seeds become male plants, one would have to grow about 50 plants to get 25 female plants. That route would now be illegal. One could buy female starts. Yet buying pot is not legal. And somehow, the grower could have no more than two pounds of pot after harvest. Now I'm not sure how one grows 25 plants that do succeed and gets less than two pounds of pot. Two ounces per plant yields 50 ounces, which is eighteen more than is now legal. What does one do with that pot? There are so many problems with the new rule I left more confused than when I started.

One thing I was sure about: Doctors should have been there telling the supervisors what is sound lawmaking when one is making a law about medicine. I decided it might be helpful to talk to a doctor myself and ask him what the supervisors should have asked.

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*The following pages include interviews with three pro-marijuana doctors. We will continue the discussion in later issues with comment from doctors who disagree on the value of pot.*



# Milan Hopkins, M.D.

*35 years of General Medicine  
Prescribes Medical Pot  
Provides Monthly Free Clinic*

*Milan Hopkins, M.D.  
Interviewed by Russ Emal*

*Following Russ Emal's disappointing visit to the Supervisors' meeting, he interviewed Dr. Milan Hopkins in Lake County to gather more information on "sound lawmaking about medicine."*

## **What are your thoughts about the supervisors' latest view of what should be legal, 25 plants or two pounds?**

The numbers don't add up. One thing to remember is, the state standard says you can have eight ounces. If the sheriff comes across someone, for instance, who has 1000 Vicodin tablets in his possession, he's probably going to get pretty excited. On the other hand, if a person has 100 Vicodin tablets prescribed by a doctor, that's cool because that's what they're going to get from the drug store when they fill their prescription--that is considered a reasonable month's supply. I think by extension, if [for the state] you can legally have eight ounces of pot on you, that would be your month's supply. But cannabis is an annual crop. You have to grow an entire year's supply and harvest it all at one time. Eight ounces is a pretty ridiculous annual supply for most patients. It's just inadequate.

## **Can you harvest a medicinal herb and have it still be as valuable a year from today?**

I think the quality is going to degenerate somewhat over a year.

## **So two pounds, in your mind, for some people is less than adequate for a year's supply of medicine?**

Yes. Definitely.

## **Is a quarter of a pound a week ridiculous? That would be 12 pounds a year.**

No that's not ridiculous. Some of my patients eat it or use it as a topical ointment.

## **Do you think law enforcement has any interest in medical marijuana as a solution to medical problems?**

No, I don't see any indication of it. They make their careers by busting people, you know.

## **As a doctor, could you say how much marijuana will harm someone who has no medical need for it?**

The Center for Disease Control in Georgia, a federal agency, is assigned the task of finding out what kills people. Before the Bush administration took over, every year they published totals of how many people died of what particular disease or what particular drug or medication. They published this every year, and every year cannabis was on the list and the total number of deaths was zero. So discussions and promotions from the government on how bad it is, by their own figures, do not prove true. At least as far as its being lethal.

## **Are you a regular practicing physician?**

I've been a G.P. (General Practitioner) for 35 years.

## **What are the politics behind your being a doctor and speaking out in favor of marijuana? That position is not very popular with the AMA (American Medical Association) is it?**

Right. I'm not a member of the AMA or the CMA (California Medical Association). The CMA lobbied heavily against Prop. 215 which is one reason I won't join the local medical society. They require that I join the CMA and I'm not going to give my money to something that's against my interests and my patients' interests.

## **What do other doctors think of your position on medical marijuana?**

I don't socialize much with other doctors. When I see a patient who is being treated by another doctor, I have a form note I send to the other doctor asking if they object to the patient using medical cannabis. This is to protect me, as the Medical Board has made it clear that when I take a medical cannabis patient I am either that patient's primary caregiver or I need to coordinate my treatment with the primary caregiver. I try to be very scrupulous about this in order to avoid problems with my license.

They don't want the patients "doctor shopping"--going to a number of doctors and getting a number of different prescriptions the doctors don't know about.

## **How many of these doctors have you sent this form to who have said "My God, you're going to kill my patient!"?**

It's pretty rare. [Some] write back and say, "Well, I don't recommend cannabis."

In that case I write back and say, “Well I’m not asking for a recommendation. This patient uses cannabis for these reasons and in comparison with other medicines that might be used I think cannabis is reasonable, and by the way this patient eats it or this patient uses it topically or this patient vaporizes it.” I would say that maybe one percent of doctors I contact actually forbid their patient to use cannabis. The rest in some way or another condone it or deal with it.

**Does your medical practice offer any services other than medical marijuana?**

I’ve been practicing general medicine in Upper Lake since 1973. I’m the only doctor in town. I’ve always been the only doctor in town. I’m open five days a week and I take care of everything that walks through the door.

**One of the things we talked about on our first visit was your protection.**

Since Prop. 215 passed, the legal community and the law enforcement community have had to make some adjustments, not ones they like very well. Now it’s in my interest to keep complete medical records because there are several physicians who have had to battle the state (Medical) Board on the issue of medical cannabis. The Medical Board is part of the State Board of Consumer Affairs, Medical Quality Assurance.

**They have strict guidelines for doctors, don’t they?**

There is a lot of pressure for physicians to practice within their specialty. That’s one of the reasons I especially enjoy being a general practitioner. It gives me a lot more latitude to treat anything. With any patient, at any time, if I’m out of my depth, I refer them to a specialist more knowledgeable on that particular problem. A lot of my duty is to figure out in what specialty the problem lies. If I send a patient to the wrong specialist, the specialist may not know anything about what’s going on outside his specialty. They can be very specialized.

**If a patient says he’s not in pain but he wants to smoke marijuana because it**

**relaxes him, can you help him?**

When patients come in and say, “I just like it. It relaxes me and makes me feel good.” I have to say “I’m sorry I can’t help you.”

**I’m open five days a week and I take care of everything that walks through the door.**

I have to establish a medical rationale for use. And then they come in and say, “Well, I get panic

attacks.” Panic disorder is a psychiatric disorder that’s treatable with some pretty heavy-duty, very addictive medicines. I think cannabis is a reasonable alternative. It doesn’t work in every case, but I don’t know of any medicine that works in every case.



**Cartoon displayed in Milan Hopkins’ office depicts the AMA guidelines for drug use.**

**In cases of hypertension or tension headaches, if a doctor were to agree to the use of cannabis, would that get him in trouble?**

It could, if the doctor was recommending it without an appropriate diagnosis. Each time I see a patient, at the bottom of the sheet I write a diagnosis and I write a treatment plan. That treatment plan may involve other things but it involves the use of cannabis when it’s for a cannabis recommendation because that’s what the Medical Board requires. They used to ask for a “good faith” history and physical; now they say, “appropriate” history and physical.

**What’s the difference between “good faith” and “appropriate”?**

I think you could do a good faith history and physical, that is you could record

some physical findings and some medical history but if you didn’t focus on the part of the history that regarded the patient’s particular complaints and you didn’t do the part of the physical exam that pertained to the patient’s complaints, they could say it wasn’t an appropriate history and physical. So they want to make sure the history and physical are the appropriate ones for the patient’s problems.

**What do you think is unique about cannabis as opposed to typical drugs prescribed by doctors?**

Pot is an herb. I can show you textbooks on herbology which emphasize that a single herb can be used to treat a wide variety of illnesses because for one thing an herb is a lot more complex than a single chemical. For another, an herb is a living thing. A living thing has a living spirit and I feel that’s important.

**What are your spiritual beliefs?**

In Upper Lake, a teacher came and started teaching me Native American spiritual tradition. I have Native blood from both sides of my family. The understanding I came to is simple, as my teacher said, not easy but simple. Nothing exists on any level that does not already exist on a spiritual level. That is, spiritual existence is the beginning of all other levels of existence. A thought or an object or an act--all start on a spiritual level.

**Do you have any limits on the age of patients you treat with cannabis?**

I don’t give recommendations for patients younger than 18 except in very unusual circumstances and then with the concurrence of a specialist. I do think there is a potential here, and even past the age of 18, that a person might use a mind-altering substance for the same reason an adult might use it, to relieve emotional discomfort. However the younger person is perhaps better served by not using the substance to relieve the emotional discomfort, but to experience the emotional discomfort and to learn from it. This is development. Sometimes I will caution younger patients, and occasionally I will refuse to write recommendations if I don’t feel they have a sufficiently serious reason

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# Hopkins, M.D.

(continued)

and if I'm concerned that they're more likely to use it to avoid emotional lessons.

## **The supervisors decided arbitrarily on 25 plants and two pounds as legal limits. Where do you think it will go from here?**

I don't see the trend reversing. I don't know if California can rescind (Prop. 215) unless someone starts another initiative saying our experience has been so bad that we need to stop allowing medical cannabis.

## **The sheriff wants people to get tags for their plants. Where are the feds going to fit into all this?**

One of my patients told me he was reading that cannabis patients are being denied entry into Canada now because they've ended up on a list the United States is sharing under Homeland Security.

## **Did they make this list up from Sheriffs' departments? If you could find out about this, we'd be interested.**

I don't know. This is second hand. I haven't read these news reports myself.

Medical information is privileged. I'm breaking the law if I divulge medical information about my patients. And most of my patients don't get the state card because they don't want to wind up on a list.

Ten years ago after Prop. 215 passed, I used to go to the Haight Ashbury Free Medical Clinic's annual conference and it was always on drugs. It was a conference that a lot of law enforcement came to also. At that particular conference, speaking to both sides of the audience, they said doctors are going to have to start practicing law and cops are going to have to start practicing medicine. And I've definitely had to learn a lot of law in the last 10 years, but I don't think the cops are learning much medicine. I don't think they have much will to be doctors.

## **Does medical cannabis detract from your regular practice or does it support you and all the free things you do?**

Medical cannabis has definitely been a boon. I now have a state-wide practice. It brings patients from outside Lake County

to see me. And it hasn't detracted from my general practice. I still see my general practice patients all the time. I spend about six hours a day here in the office, maybe seven on a heavy day.

The reason I started a free clinic 25 years ago is because I was practicing free medicine through the Haight Ashbury Free Medical Clinic and I fairly quickly realized that I was practicing better medicine because it was free. The simple fact that I didn't have a profit motive in seeing patients meant I was free to devote 100% of my attention to helping them and I wanted some of that for myself. So then I started opening my office as a free clinic the first Sunday of each month. So far as I know, I'm still the only free clinic in the county.

## **Wouldn't you think that every county would have a bunch of doctors that get together to do this?**

You'd think so. I'm sure that lots of doctors do charity care.

There is an organization of cannabis doctors. So far as I know, Jeff Hergenrather in Sebastopol is one of the principle leaders in this. They want to establish the legitimacy of cannabis as a therapeutic agent and to establish standards for the evaluation of cannabis patients. I'm not a member of that organization but I am aware of their existence and their purposes. That's the only such organization I'm aware of.

## **Is your practice with the Haight Ashbury Free Clinic where you got your medical ethics?**

Pretty much. The Free Clinic had a lot of effect on my medical practice. It really did. And Dave Smith, the founder of the Haight Ashbury Free Medical Clinic is one of my patron saints. The guy can do no wrong so far as I know. I know him personally and he's one of the finest people I've ever known.

## **Tell us a little more about your background. Where did you go to college?**

I went to the University of Arkansas at Fayetteville, did my third undergraduate year at Little Rock University, then got accepted to medical school. Then I went to the University of Arkansas in Little Rock. Medical school was a grind. I did my internship at the Boston V.A. hospital and

directly after that I got a direct congressional appointment as a medical officer in the U.S. Navy because I wanted the training. When I was in medical school a couple of Navy doctors came to our physiology class and lectured about diving medicine. It fascinated me, utterly. The only way to get that training was to go in the Navy and become a submarine medical officer, which is what I did.

## **What was Navy life like?**

I was in the Navy less than three years. You go in as a full lieutenant with an M.D. degree. I had six months training which included hard hat diving. Then I had two cruises on the U.S.S. John Marshall, got transferred to Long Beach and got an early out. The Navy was a good experience for me, it really was.

## **How old were you then?**

It was in 1973 so I was 29. I did some emergency room work in Southern California for about eight months. Then I saw land advertised here in Upper Lake and came and looked at it and liked it and moved here.

## **Then you became the only doctor in Upper Lake?**

At the time there was no doctor in town so I moved in and made myself at home.

## **Do you have any final statements or projections about where we are at medically in terms of marijuana?**

I don't see any big trend to legalize it so it looks to me like we're going to maintain the status quo for a long time to come.

## **How about a little more clarification on the legal process, like the marijuana clubs.**

The law doesn't make any provisions for buying and selling. The law simply says that if you are a cannabis patient you can possess and grow for your own medical use and you can have a caregiver do that for you. I think the most viable proposal I've heard is from one of my patients who is organizing a growing service, strictly non-profit, for the patients to designate him as their grower, for him to have a separate plot for each patient. The plot is the property of the patient from beginning to end. This is the closest thing I see as an accommodation to the supply and demand

problem. I don't see any move to legitimize the cannabis clubs. They are going to remain a target of the feds and of other law enforcement as well.

#### **What is a cannabis club?**

It's a place that sells cannabis to patients.

#### **Are there any cannabis clubs in the area?**

I'm aware of one in Clear Lake Oaks. I believe there is one in Clearlake and possibly in Lower Lake. There are none in Ukiah that I'm aware of right now. And there are others around in Santa Rosa and Sacramento.

#### **Lake County has more than Mendocino County.**

Yes, and so far as I know, the sheriffs aren't busting the clubs, but the feds did. They are mainly charging people with money-laundering and tax evasion. There is a permanent federal injunction here in California to keep the federal government from bringing any charges or repercussions against me for making recommendations. There has been for at least five years.

The top federal court in this area issued a permanent injunction to make the feds lay off the docs. Every doctor in California is protected from federal prosecution by that injunction.

#### **But not the medical users. It's just been the practice to not go after the users. There's no injunction, per se.**

Right. A couple of years ago the Supreme Court said it was okay for the DEA to prosecute medical cannabis patients. Directly after that Supreme Court judgment, the director of the DEA publicly stated they're not interested in prosecuting medical cannabis patients--and they're not.

If you want to follow up on this, you might call Steve Tulanian. Steve Tulanian is a criminal defense attorney here in Lower Lake. He could probably direct you to that.

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# MediCann Network

## *Promises Patient-Centered And Alternative Medicine*

**Dr. Jean Talleyrand, Founder of MediCann, a statewide network of 12 clinics.**

*Interviewed by Gabrielle Welford*

*Jean Talleyrand is founder of MediCann, a chain of medical marijuana clinics, one of which is in Ukiah. MediCann's mission statement declares that they, "provide legitimate health information to individuals about the therapeutic uses of alternative medicines, including medical marijuana, and...ensure that all individuals have safe, legal and affordable access to licensed health care practitioners. MediCann supports patients' rights to choose the best medicine." Their website has more information, which reflects Talleyrand's vision of "people able to treat themselves and take control of their medicine." We interviewed Dr. Talleyrand at the MediCann clinic on Perkins Street on August 9, 2007.*

**Dr. Talleyrand, you are the founder and attending physician of MediCann. Could you start by telling us how long the clinic has been here in Ukiah and about your medical education?**

The Clinic has been in Ukiah for about two years. I'm a third generation doctor. My father approved, except to say "Don't go in it for the money."

I did my undergraduate work at Brown University, then Boston University for medical school. I left the East coast for residency through UCSF at San Francisco General. I was in the movement a little bit—unusual doctors come out of there—but it's still part of the institution.

Cuba is amazing, but it isn't that fancy....It's really about education, not about the fancy stuff.

**What are your views about that institution? Didn't you say something like, the medical profession is a con game?**

(Laughs) It is an industry, and every industry protects itself, and they've worked hard to protect themselves politically—not necessarily the best for people.

But now there is a balance and there's also choice of whether to go with mainstream medicine or not.

**What did you think of "Sicko"?**

Michael Moore is definitely biased in some ways. I've been to Cuba to work on

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# MediCann

(continued)

my residency, just to compare, and Haiti, which is my home, and Cuba is amazing, but it isn't that fancy. There are times when the lights go out in the middle of operations, and there are no medicines. But it's really about education, not about the fancy stuff. It's about a doctor on every corner, which was Castro's idea, and educating the people by access to medicine, to the information. And most people there do have an idea about how to be healthy, passed on by their families.

## **And they teach people who come there?**

Their doctors go to different countries. It's cheap to teach doctors, so they have a lot of doctors. And they have things in the community like organic gardens and community gardens, though they still love their meat. And they have community aerobic classes spearheaded by the corner doctor.

## **What about what Michael Moore says about the American system?**

I think he was correct in all he said. The only thing is that the other choices are not so perfect. But in visiting them, they still seem a lot better than what we have—in public health, for sure. It's the medical industry that's marketing against this.

## **We wanted to hear about your idea of a natural healing clinic.**

One day we won't need a doctor to say whether we need marijuana—whether that's next year or 20 years from now. And the natural progression is that marijuana is a plant that people can grow fairly easily and it's a great medicine. And it's not the only medicinal plant. It's a great spearhead for what I think is a bigger movement: people being able to treat themselves and take control of their medicine, not rely on the pharmaceutical companies to heal them—giving people more control, going back to herbology and understanding of plants—food too—the kind of thing they are teaching in Cuba.

It's definitely a choice we're beginning

to be able to make. You see Kaiser going toward alternatives—they're offering acupuncture. So they're marketing it now. It's still an industry, but there is beginning to be a choice.

## **In this clinic, are you offering alternatives beside marijuana at this point?**

Not at this point. My goal at first is to give away as much information about alternative medicine as possible. People just don't know enough, so more education first. You've seen the brochures in the office about alternative modalities. We have another set of 20 coming out, which are disease specific, asthma for instance--what your choices are, including marijuana. We're probably going to start offering

We could create a cooperative, where we have a community garden....like the Santa Cruz group that has a separate plots for each patient membership.

more literature, books, and then practitioners —people who'll share our space.

## **You've been in Ukiah for two years now, and your focus is helping people begin to take care of their own health. In what ways do you see yourself being more involved in consciousness raising in Ukiah?**

If I were to affect anything, it would be in plant medicine and reducing reliance on paying anyone for health. I understand the importance of emergency systems, but in terms of being dependent on insurance companies or hospitals or whoever is giving you that large bill, it's a game that's out of our hands and we need to get it back. Information is free, as Castro said, and educating people is free.

## **Don't you think that the enormous amount of money people can make growing marijuana consumes some of them and they forget about community and a more activist connection with the community?**

Greed, wow! A spiritual question almost. It's a constant battle. We need to encourage each other to fight it.

Well, here's an idea for fighting it, and this is a great way to experiment in the economy too. Some people speculate that marijuana is bigger than the wine industry in Mendo County. What if we came out with a different economic model, instead of the traditional model?

The federal government won't let us buy or sell marijuana, and even the state government hasn't said we could buy and sell—you can possess marijuana for your medical needs on the state level, but how you get it is undiscussed. And there are a lot of excellent growers, especially here in Mendocino.

So I think one way we could do this is to create a cooperative, where we have a community garden, associated with the storefront. The store front is the dispensary, and people belong to the co-op. This is not my idea. It's WAMMM, Women and Men for Medical Marijuana—the Santa Cruz activist group that has a membership, separate plots for each patient, and they got their medicine back from the federal government, which I had never heard of.

This is very interesting in terms of an alternative economic model: co-ops can have a board of business-minded people making the business-minded decisions but everyone benefits from and participates in it, and there's newsletters and a community.

## **And here's one where there's actually money. That's always a big issue for co-ops. The MEC newsletter would like to do an article on cooperative economics. In a smaller way, we've been thinking about this very same idea, taking advantage of the cash flow to support a cooperative enterprise.**

I see the possibility of this kind of thing happening in that a lot of people are disillusioned. The pharmaceutical industry is shooting itself in the foot right now. They've lost their integrity. Putting positive models out there is the next thing—what does work? What keeps the integrity of the product? What keeps the integrity of the community and is a really truly sustainable model instead of burning out the resources?

# William Courtney, M.D

## On Medical Marijuana

*What follows is extracted from an interview by Norm de Vall on KZYX/Z, "The Access Show" and published by the New Settler, Summer 2007.*

**Norm de Vall: My morning guest is Dr. Bill Courtney. He maintains an office in Mendocino, lives in Elk, and is—in my experience —the most knowledgeable physican...relative to the attributes of medical marijuana. It's difficult to mix the politics and medicine of marijuana. But without question, the impacts of medical marijuana and marijuana in general in the Mendocino community...involves just about every agency and structure of local government. And what I would like to do here is to clear the air and really try to point out (its) attributes...**

I think we have to start with the science....What helped me to appreciate the breadth of [marijuana's] application is how old the process is.

The cannabinoids are a fatty molecule that communicates harm between cells. This system evolved at least 600 million years ago, more probably a billion years ago....Over that [time] animals (to my knowledge) evolved a process of allowing one cell to provide feedback to the adjacent cell as to whether it was in pain, inflamed, had excess of energy, needed energy, needed water.

So, communication (particularly early communication) all depended upon this molecule, which is essentially a small part of the membrane.

When single cell organisms came together to develop symbiosis, they needed a way to gain the benefit of that... relationship. And what they developed was to take a small, fatty molecule from the membrane...modify that slightly, then use that to provide communication to the adjacent cell.

That is a cannabinoid....I'd rather call it a "fatty messenger molecule," anything

other than a cannabinoid because cannabis didn't appear until 34 million years ago... The plant is very young. Yet because of the plant we found the system....

It wasn't until we labeled THC that we found that there was a receptor that cannabis bound to. Then, once we found that receptor, we were able to go looking for the body's own cannabinoids.

We now know that the body produces three chemicals that stimulate the system, called *agonist*; and one that inhibits the system, called *antagonist*. So we have in

Because of the plant we found the system.... a process of allowing one cell to provide feedback to the adjacent cell....

the body at least four chemicals that we know of today, and three receptors that are involved in this communication of harm or disease.

**So, it does work, both medically and psychologically?**

Yes. It works wherever there is a system that is out of homeostatic balance.

Whatever the normal operating tone is, when a system gets out of that normal range, it attempts to provide information to its adjacent cells and monitoring cells that there is something amiss. And this feedback system is involved in that communication: in the immune system, where it's hugely successful; in the autoimmune system; in inflammatory disorders.

We now know that inflammation drives Alzheimer's, cardiovascular disease, the arthritides. All those are vastly aggravated by an overactive autoimmune system. And when you can down-regulate that system, you pull that inflammatory system away from the heart, the brain, and the joints; and you allow the system to restore itself to a better resting state.

And so, cannabis is an exogenous cannabinoid—we've got these terms: *endogenous*: most people are familiar with endorphins. That arose because we

had morphine, which is a plant product; we found out that it bound to a receptor, which we called the *opiate receptor*. Then we looking [sic] in the body and found an endogenous morphine molecule, ... and then we found the body produces endogenous cannabinoids: we just haven't contracted that term yet....

But essentially: the brain, the intestines, the immune system, the endocrine glands: everything produces these cannabinoids....

Cannabis has 66 different cannabinoids in nine major classes. You've got THC;

CBD (which is a very potent medical molecule called *cannabidiol*); CBG; CBN; THC variant....

You also have terpenes and flavonoids. There are 140 molecules in cannabis, and those molecules are widely divergent. The fla-

vonoids bind to the serotonin 1 and 2A receptor. And they are involved in mood stabilization. There's a very wide range of active molecules in this plant....It does have efficacy, as attested to by 6000 years of use....

**What is, if you are taking marijuana for medicinal or psychological problems, the best way to imbibe it?**

One of the best is eating. For 34 million years, animals probably just ate the plant.... Once you are on the other side of the liver, the amount of THC that is present, the amount of CBD..., the amount of CBG, CBN--these 140 terpenes and flavonoids--that becomes the real active profile that probably was evolved over 34 million years.

**Does smoking negate the abilities of the plant?....**

Smoking produces a tremendous spike. But should morphine not be used? Morphine is an incredible pain analgesic; and if you've had an arm ripped off in the field, you're awfully glad to run into some morphine....

*(Continued inside back cover)*

**WHAT WILL IT TAKE?**

To the Editor:

I've often thought that the peace movement expends enormous energy pleading (I've used the word "bleating" in the past) for an amorphous state of political life called "peace". Thousands get off on personal feelings of "spiritual edification" by hanging together and chanting.

But I agree with you and others that something much more pro-active in the way of supporting a major political, call it "revolutionary", movement must happen for this world to pull back from the brink of environmental and social disaster, to say nothing of endless wars over resource turf.

Perhaps the rapidly approaching economic implosion will bring on the kinds of events which can radicalize people, and shock them out of the dream. Ukiah Valley certainly is a little bubble of pollyana hope. As long as shopping and banking and private property persist as modus operandi, the obstacles to change will constantly renew themselves, through the schools, and every aspect of ordinary daily life.

Al Krauss  
alkrauss2331@att.net

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**FUNDING: SHOULD WE BEG OR EARN?**

Dear Editor and MEC Board,

What have most groups done? They have an event to raise money. They go to every business and community member that can and has ever provided a plate of salami, or a

case of wine. The people who always help are always helping. But basically to get it to work, event leaders are forced to stoop to what amounts to begging all these people. I know. I've worn kneepads.

In every area we find a huge loss of money due to shortages from government sponsorship. No money for art in schools, sports, or for other enrichment classes. So all of these groups compete for the give-away-money. In our area we are trying to build a swimming pool, a senior center, and a teen center. This will cost over \$600,00. How can a small group compete when there is this competitive local need?

What might we do that is different? In times of trouble carpenters lend their hammers. Doctors give shots. What can a radio station do? We use our art as a lure. Provide a concert series, a speaker series, perhaps some debate may open the thought waves and produce money.

Find 10 radio station people to each seed \$250 and you have a good sum of money to start. Debate the current issues live and rebroadcast it on the radio. Local musicians have no place to play their music. Support that effort by providing a local concert series. Have a local star MC this event. Think out of the box!

Russ Emal

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**WHERE'S THE ANALYSIS?**

To the Editor:

Govinda spent 10 hours broadcasting the proceedings of the UVAP hearing on KMEC, but could not say, and cannot

tell you, what the Supervisors decided to do at the end of the day to any useful degree.

That information -- what is at stake and what it fortells -- was repeated over and over, and is available in the documents laying on the table in front of him and hanging on the wall around the corner from the press office. It is also repeated over and over in my newspaper, on my website and in the Ukiah Daily Journal.

Yet at the end of the day when the most important decision affecting Ukiah Valley for the next 20 years was finally made, he could only tell you that "the developer model had snapped back into place."

I believe it is typical of the internet, MTV generation that our movement has "dumbed down" to a point that would shock those who inhabited the MEC of the past. We are in fact incapable of mounting an opposition to this latest atrocity because we do not know what it means and we have no inkling how the government arrives at the decisions it does, and in this case, even what that decision is, let alone how to change it.

This is not intended as an answer to your question below.

What do you care what I think is a "most important" issue?

What would you do with that information?

Why should I care whether you understand me?

As president of the Mendocino Environmental Center, you, like the rest, are clueless.

The fact you are gonna have someone critique the lack of environmentalism in the newsletter or on the radio, still is not environmentalism.

Richard Johnson

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**BIODIESEL IS NOT ENOUGH**

*The following is an excerpt derived from a letter written by Sandy Turner to his co-workers at Yokayo Biofuels. He welcomes feedback from our readers. The full letter is on the MEC web site.*

Dear Co-workers and friends,

In my opinion, there is little time left for the wealthiest 2/3 of the people in the wealthier nations of the world (and especially in the U.S.) to **DRASTICALLY** change the way we live in order to have a far smaller environmental footprint. I have been thinking this for years, but the feeling of urgency has intensified for me in the last year.

About eight months ago I heard Derrick Jensen speak and began reading his two volume book Endgame. He says that civilization---which he defines as societies with cities which take "resources" from other places and indigenous people either by force or coercion---is not sustainable and is the key culprit that needs to be removed from the planet. The book is quite radical and it is not easy to read and think about because it is so disturbing, but I think that it is crucial that many people take a look at it and consider what he is trying to communicate.

I am planning to buy at least a case or two and give them away to people I know. I think it is one of the most important books of the last 100 years.

So what do I do? The situation seems to be an extreme emergency that is not well publicized and therefore not much

considered by the average person in the U.S. ... I take my life and my actions seriously. I want to do things to improve the prospects for today's young people to NOT be the last generation of humans on earth, and the young Polar Bears in the Arctic to not be the last generation of Polar Bears.

I expect to live the rest of my life with the above ideas in my consciousness.

In relation to our bio-fuel business, I wonder what is the "best" course of action for me to take. If I thought that a fairly large percentage (let's say 40+ percent) of the people who buy our fuel were doing so to fool themselves into thinking that they could just buy recycled biodiesel and buy other eco-groovy products, but still continue driving as much as a "typical" Californian (which I consider to be INSANELY too much) and continue being a typical consumer buying lots of stuff, then I would probably quit and do something else. The problem is that I do think just that. I suspect that if I could somehow interview all of our customers and scrutinize their consumption and driving habits for a month, I would find that 50 or 60 percent of them consume and drive way too much. The standard I would set is not my standard, it is what I think would be scientists that consider the situation dire.

I used to like the bumper sticker that says Biodiesel: Healing Our Planet Earth. Now, I think is quite preposterous to think that by using a less polluting form of fuel for my private car, I am helping to heal the earth. A more complete statement would be "Biodiesel: By using it, this

private car is Causing a Bit Less Environmental Destruction than similar cars using petroleum fuel."

That's where I am at with biodiesel lately. It is a small step in a significantly better direction IF it is used sparingly, realizing that the private automobile carrying less than four people is an extreme luxury. I have been thinking of bringing up these issues for awhile now at a management meeting, but decided to send you these thoughts in a letter first so you can read and consider them, and talk with me about them if you choose to do so.

Enjoy yourself but try to drive a few miles less and walk or bike a few miles more.

As always, Firm wishes in a  
Wobbly World,  
Sandy Turner  
Yokayo Biofuels

\* \* \*

### FIGHTING REDEVELOPMENT IN SANTA ROSA

To the Editor:

In California you can't have "redevelopment" without "blight." "Blight" is defined as serious and prevalent economic and physical deterioration so pervasive that no investors would consider investing in the area. The Santa Rosa City Council has declared the center of downtown Santa Rosa "blighted."

The Gateways Redevelopment area is 1100 acres of downtown. Now all the new property taxes can go to the redevelopment agency instead of to community services such as hospitals, schools, and fire-department. Politically connected big developers who favor big

retail outlets and franchises with a uniform look will get to re-design the area. City councils throughout the state are motivated by dreams of revenues from increased sales taxes, which non-retail businesses and residences do not provide. The Press Democrat has been trashing two local activist citizens who are suing the City to stop this damage.

*Everything they say about what is going on can be found in the booklet "Redevelopment: The Unknown Government, A Report to the People of California" by the Municipal Officials for Redevelopment Reform. This is an assault on individual private property through an abuse of the power of eminent domain. It has been stopped by citizen action in other places and can be stopped here. It is not about who is the president of a neighborhood association or what her other interests are. That is a smoke screen for a large national covert land grab emboldened by the Supreme Court's Kelo decision on eminent domain, that municipalities can seize and transfer private property to other private interests rather than the public services for which eminent domain was constitutionally intended. (contact Santa Rosa Area Business Association)*

Peace,  
Thyme S. Siegel  
Santa Rosa

\* \* \*

### MORE LIGHT INDUSTRY

I've lived in Ukiah my whole life - 43 years. I've seen the lumber industry leave and

other businesses go out. The available money in this town has shrunk because we have no industries. We don't need any more retail outlets. All that will do is provide for more minimum wage jobs. Ukiah has many unskilled workers. Nowadays it takes two minimum wage incomes to pay the rising rent and living costs for these people. We should encourage light industry in our area that will employ these people and pay them more than minimum wage.

Also, another large retail center will displace more Mom-and-Pop businesses and disintegrate the downtown area. We need a vibrant downtown with thriving small businesses in Ukiah and higher wage jobs for our unskilled population. I don't think the City or the County are helping much - I think their only interest is the property and sales taxes.

Steven L. Perrin

## OFFICIALS TO CONTACT

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- State Senator Pat Wiggins: (707)468-8914
- State Assemblywoman Patti Berg: (707)463-5770
- Any Mendocino County Supervisor: (707)463-4221; fax 463-4245
- Ukiah Daily Journal: [udj@pacific.net](mailto:udj@pacific.net)
- Santa Rosa Press Democrat: [letters@pressdemocrat.com](mailto:letters@pressdemocrat.com)
- Willits News: [editorial@willitsnews.com](mailto:editorial@willitsnews.com)

## HAMBURG:

*Additional questions:*

### What book(s) influenced you the most?

*All the King's Men* by Robert Penn Warren. *The Brothers Karamazov* by Dostoyevsky. *The Plague* by Camus—books I read in my youth and have re-read later in life.

I like reading about politics. *American Fascists* by Chris Hedges, a stunning and frightening revelation of the power of the Christian right in US politics. *House of Bush, House of Saud*: how two families have enriched each other

through sleazy oil-driven politics for generations. Chalmers Johnson's trilogy: *Blowback*, *The Sorrows of Empire*, and *Nemesis* are outstanding books on the rise and potential fall of the American Empire.

Also, anything by Gore Vidal. Robert Fisk, Lewis Lapham, Seymour Hersh, and Noam Chomsky.

### What Internet websites do you frequent?

*Truthout*. *Harpers* (Scott Horton, Ken Silverstein). *Progressive Review* (Sam Smith). *Daily Kos*. *Democracy Now*. *Common Dreams*.

### Which blogs do you find most useful?

*Informed Comment* (Juan Cole). *Thinking Out Loud* (Gail Jonas). *Huffington Post*. I'm on several listserves so I wade through a lot of email every day. I have my own listserve I use to send out articles I consider most informative on any given day. I'm a certified political junkie...have to know what's going on, even if I often feel pretty impotent to do much about it. Especially now when things are quite literally spinning out of control...my God, by the time this is published the US could have launched yet another war without end.

### What periodicals do you read?

I read *Harper's* cover to cover. *The Sun*. *The Atlantic Monthly*. Richard Heinberg's *MuseLetter*. *Counterpunch*.

### Newspapers?

*The Chronicle*. *The NYT*. *The AVA*. *Mendocino Country*. I can usually whip through the *UDJ* in 10 minutes or less but I love the letters to the editor. I've been writing them for 30 years and I like to see what others feel moved enough to put down on paper for their fellow Ukiahans to read.

### What organizations do you spend most time with?


I'm on the boards of Ukiah Natural Foods and Forests Forever. I try to keep my organizational affiliations to a minimum since I overdosed on meetings during all those years as a politician.

### Which local organizations do you think are most important at this moment?

Smart Growth is a group of politically-savvy and industrious activists. I shudder to think how the Ukiah Valley Area Plan (UVAP) and the General Plan re-write would proceed without them. The groups trying to envision and prepare for a post-peak oil society (WELL in Willits and GULP in Ukiah) are out ahead of most of the rest of the country.

My vision of the future is devolution. I think the US is finished as a power—its moral legitimacy has been squandered, its economy is riddled with contradiction and overall weakness. It's going to be up to us—community by community—to ensure a survivable planet for our children and grandchildren.

\* \* \*



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# Courtney, M.D.

(Continued from page 29)

But because your lungs are about the size of a tennis court if you stretch out all the alveolar gas-exchange space, when you inhale those little fatty molecules, all they have to do is cross a single membrane before they are in your blood and on the way to the brain. Most addictive problems are related to the rapidity of onset. And inhaling allows a very rapid onset to occur.

If you have neuropathic pain, as does someone with MS, what happens is that the myelin (the insulation that surrounds nerves) is being attacked by the immune system, and the nerves have been stripped of their insulation and they're shorting out between themselves.

You have arcing going on, and it produces pain: Montel Williams (a talk show host with MS) said the pain was so bad he wanted to blow his brains out...nothing can touch neuropathic pain like THC....

...If you have severe pain and are using THC, you definitely want to look to a vaporizer. And it's good to know that current vaporizers allow you to fractionate the cannabinoids....[They] allow you to *not* combust the plant but get the cannabinoids. It reduces your risk of emphysema and Chronic Obstructive Pulmonary Disease.

The boiling point for CBD is higher

[than for THC], and so you can select for high THC or...for high CBD.

CBDs are very useful for arthritides, inflammation, muscle spasms (other types of pain); so you can select the cannabinoid profiles that best suit your medical condition.

## Nothing can touch neuropathic pain like THC.

And self-titration is such a precise way to administer medicine:

the person in the hospital has his finger on the morphine button; he knows when he needs it and no one else does. Cannabinoids are like that.

### How much of what you've been sharing with us has been in JAMA or Lancet?

More and more these days. The pharmaceutical companies are seeing windfall.... Bayer has bought the marketing rights to Sativax--a 49% CBD/51% THC botanical extract.... available legally by prescription in Canada. If you had MS, you would hope you could visit Canada often.... Sativax [is] an immediate sublingual [spray]. You don't have to smoke, you're not inhaling. It would be great to have a source here.

I would still augment it with leaf. I just think the leaf has such broad applications....It definitely has a predominance of cannabidiol, which is tremendously important for controlling muscle spasms

and controlling and regulating the immune system.)

CBD and THC competitively bind at the same CB1 sites, and...CBD will block the psychoactive effect of THC. So you're able to get not only very elevated levels of cannabidiol, but very elevated levels of THC--which would be very good for Alzheimer's as well....It's a way of getting both of them in very elevated and sustained levels....In order to get the 49% CBD, you couldn't inhale enough, tolerate so much to get that level of CBD....You get the benefits of both of them by being able to titrate down the psychoactive....

It sounds like snake oil until you understand the genetic history which allows this system to be fully embedded in the body, whether you talk about cannabis being of assistance with your arthritic shoulder, your bladder that's having an autoimmune

interstitial cystitis, or Hashimoto's disease (systems attacking your thyroid)...[And] it appears

It sounds like snake oil until you understand the genetic history which allows this system to be fully embedded in the body.

THC blocks the formation of amyloid plaques, which is one of the main pathological mechanisms of Alzheimer's.

\*\*\*

A much longer version of this interesting interview is available from The New Settler magazine.



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