

On giving, receiving and asking for help

Editor's Note: Willits sculptor and video artist Ron Woolsey lost his Brooktrails home and studio to an electrical fire on December 7, the night of the "big" snowstorm. This is the second of several letters Willits Weekly will be running from Woolsey sharing his experience, in hopes that it might help others deal with like disasters.

To the Editor:

We are all unique and respond to disaster in many different ways. Some, like me, hide in the work of picking up the pieces. Others go to bed and don't emerge until the worst of the grief has washed away the ashes lodged in their hearts. Some drink or do drugs – probably the least productive response, since it neither gets anything done, nor helps you purge the feelings.

But, each to their own way, and the rest of us should be reticent to judge or advise, even if we feel that we have gone through a similar experience. The situation is similar – the experience is unique. We are a whole, made up of our experiences, our environment and even our genes. I will share a little of my experience, mostly because it serves me to say it out loud. It is hard to talk without listening to your own words and this helps me to go where I would not willingly go otherwise.

I was raised by parents who grew up in the first Great Depression. My father was much like me. A dreamer, a teller of jokes, a hard worker, and a bit of an inventor. Once, when I told my father that I felt I had trouble showing my emotions, he scoffed at this and pointed out that I always hugged my aunt, first thing, when I went to visit. I asked him when was the last time he and I had hugged. He looked down at his lap. After a long silence he looked up with tears rolling down his cheeks and said, "I do love you, I just don't know how to show it."

He died a few short months later following two bankruptcies and a divorce. A broken man, having measured his sense of self by his success in business. He was a bigger and greater man than I think he ever realized, and I regret that by the time I was old enough to have the ears to listen and wisdom to tell him, he was no longer there to have the conversation with.

My mother grew up poor. During that time, when food was put in front of you, you grabbed what you could because there might be none the following night. She must have had a hard life because she was always listing which people had done her "dirty" and which ones "owed her."

I wanted to model myself after my father, but my mother did more to shape me than I could ever have expected. Rule #1: If you do something for me, I feel that I must do just a little more for you, thus ensuring that I owe nothing. A sort of reverse Tit for Tat with a little bump at the end just to be sure. For my mother, if you owed her something, that debt was forever.

I somehow assumed that all people were the same, and that someday my debt would come due. Maybe I just think too much, but it did have the effect of distancing me from others in ways which I have only recently been able to visualize (since the night of the fire).

Asking for help is always hard and, whenever possible, should be balanced with rule number #1. The response from the community, our community, my community was,

to say the least, a little overwhelming – even daunting at times. Paradigms do not change form with ease – each layer a miniature birth with all of its consequences.

What I'm getting at here is that some of us have a hard time asking for help on a normal day. Take away our house, our dreams, our loved ones, and the day is anything but normal. But the unthinkable can happen, and when it does, and you've somehow gotten up and done the things that must be done – and are lucky enough to have somewhere and someone to come back to; find gifts and money; and most important, love and well wishes in abundance – my first response is "How will I ever pay this back?" As I explore this I become a little more aware of who I am, not that I would change shape. But I look forward to travelling on this "unexpected journey".

The wealth of support was made possible because of tools available on the internet ... and friends able and willing to take on the task of launching something like the "YouCaring.com" website to help out. For the person affected by tragedy, it is impossible for them to carry this off by themselves. Everyone needs a guardian angel – Freddie Long was mine. If it had been left up to Mary and me, people would still be finding out about the fire one, two, or three years from now (more information on how to navigate these waters to follow later, we learn more daily).

I've saved the best for last: "A Christmas Story":

I'm in line at the supermarket, and the lady ahead of me has a cart filled to overflowing. I commented that she must be buying for a big family. And she said yes. I said, "and I'll bet you are the only one cooking," and she said, right again. I said, "Well, you have a Merry Christmas and go home and check your smoke alarm (I tell everyone that now), because my house just burned down."

She tells me how sorry she is, and then looks over at my cart and says, "Please let me buy that for you." "Oh no," I say, "that's OK, but thanks so much," and she says, "Please, please let me."

I finally concede, only to have her insist on going back into the store to get more items. I resist, then discover that she is on food stamps. "What have I done ... I've taken the food out of her children's mouths." So now we have a man in line at the supermarket with tears running down his cheeks. Of all of those that have come forward to support me, this one woman, a stranger in all ways but one, has been a beacon, a star at this time of year, this time of giving and receiving.

I hope these letters help some. They are helping me. There will be at least one more to follow. With Love and Best Wishes,

Ron Woolsey,
resident of Pine Mountain

Bountiful Gardens

Editor's Note: This letter from master gardener John Jeavons of Willits is reprinted from the Bountiful Gardens 2014 catalogue. Please see page 8 for more from the catalogue.

Dear Friends:

You will notice on the front of this catalogue that Bountiful Gardens is a project of Ecology Action. For those of you

What do YOU think?

Opinions, thoughts and thank you letters from readers

not familiar with our organization, Ecology Action has been developing and refining the GROW BIOINTENSIVE Sustainable Mini-Farming system (GB) for over 42 years. This unique farming/gardening method can grow high yields of food in small areas while building and maintaining fertile soil and conserving resources.

In 2013 our four teaching gardens taught 11 six-month interns from seven countries and six two-month interns from the U.S. We've sparked significant projects in Latin America, Kenya, Russia and Afghanistan. We spread knowledge about sustainable gardening through our store, Common Ground Garden Supply in Palo Alto, and through Bountiful Gardens, one of the very few non-profit seed companies in the country. Our mission is to provide the knowledge and the tools for people to become self-reliant sustainable gardeners.

Bountiful Gardens is part of the Ecology Action organization and plays an important role in supporting our mission. For more than 30 years Bountiful Gardens has continued to increase its offerings of unique, high-quality seeds, publications, tools and other resources for individuals ranging from backyard gardeners to small-scale farmers. It also carries an unusually large selection of grains, staple root crops, oil crops, and perennial crops to serve those people wanting to learn how to grow their entire diet. Grains produce not only food, but also compost materials. Staple root crops can provide a significant portion of the diet – up to 20 times the calories per unit of area and time compared with grains. For those people concerned about the GMOs in cooking oils, we carry a large variety of oilseed-producing plants as well as a home oil press.

Be sure to wander through our grain section! We carry more varieties of amaranth and quinoa than any other catalog we are aware of. We carry seeds for hull-less and regular barley, millet, oats, rye, sorghum, spelt, teff, quinoa (six varieties), triticale, ancient and modern wheat, and amaranth (a high-yielding food with a good protein mix and no hull). Ellen Bartholomew, manager of Golden Rule Community Garden, one of our teaching sites just south of Willits, loves to grow grain. She has tried out hundreds of different ones from the USDA seed repository and grew many of the grain selections in the catalog.

This past summer, Bountiful Gardens moved into a new larger office space, with room for more seeds and more people; room to grow! We are proud that Bountiful Gardens is part of the Ecology Action organization. We are proud of the high quality of this catalog. Browse through it to find the resources you need for your own mini-farm – a nurturing local solution to your needs and to global challenges.

John Jeavons,
director of Ecology Action

COLUJMN | Relationships



Dreaming together

As I mentioned in my first column of 2013, as with a garden, it is good to know what you want to cultivate in your partnership.

When we fall in love, or when a relationship is young, it seems so natural to dream about each other, the future, and the relationship itself. When the relationship gets older and more established, we have a tendency to forget to take the time to dream together.

It seems especially hard to remember to do that, when we have young children, run a business together, or when both of us work full time. And yet, it is vital for the evolution of our partnerships that we can dream together. How do we want our partnership to be, what wishes do we have for ourselves and for us as a couple? Dreaming together is a source of rejuvenation and guidance for any relationship.

Although we are already weeks into the new year, it is still the perfect moment to do a New Year's Resolution for your partnership, if you haven't yet done so. Some people prefer to dream about their partnership with a professional at their side, who facilitates the process and creates a safe space for them. Others are more comfortable to dream only with each other.

Looking back at 2013 and forward into 2014 is a way of celebrating your partnership. Discussing what the highlights were for you as a couple – what were the challenges and how you overcame them – can be interesting and enlightening. You may have to acknowledge that you are still struggling with certain issues.

I recommend you decide together, what aspects of your relationship you would prefer to let go of and leave behind in 2013, and what you would like to replace them with in 2014. For example, if you notice that you have a high level of stress in your partnership, you may want to replace it with becoming more supportive of each other, including looking for outside support.

Dreaming into the future and talking about wishes and hopes you have for your partnership, including those you might never have shared, can be surprising and inspirational. Discovering the dream(s) you both would like to see blossom in 2014 can be energizing and fun. It is important to discuss what the first step might be for manifesting that dream, so you both can commit to the process and get started.

A word of advice: If you decide to make this New Year's Resolution for your partnership without assistance, make sure you have at least one hour of uninterrupted time to yourselves when working on it. Listen to each other with an open heart. Do not get upset if the dreams of your partner are different from yours. Those dreams may come to fit in later in the relationship. Work on what you both are comfortable committing to now.

Although I am writing about romantic partnerships, making a New Year's Resolution is not limited to only intimate ones. It

Read the rest of **Dreaming** |

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Teams are forming now for the 2014 Relay for Life-Willits, which is set for July 26 in Recreation Grove Park. The Relay for Life committee is holding a kick-off party on Thursday, January 16 at the Willits Community Center, 111 East Commercial Street, from 6 pm to 7:30 pm.

The party will offer information on forming teams for the relay and give guests a first look at the schedule of speakers and entertainment for the 24-hour event. Games, food, and prizes will be part of the fun. This year's kick-off will feature a "Poker

Walk," with guests collecting playing cards at each information station. At the end of the evening, players can choose their best cards for a chance at prizes.

They can definitely just come and find out about it. You don't have to commit to anything. It's just come and see what we have to offer, see if it's something you want to get involved in," said Kathy Tobin, chair for this year's relay.

Information about cancer treatment and programs for patients will also be

available.

"Cancer touches everybody's life somewhere, sometime during their life. It will affect everybody. This is your chance to help people be aware, give them some resources, support and maybe some prevention," Tobin said.

Last year the Willits Relay for Life raised \$50,000 to fight cancer, with the help of 32 teams. This year's goal includes forming 50 teams and raising \$60,000. Info: 272-2718.

– *Willits Relay for Life*

Get it Together

Get healthy, get organized, get fit, get involved, get fabulous and make 2014 amazing!

in 2014



Photo by Sonya Campbell

Mendocino Steam Donkeys

What do Saturdays mean? Saturdays mean "it's rugby day," say members of the Mendocino Steam Donkeys, pictured above, who play in the Northern California Rugby Football Union, Men's Division III.

The next home game is Saturday, January 18 against the Redwood Empire Rugby team from Sonoma County. All home games are played at Pomolita Field, 740 North Spring Street, in Ukiah. Games start at 1 pm.

More than a half-dozen members of

the Steam Donkeys are from Willits, including Manny Griego, Luke Kuhns, Mike Mondo, Mike Winter, Tim King and Josh Koepfel. In 2011, the club hosted a tournament at the soccer field on East Commercial Street. Because there is a large contingent of players who live in town, the Steam Donkeys hope the opportunity may arise – with further support from the community – to play rugby here in Willits and show locals what the sport is all about.

Rugby is "a great way to stay in shape, meet new people, and have fun," the club's website at www.mendoroughby.com says. No experience is needed, and new members are welcome. Come to a game (or one of the practices on Tuesdays and Thursdays, at 6:30pm, at the Ukiah Sports Complex, City Well Road) to check out the team and the game, or contact Manny Griego at 707-367-4915 or mannygriego.mg@gmail.com.

Editor's Note: Thanks to Joshua Landers and Sean Teles, for submitting information for this item.

Kale Chips

RECIPE | Healthy Options

1 bunch of kale or other greens
Olive oil
Salt & pepper
Seasoning mix (optional)

Homemade kale chips are honestly delicious. Even people who don't eat kale or other greens think they're tasty. I'm not sure kale chips are "health food" – they are covered in olive oil and cooked to a crisp after all – but you might be surprised to find out your kids like them. And they're simple to make.

Probably the easiest kind of kale to use is dinosaur kale, the dark

green, dimpled kind, which is relatively flat. But you can use curly kale, chard, or any robust greens.

Wash the kale, shake it or use a salad spinner to get the water off, and roll it in a towel to further dry it.

Turn on the oven to 350 degrees.

Strip the leaves off the center stalk using scissors or a knife (save the stalks for stir-frying or soup if you like). Tear the kale into smaller pieces, put it in a bowl, and drizzle with olive oil.

Add a pinch of salt, some black pepper and whatever other

Read the rest of **Kale** |

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The rest of **Pinches** | From Page 1

offices, using the ad hoc method saves staff and therefore money. The Mendocino County grand jury has called using the ad hoc committee format to conduct public business a disservice to the public, because ad hoc committee meetings are not noticed and so discourage public participation. Supervisors responded last year by ordering all ad hoc committee meetings be publicly noticed.

However, this year the county has a general reserve fund of approximately \$9 million, the largest amount in the history of Mendocino County government. That surplus prompted Supervisor John McCowen to ask if it was not time to return to the standing committee format.

Angelo responded she did not believe it was time to do so, and McCowen asked Angelo to evaluate the situation to determine if the standing committees could be brought back at some future date.

"Absolutely," Angelo said. "We will look at it and possibly consider the advisability of bringing back the committees in 2015."

Supes on free speech

Pinches conducted the meeting with a strong hand, refusing to allow the board to defer an important decision, and insisting supervisors reach a decision without delay.

The issue involved adopting a revision to Rule 16 of the board's Rules of Procedure. In July, then-Chairman Dan Hamburg surprised some observers when he told local financial analyst and member of the county Retirement Board John Sakowicz to cease and desist from comments he was making during the board's public comment portion of the meeting.

Sakowicz had been criticizing the work of Gordon Elton, who for years had been the financial officer for the City of Ukiah and was on the eve of retirement.

Hamburg told Sakowicz his comments were on a topic that did not come under the purview of the board of supervisors, and were therefore out of order.

Sakowicz sought expert opinions on the legality of the board policy from a number of organizations, including

Whereas previously the rule stated public expression would be limited to topics "within the subject matter jurisdiction of the board of supervisors," the new language stated: "public comment within or reasonably related to subject matter that comes under the jurisdiction of the board shall be permitted, at the discretion of the chair, with consultation with the county counsel."

Sakowicz objected to the new language, stating he thought deferring the decision to the discretion of the chairman was nonsensical. He also said he wanted the phrase "on matters within the jurisdiction of the board" struck from the proposed rule.

"I don't think there ought to be any content restriction whatsoever. There should be no limitation on free speech," Sakowicz said.

First District Supervisor Carre Brown suggested the board table the issue and seek a legal opinion. But Pinches demurred. "No. This board is going to reach a decision on this now," he said.

The board sought a compromise. McCowen offered to strike language that left the decision to the discretion of the board chairman, while leaving the phrase "within, or reasonably related to, the subject matter jurisdiction of the board" in the proposed new rule.

Hamburg objected to the change, stating it made no sense to strip the chair of the right of discretion. He argued somebody had to make the decision on whether or not someone's comments fell under the subject matter jurisdiction of the board, and that the chairman, by agreement and by tradition as well as according to the Rules of Procedure, was that person. He asked why McCowen was willing to take that provision out of the rule. McCowen countered by pointing out that Rule 4 in the Rules of Procedure already gave the chair the right to rule on matters of procedure.

The new rule, as revised by McCowen, was approved by the board on a 4-1 vote, with Hamburg opposing.

More of **Brooktrails** | From Page 1

is exploring two options to secure additional water for Brooktrails. One is to drill one or more wells under Summer Lake. A second option is to buy water from the City of Willits. According to Rose, Willits officials have told her that Willits is not opposed to selling water to Brooktrails. Brooktrails and Willits are locked in a legal battle over sewage treatment fees.

Rose said that compliance to the terms and restrictions of the water emergency should give the district 120 days worth of water, or about 60 more days of water than the district anticipated they would have on January 1.

Currently, water storage is at 20 percent of capacity.

In addition, Brooktrails may consider a further reduction, amounting to rationing. According to the ordinance, consideration of rationing "shall be placed on the agenda for further action no later than the Feb. 11, 2014 meeting."

Brooktrails to seek relief from fish rigs

Brooktrails General Counsel Christopher Neary announced at the meeting that he is preparing a request for relief from the State Fish and Wildlife requirement that Brooktrails release water for fish.

The request is to be sent to the State Water Resources Control Board.

Currently Brooktrails is releasing more than 100,000 gallons a day out of Lake Emily and down Willits Creek. According to Brooktrails Superintendent of Utilities Robert Melluish, that is the amount that is flowing daily into Lake Emily from Willits Creek. "What is flowing in, is flowing out. We aren't gaining any water right now. And we are in a drought," Melluish said.

Neary said he will be requesting a special meeting of the Brooktrails Board of Directors so that he can introduce and explain to the board his request for relief from the Fish and Wildlife requirement.

Skezas absent

Longtime Brooktrails board member George Skezas missed the Brooktrails board meeting Tuesday night, and according to board Chair Rick Williams, he may have moved out of Brooktrails.

Skezas was returned to office by Brooktrails voters in the November 2013 election.

During the public comment portion of the board meeting, Brooktrails resident Wally Stahl asked the board where Skezas was. Stahl mentioned that he had heard all kinds of rumors, and wanted to know what was going on.

During the portion of the meeting that is dedicated to

Read the rest of **Brooktrails** |

Over on Page 11

COLUJMN | Wellness Matters

A healing diet

Diane Smalley
Contributing Writer

Editor's note: "Wellness Matters" is a column that will be written each month by one of the practitioners at Healing Central. Kate Black, Clancy Rash, Shawna Handschug and Diane Smalley.

2014 Relay for Life

kick-off party

Health care reform is the No. 1 issue for people in this country right now. Having access to health care is considered to correlate highly with the level of a person's actual health. Costs for all forms of medicine have been spiraling up to the point where most people can't afford it. We in the U.S. are fortunate to have the most choices of health care options in the world.

One example of the vast spectrum of health care is Dr. Dean Ornish, who has spent more than 35 years proving that a healthy diet (less damaged fats, more good fats, less simple carbohydrates, more complex carbohydrates, and quality protein) plus plenty of meaningful connections to people can indeed turn around heart disease, diabetes and cancers of the prostate, etc. "Your body has a remarkable capacity to begin healing itself if you give it a chance to do so," says Ornish. His program is now covered by Medicare!

The healing diet Dr. Ornish has developed is for people who are candidates for heart surgery or have advanced diabetes or cancer. Many years ago, I dismissed it because of his recommendations for protein. The only animal protein on his "most healthful" list is egg whites. I happen to think that whole eggs are a very nutritious and complete protein. He also seems to lump all fats into one category, except he strongly recommends omega-3 oils.

For many years, I have been counseling folks to eat foods that keeps their digestive tract happy. Our liver does a fantastic job of filtering the blood coming from the digestive tract and the rest of the body. The systems of our body are amazingly capable of extracting raw materials for building the body and release the unwanted substances.

If our blood is overloaded with artificial substances (much of which is beyond our control), this puts more work on the liver and slows the healing process. Our body's natural healing ability is supported best with whole foods. An unburdened liver can easily process organic whole eggs that were cooked in the shell.

After a fresh look at his program, I realize that Dr. Ornish's egg whites put the least possible load on the liver! Eating the simplest of foods gives the body a chance to release the accumulation of a lifetime of eating processed foods, excess sweets and damaged fats.

The source of our foods is the key. Locally raised animal foods, organic vegetables and fruits, and oils in their natural form – nuts and seeds and fishes – are all healthful and digestible.

There is a world of opportunity available to everyone, regardless of situation, to learn and build a habit of self-care. When it comes to our day-to-day life, we are responsible for our experience. For every minute you spend learning about yourself, what makes you go up and down, you will reap years of benefit of understanding, comfort, ease and peace of mind.

Diane Smalley, L.Ac., has been practicing acupuncture and herbal medicine since 1985. For the upcoming community wellness program of the Howard Foundation, on March 18 at the Senior Center, she will be giving a talk on the subject of nutrition called, "Eating to Keep the Digestive Tract Happy." She can be reached at 456-9514 or dancsmalley@willitsonline.com.

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Puzzle Page

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In the Stars...

ARIES
Mar 21 - Apr 20
Aries, though you are eager to plow through your to-do list, certain plans may have to be postponed due to circumstances beyond your control. Go with the flow.

TAURUS
Apr 21 - May 21
Taurus, uncover the source of a disagreement with a friend and try to come to a resolution before the disagreement escalates. Handling things promptly will pay off.

GEMINI
May 22 - Jun 21
Gemini, attention to detail this week will prevent delays down the road. Keep this mind when tending to personal as well as professional matters.

CANCER
Jun 22 - Jul 22
You may find your mind wandering this week, Cancer. You cannot seem to focus on the tasks at hand, but work hard to limit distractions and get your work done.

LEO
Jul 23 - Aug 23
Leo, respect a loved one's decision to keep a certain matter private. There's not much you can do other than offer your support and respect.

VIRGO
Aug 24 - Sept 22
Virgo, carefully schedule your time this week. You cannot afford to get behind in work or miss any important appointments. Stay focused and leave some time free for the unexpected.

LIBRA
Sept 23 - Oct 23
Libra, you are drawn to create endeavors these days and have less patience for tasks that are not nearly as fun. Find a healthy balance between the two.

SCORPIO
Oct 24 - Nov 22
Scorpio, expect to serve as a mediator for your loved ones this week. The issue that arises is relatively small, but your calm demeanor and cool head will be needed.

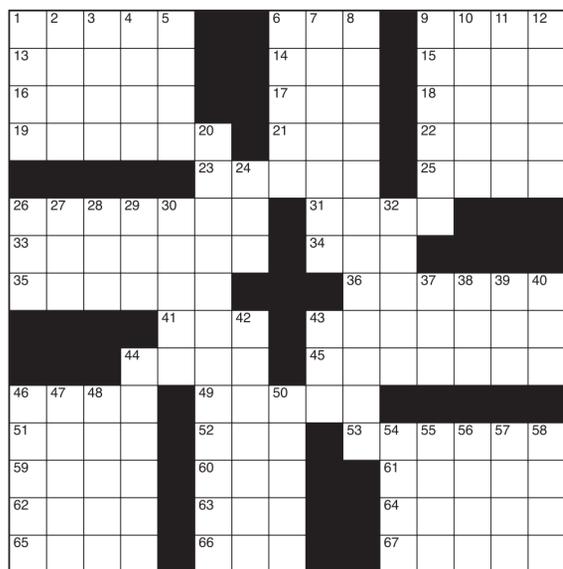
SAGITTARIUS
Nov 23 - Dec 21
Sagittarius, you may be founding a little in the romance department this week. Stick to what your intuition is telling you, and you will come out just fine.

CAPRICORN
Dec 22 - Jan 20
Capricorn, you are focused on your work, but distractions beyond your control figure to prove frustrating. Try to remain as patient as possible, and everything will work itself out.

AQUARIUS
Jan 21 - Feb 18
Aquarius, take a breather and stop to give some careful thought to your recent experiences and your expectations going forward. You will benefit from this reflection in the long run.

PISCES
Feb 19 - Mar 20
Pisces, expect some valuable insight on your future to arrive in the next few days. It won't be difficult to set plans in motion.

Crossword Puzzle



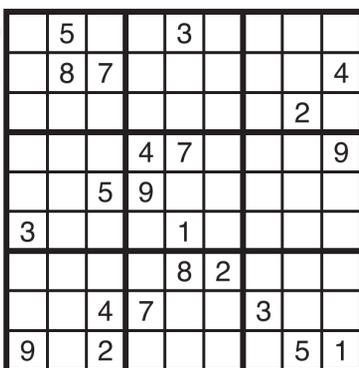
CLUES ACROSS

1. NOHOW
6. Record (abbr.)
9. Hair detangler
13. "1836 siege" of U.S.
15. Largest continent
16. Showed old movie
17. Clatter
18. Considered one by one
19. Chinese cinnamon spice tree
21. Frequently
22. 3 person 32 card game
23. Misaddressed mail (slang)
25. Expresses pleasure
26. Samba or basket rummy
31. Military leader (abbr.)
33. A citizen of Iran
34. Environmental Protection Agency
35. Carbon, radioactive or varve
36. Loss of electricity
41. Mass. Cape
43. Mediator
44. 1/1000 of a tala
45. Players at 1st, 2nd & 3rd
46. Covered Greek portico

CLUES DOWN

1. Informant (slang)
2. Olive tree genus
3. Armed conflicts
4. Am. Music Awards
5. Dance mix DJ Einhorn
6. Oxidation-reduction
7. Structure
8. Modern
9. Roman Conqueror
10. So. Honshu bay city
11. 8th C. BC minor Hebrew prophet
12. = to 100 satang
20. In active opposition
24. 007's Fleming
26. 12th century Spanish hero
27. Macaw genus
28. Slave rebellion's Turner
29. Cuckoo
30. From a time
32. Applies with quick strokes
37. Fasten with string
38. Teller replacement
39. Command right
40. Sea eagle
42. Most closely set
43. ___ Dhabi, Arabian capital
44. Marten furs
46. Strike workers
47. Thysanopter
48. Louise de la Ramee's pen name
50. King of Thebes
54. ___ mater, one's school
55. Time unit
56. Klutzees
57. ___ Von Bismarck, Iron Chancellor
58. Front of the leg

Sudoku



Level: Intermediate



How To Sudoku:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a Sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Get it Together in 2014

COLUMN | Lin Checks In: Health Care in Mendocino County

Recruiting rural health-care providers

Linnea Hunter
Contributing Writer

As I think about what really matters to the health of our community, one of the most important elements is our health care providers: doctors, dentists, therapists, nurse practitioners, physician assistants, midwives, and others. While that may sound like a really obvious statement, figuring out how to recruit and retain these providers to our community is anything but obvious.

The National Rural Health Association shares some starting facts from a report called "Rural Healthy People 2010," which was funded by the Office of Rural Health Policy.

About 10 percent of physicians practice in rural America, despite the fact that nearly one-fourth of the population lives in these areas.

Rural residents are less likely to have employer-provided health care coverage or prescription drug coverage, and the rural poor are less likely to be covered by Medicaid benefits than their urban counterparts.

Although only one-third of all motor vehicle accidents occur in rural areas, two-thirds of the deaths attributed to these accidents occur on rural roads.

Rural residents are nearly twice as likely to die from unintentional injuries other than motor vehicle accidents than urban residents are. Rural residents are also at a significantly higher risk of death by gunshot than urban residents.

Abuse of alcohol and use of smokeless tobacco is a significant problem among rural youth. The rate of DUI arrests is significantly greater in non-urban counties. Forty percent of rural 12th-graders reported using alcohol while driving compared, to 25 percent of their urban counterparts. Rural eighth-graders are twice as likely to smoke cigarettes (26.1 percent versus 12.7 percent in large metro areas).

Fifty-seven to 90 percent of first responders in rural areas are volunteers.

There are 60 dentists per 100,000 population in urban areas versus 40 per 100,000 in rural areas.

Read the rest of Rural Health | Over on Page 9

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Left: Sensi Mike Tobin leads stretching exercises

Below left: students follow along as Tobin calls out the moves.

Karate, boxing & more

Sheriff's program offers free activities

free of charge, allowing kids from all economic backgrounds to participate in all the offerings, including football, cheer, boxing, baseball, karate, teen gym and more.

Body Works gym in Willits is the local center for SAL activities, offering the following schedule to youth in the community:

- Teen gym: Monday to Friday from 2:30 to 5:30 pm
- Boxing: Monday, Wednesday and Friday at 7 pm
- Karate: kids aged 5 to 11 from 6 to 7 pm, tweens, teens and adults at 7 pm

In addition to the Body Works gym offerings, Willits-based activities also include basketball, Junior Giants and "Kids on the Run." The Laytonville SAL program offers youth football, cheer and soccer. In Covelo and Round Valley, SAL offers boxing and Junior Giants.

Info: Mendocino County Sheriffs Youth Activities League on Facebook or Mike Tobin: 354-0565



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Get it Together in 2014

Fix that Kink

Healing Central Chiropractic gets new owner, and second chiropractor

In October of 2013, chiropractor Shawna Handschug purchased Healing Central Chiropractic from previous owner Paula Murphy. A graduate of Northwestern Health Sciences University, Handschug had been working for Murphy at the office since

April of 2011 and stayed on after Murphy relocated to Idaho that same year.

Handschug is now bringing in another chiropractor to the practice: Northwestern classmate Israel "Izzy" Perry. Perry moved to the Willits area last August after previously working in Petaluma as a chiropractor for over two years.

Along with working at the practice, Perry and Handschug will also be sharing another job: parenting their baby girl, who is due in late February.

"I'm going to try and keep working as close to my due date as possible," explained Handschug, "but Izzy will be here while I am out on maternity leave. He is already working with patients, helping to make the transition as smooth for our patients as possible."

Once Handschug returns back to the practice, the two will work as a team, adjusting and straightening out Willits' backs, necks, shoulders, elbows and more.

While Handschug is out, Healing Central Chiropractic will continue to offer preventative and feel-good care, helping those suffering from chronic pain, injuries, accidents, falls and more.

Patients range from young kids to the elderly, and all new patients receive a pre-adjustment exam, x-rays when necessary, and a thorough consultation to ensure that only what needs adjusting gets adjusted, and that the patient is as comfortable and reassured with the process as possible.

Healing Central Chiropractic, located at 750 Central Avenue, is open Monday, Wednesday and Thursday from 10 am to 6:30 pm, Tuesday from 9 am to 5:30 pm, and Friday from 9 am to 2 pm. They bill Medicare and provide documentation so patients can receive direct reimbursement if their private health insurance covers chiropractic care. Appointments are available on a drop-in basis after the first consultation, which requires a scheduled time. Info: 456-1030.



Maureen Moore
Designer & Photographress
maureen@willitsweekly.com



Top: Shawna Handschug and Izzy Perry.

Above: Office Manager Erika Rowland (left) and Cricket the dog join in for a fun photo op on the adjustment chair with Shawna and Izzy.



At left and above right: Izzy works on a patient, carefully selecting the area needing adjustment and successfully helping her feel better post-treatment.

Photos by Maureen Moore



Photo by Jennifer Poole

Willits Walkers

April Tweddell, Pat Wilson and Jenny Senter of "Willits Walkers" pose after a recent post-walk lunch at Brickhouse Coffee. Willits Walkers started last March, inspired by a Santa Rosa Press Democrat story about a 72-year-old Santa Rosa woman who'd spent two years walking every street in Santa Rosa, after her cardiologist advised her to walk for her health.

Tweddell is the only member of the casual group who has actually walked every street

within Willits city limits - marking off her map as she went. She completed her last street in early October. The other members join when they can. Not only is walking great exercise, neighbors often say hello, and sometimes tell stories about the old days in their neighborhoods. With the dry weather this winter, the group is branching out to walk outside of Willits proper and may even tackle Brooktrails in the spring.

- Jennifer Poole

Get healthy, get organized, get fit, get involved, get fabulous and make 2014 amazing!

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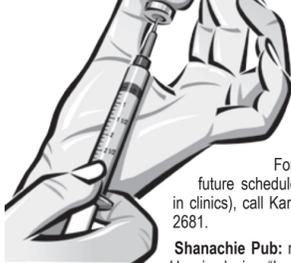
Thursday, January 16

2014 Relay for Life Kick-Off Party: Hosted by the Relay for Life Committee, tonight from 6 to 7:30 pm at the Willits Community Center, 111 East Commercial Street. Featuring information on forming teams for the relay, information on the event itself, and information about cancer treatments and programs for patients. Games, food, and prizes. See article on page 3 for more info, or call: 272-2718.

Now & Then Films: the January film is "Chasing Ice: The Extreme Ice Survey." 7 pm on the "big screen" at Little Lake Grange, 291 School Street. "Chasing Ice" shows years of time-lapse glacier melt, captured by National Geographic photographer. "His hauntingly beautiful videos compress years into seconds and capture ancient mountains of ice in motion as they disappear at a breathtaking rate." Suggested donation: \$5-\$10. Organic popcorn and chocolate, refreshments for sale by the Grange. Info: 459-6362 or visit: www.chasingice.com.

Friday, January 17

HazMobile Pickup: HazMobile household hazardous waste collection team returns to the Willits Corporation Yard, 380 East Commercial Street, today and Saturday, January 18, from 9 am to 1 pm both days. Free to households: items that can be disposed of include paint, antifreeze, pesticides, herbicides, pool chemicals, gasoline, solvents, acids, bases, toxic cleaners, auto and household batteries, mercury and fluorescent light tubes are accepted by the HazMobile. Info: 468-9704, or on the internet at www.mendoRecycle.org.



Drop-in flu vaccination clinic: In Ukiah (no clinic scheduled yet for Willits), for adults, 19 years and older. 10 to 2 pm at the Public Health offices, 1120 South Dora. \$10 suggested donation. For info (including info on the future schedule for Public Health's drop-in clinics), call Karen Broderick, LVN, at 472-2681.

Shanachie Pub: return appearance of Fuzz-Huzzi, playing "Imperial Beach Rock." 9 pm, \$5 cover. "Eclectic and energetic, Fuzz-Huzzi is a rock band from the way southwest city of Imperial Beach, California." 50

Ongoing Events:

Willits Farmers Market: Winter market at Little Lake Grange, 291 School Street, from 3 to 5:30 pm. Winter produce, hot house tomatoes, local meats, dinner, crafts, live music and more. Call Michael.

Willits Community Drum Circle: 7 to 10 pm at the Willits Center for the Arts, 71 East Commercial Street. Every 2nd and 4th Fridays. Free. Everyone is welcome. Info: 459-4932

Smoking Cessation Program: Free "Freedom from Smoking" class sponsored by the Frank R. Howard Memorial Hospital. Every Wednesday at the HMH Conference Room, 1 Madrone Street, 6 to 7 pm. RSVP to Jennifer Barrett at 707-540-4208. Walk-ins are always welcome.

"Moving On – Widows & Divorcees": An ongoing social group of widows and divorcees, meeting the second Thursday of each month at the Harrah Senior Center and the fourth Thursday of each month at a restaurant for lunch at noon. Thursday, January 23, the group will meet at the Asian Buffet. "We meet and have lunch and share our experiences, joys and sorrows. It helps to have friends that understand." New members are welcome.

Big Screen video games: Fridays from 4 to 5:30 pm at the Noyo Theatre. Arcade-style games, multi-player, with both casual and cartoony fighting games. Everyone gets a chance at the controller. Moderated by assistant manager Steve Thornton: "Gamemaster Steve." Fridays afternoons to start, with hoped-for expansion to an evening tournament-like event. \$5 (no gift certificates or passes accepted). 57 East Commercial Street. Info: 459-6660.



"Budding Artists": Exploring the Artworks of Children: An exhibition by students from the Room to Bloom pre-school and the Willits Elementary Charter School, on display through January 26 at the Willits Center for the Arts, 71 East Commercial Street. Gallery hours are Thursdays and Fridays from 4 to 7 pm, and Saturdays and Sundays from noon to 3 pm, through January 26. Info: 459-1726.

Willits Frontier Twirlers: Beginner's classes in basic and mainstream square dance at the Willits Center for the Arts, 71 East Commercial Street, from 6:45 to 8 pm, then dancing until 9 pm, with professional caller Lawrence Johnstone, who will teach and call. Every Monday night; classes are free for beginners. Info: 459-9526.

Tree Seedling Sale in Laytonville

Annual sale began Monday at Laytonville Elementary School, 150 Ramsey Road, and will continue until seedlings are sold out (maybe next week). 2 to 3:30 pm. Sponsored by and to benefit the school's Kindergarten and first-grade classes. Seedlings are \$1.50 each; year-old potted trees are \$2 each. Seedlings include: Red Barberry, Giant Sequoia, Port Orford Cedar, Gingko, Douglas Fir, Sitka Spruce, Coast Redwood, Monterey Cypress, Incense Cedar, Rock Rose, Ponderosa Pine, Japanese Maple (green), European White Birch, Red Gum Eucalyptus, Common Purple Lilac, California Redbud and Jeffrey Pine. Inquiries: 984-6123, ext 107 or almostfreetrees@yahoo.com

What's Happening Around Town

Things to do, see and enjoy in and around Willits

B South Main Street. Shanachie Pub is open Monday through Saturday at 3 pm, and closed on Sundays. Info: 459-9194.

Saturday, January 18

RELAY FOR LIFE



HazMobile Pickup: see Friday, January 17 listing

WCT Master Class: "Acting and Auditioning" master class; Willits Community Theatre, January 18 & 25. Acting & Auditioning Master Class: Tony Award-nominated actress, Linda Posner, teaches two master classes on "Acting & Auditioning," today and Saturday, January 25 from 10 am to 1 pm. Willits Community Theatre, 37 West Van Lane. Fees for each class are \$25 adults, \$15 students, with full scholarships available to cover all costs. Scholarship applications can be downloaded from the website. Info: www.willits theatre.org or call 459-0895. See article on page 10 of Willits Weekly for more details.

18th annual Willits Rotary Club Crab Feed: Hankering for some crab? The Rotary Club's annual benefit features all-you-can-eat crab, plus salad, garlic bread and pasta, with a silent auction, live auction, bar with wine, beer and mixed drinks, and live music by The Bassics. Willits Community Center, 111 East Commercial Street, 6 to 10 pm. Half the funds raised will go to benefit the Willits Senior Center and half will go towards scholarships for Willits High School seniors. Pre-sale tickets \$45; available from any Rotary member or at the Harrah Senior Center's front desk. For more information or to get tickets: Ann Alumbaugh at 459-1440.



"Celtic to Contemporary" Guitar Concert: featuring American guitar masters Larry Pattis and Peter Janson. 8 pm at Willits Community Theatre Playhouse, 37 West Van Lane. Named one of the "Top 10 Best Acoustic Music Artists of the Decade" by the International Acoustic Music Awards, Larry Pattis has been a featured headline performer at such illustrious venues as the Montreal International Jazz Festival and the Kennedy Center for the Performing Arts Millennium Stage in Washington DC. Visit: www.larrypattis.com. A winner of "Best Contemporary Instrumental Album," for his 2006 release, "Beautiful Day," Peter Janson's original and contemporary style is reminiscent of American folk, Celtic, and American roots guitar styles.

Visit: www.peterjanson.com. Advance tickets \$15 at Goods' Shoppe, 56 South Main Street, 459-1363, or online at www.brownpapertickets.com/event/537903.

Sunday, January 19

Willits Redwood Little League 2014 season sign-ups: Today and February 1 from 10 am to 1 pm at Wheels Café, 44930 Highway 101 North, in Laytonville. See January 26 listing for Willits sign-up day.

Town Hall Meeting on 'Water': from 4 to 6 pm at Willits City Council chambers, 111 East Commercial Street. With short presentations to start by Scott Herman, City of Willits Water operator, and Robert Melliush, director of utilities of Brooktrails Township. Discussion to follow. This third in the Town Hall meeting series will explore water development and water conservation ideas, and more. Info: Carlin Diamond at 459-4850. See article elsewhere on Calendar page for more info.



Tuesday, January 21

"Welcome Back Celebration": Today from 11:30 am to 1:30 pm at the Mendocino College North County Center, 372 East Commercial Street. Info: North County Center: 459-6224.

Start of Mendocino College Spring Semester: The spring semester at Mendocino College starts today. Check www.mendocino.edu or call 468-3101 for questions on admissions and late registration. Check page 31 of the Spring 2013 Schedule of Classes, www.mendocino.edu/cmllis/Spring_2014_Schedule_Web.pdf, for classes at the North County Center in Willits at 372 East Commercial Street. Classes include Business Office Technology, Fire Science, Mathematics, Child Development, Spanish, Dance, English as a Second Language, History, English, Computer Science, and more, including work experience opportunities in a number of fields. North County Center: 459-6224.

Tightwad Tuesdays at the Noyo Theatre: All 2D movies that are in their second week are \$5 on Tuesdays at the Noyo Theatre for all ages, all showings. This week's "tightwad" movie: "American Hustle" For showtimes: www.noyotheatre.com. 57 East Commercial Street. 459-6660.



Willits Center for the Arts presents:
Budding Artists:
 Exploring the Artworks of Children
 January 10 - 26, 2013
 Opening Reception
 January 10, 2014
 4-6 p.m.

'Budding Artists'

Exploring the Artworks of Children

An exhibition by students from the Room to Bloom pre-school and the Willits Elementary Charter School is currently on display at the Willits Center for the Arts.

"We do so much artwork here at the pre-school," said Room to Bloom director Sheryl Gard McFadden. "We have art lessons throughout the year. Last year we took the students on a field trip to see the art exhibit, and one of the kids said: 'We should have an art show!'"

The Room to Bloom kids entered what pieces they liked, and McFadden offered the opportunity to participate to the Willits Elementary Charter School.

Next year, McFadden hopes to expand the exhibit to include students from other schools and pre-schools, too. "We have creative kids here. They're our future," she said.

Willits Center for the Arts is located at 71 East Commercial Street. Gallery hours are Thursdays and Fridays from 4 to 7 pm, and Saturdays and Sundays from noon to 3 pm, through January 26. Info: 459-1726.

Save the Date

California Retired Teachers Assoc. Lunch, January 27, Country Skillet
 Fruit Tree Workshop with Richard Jeske, February 8, Little Lake Grange
 Sip Some Soup, February 15, Willits Community Center

Wednesday January 22

"A Night of Metal": featuring metal bands Embryonic Devourment (from Willits); Shreddead Metal (from Fort Bragg); Cyanic (from San Jose); and Burning Hash (from Eureka). John's Place, 255 E Commercial Street. 21+. No cover charge. Show starts at 8 pm. Willits metal band Embryonic Devourment has been playing together for 12 years. Band member Austin Spence says: "We put on shows and tour the USA constantly, and are proud Willits residents. We have a new release [their fifth] called 'Reptilian Agenda,' which deals with a fun science fiction-esque topic about a Reptilian race called the Chitauri from a planet called Nibiru. This race has been controlling and manipulating the ruling world powers thousands of years, to this day." For more information about the band, visit www.embryonicdevourment.com. "Please help our metal community and support the scene by shamelessly promoting this odd and exciting event!," Spence says.



Thursday, January 23
Community Hu Song: "In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song Thursday, January 23, at 6 pm, at HU (pronounced 'hue') is a simple, uplifting prayer or mantra and can help you experience divine love and an inner calm. All faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475."

Thursday, January 23

Friday, January 24
"ABBA Father": 15th annual event sponsored by Women's Advance Ministries of Lake and Mendocino Counties, Agape Bible Church. Tonight from 7 to 9 pm and Saturday, January 25 from 9am-4pm. "This is a time for women to come together, have fun, share a laugh and sing, while being inspired by a Christian motivational key note speaker. With dessert on Friday and lunch on Saturday. Saturday workshops include: "Overcoming", "A Mother's Heart at the Loss for Her Fallen Soldier", and "Faithful Father". Featured speaker Cheri Gregory; entertainment by the Beaudettes. \$45 before January 16; \$50 after and at the door. Register online and for more information go to: www.



Friday, January 24

Willits Redwood Little League Sign-Ups
 Little League sign-ups begin this month! Bring all required documents with you, birth certificate and address verification. Fees are \$75 for the first child and \$50 for each additional child. There is a volunteer incentive to earn \$25 back after completing five hours of work. Sign-up dates remaining in Willits: Sunday, January 26, from 11 am to 2 pm at Old Mission Pizza, 1708 South Main Street. Sign-ups in Laytonville: Sunday, January 19 and Saturday, February 1, from 10 am to 1 pm at Wheels Cafe, 44930 Highway 101 North. "We are still in need of coaches! Please let us know during sign-ups if you are interested!" For more information, call Melissa Coughlin: 707-287-8386. "Stay tuned to the Willits Redwood Little League Facebook page for try-out information and updates about this year's baseball season!"

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For more information, call Melissa Coughlin: 707-287-8386. "Stay tuned to the Willits Redwood Little League Facebook page for try-out information and updates about this year's baseball season!"

Willits seat open in KZYX board election

Elections for the board of directors for KZYX&Z public radio are coming up, and one of the open seats is for a representative from the 3rd District (Willits, Laytonville, Covelo). Current Willits board member Fran Koliner is termed-out, and won't be running again. Holly Madrigal, also a KZYX board member, is an at-large member serving through 2015. Elections aren't until March, but the deadline to apply to run is January 30, 2014.

For information about eligibility requirements (which including being a 3rd District resident and a member of KZYX) and how to submit an application, check this page on the KZYX website: <http://kzyx.org/index.php/component/content/article/102-site-content/station-business/218-application-for-the-2014-mcpb-board-of-directors-election>.

Candidates are asked to write a ballot statement (400 words) about why the members of KZYX&Z should vote for them. Here are five suggested questions:

- Why are you interested in becoming a board member?
- What can you contribute to the board and to Mendocino County Public Broadcasting?
- What are your interests and experience?
- What are your affiliations with non-profit organizations, professional societies, etc.?
- What do you consider a board member's fundraising responsibilities and what is your fundraising experience?

For any questions, please contact the Election Coordinator, Stuart Campbell at elections@kzyx.org.



15th annual Sip Some Soup

This popular benefit event for Willits Daily Bread (their big fundraiser of the year) is set for Saturday, February 15 this year. Willits Community Center, 111 East Commercial Street. 5:30 to 7 pm. Enjoy some tasty locally made soups, desserts and bread from Emandal, and vote for your favorite soup. Competition is fierce! For more information, call Cindy Savage of Daily Bread at 459-3947.

Saturday, January 25

Black Light Birthday Bash: Studio Joy-The Place for Zumba celebrates its 1-year anniversary tonight, with a dance party. Doors open 7 pm; dancing starts at 7:30 pm. 1262 Blosser Lane. Dress to impress, white and neon glow the best. Tickets \$10; ages 13 to 17, \$5; 12 and under free. Buy ticket early to be entered into the raffle drawing for one monthly pass and two 5 class punchcards. Info: www.studiojoywillits.com or call 707-841-7499.

Sunday, January 26

Little Lake Grange Pancake Breakfast: the every-fourth-Sunday breakfast is today, from 8 to 11 am, at 291 School Street. Choose Hank's Famous Buttermilk or Sourdough Multigrain made-from-scratch pancakes, Beeler's Quality Bacon, organic local farm fresh eggs made to order, real butter, juice, organic coffee or tea. \$7; \$6 for seniors; \$4 for children under 12. Sides of organic yogurt, fresh fruit in season, Amish maple syrup upon request.

Fruit Tree Pruning Class: Free class taught by Dave Watts of Sanhedrin Nursery, from 10 am to 2 pm. Meet at Mendocino County Museum in back classroom (follow directional signs). Rain or shine. No charge: Questions: 459-9009.

Willits Redwood Little League 2014 season sign-ups: Today from 11 am to 2 pm at Old Mission Pizza, 1708 South Main Street in Willits. See January 19 listing for Laytonville sign-ups.

Willits Community Theatre auditions: WCT is holding auditions at the Playhouse, 37 West Van Lane, today at noon and February 3 at 6 pm for "The Dining Room," a play by A.R. Gurney, which will run from April 18 through May 4. Six actors (three men and three women) will play 57 roles that cover a variety of characters from ages 6 to 60). Maria Monti, who will direct "The Dining Room" for WCT "tap-danced her way into show business – first as a child performer, then as a teacher. For the past 18 years she has been the drama teacher at Ukiah High. Though she says, at one time: "The very idea of opening my mouth and speaking lines was absolutely frightening," she has acted in several Willits productions, playing Big Mama in 'Cat on a Hot Tin Roof' and acting in 'The Fantasticks' and 'Park Avenue' (a one-act play by Woody Allen). Most recently she choreographed 'The Music Man' for the production at Mendocino College." For info about the play or the auditions, call Monti at: 456-0901.

Empty faucets?

Willits' third Town Hall Meeting will be Sunday, January 19 from 4 to 6 pm in the City Council Chambers. Water's going to be the topic of the day. Pretty boring subject, huh? That is until you look at the small puddle Centennial Reservoir has become and start to remember all the controversy water development ideas have created in the past:

Drill new wells in the valley? Will that dry up existing wells and what about arsenic in the water? How about a well in our watershed? If we find a way to increase our water supply, will developers want to build more houses? Conservation? Greywater? Water prices?

Lots of things to talk about. Lots of different opinions. Here's a chance to not only express your opinion but to bring ideas that could benefit us all. To start the conversation off, there will be short presentations by Scott Herman, who is a City of Willits water operator, and Robert Melliush, director of utilities of Brooktrails Township.

We look forward to seeing you January 19 at the Willits City Council Chambers. For more information call Carlin Diamond at 459-4850.

- Carlin Diamond

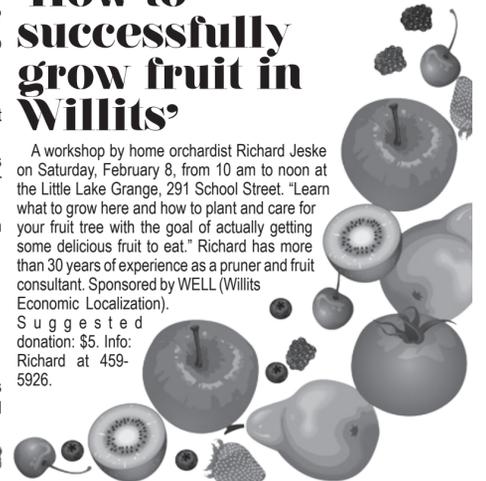
How to prepare your recyclables for pick up

Editor's note: Solid Waste of Willits recently mailed its newsletter to customers in the City of Willits. This article, written by Solid Waste employee Carol Poma, may be of interest to anyone who recycles.

1. Keep out contaminates. This is trash, plastic bags, ceramics, window glass, electronics, and hazardous materials.
2. Recyclable items include aluminum & tin cans, newspapers, magazines, junk mail, cardboard, glass bottles & jars, plastic bottles & tubs, and milk & juice cartons.
3. Rinse containers and glass jars. Labels do not have to be removed.
4. Flatten or smash plastic bottles and aluminum cans to save space. This will provide you with more bin space.

'How to successfully grow fruit in Willits'

A workshop by home orchardist Richard Jeske on Saturday, February 8, from 10 am to noon at the Little Lake Grange, 291 School Street. "Learn what to grow here and how to plant and care for your fruit tree with the goal of actually getting some delicious fruit to eat." Richard has more than 30 years of experience as a pruner and fruit consultant. Sponsored by WELL (Willits Economic Localization). Suggested donation: \$5. Info: Richard at 459-5926.



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Above left: Blacktail Mountain Watermelon is a short-season watermelon bred for mountain areas.

Above right: A bed of salad greens, topped with the flowers from the Edible Flower Collection.

Right: The 2014 cover.

Below: Zappalo del Tronco summer squash is a wonderful alternative to zucchini. From South America, it is a different species from other summer squash (curcubita maxima, like a winter squash). It has a mild sweet and rich flavor, as if it had been buttered. It is also delicious used raw like a cucumber. Bountiful Gardens is one of the only sources for this seed, which was grown by Jason Menesini here in Willits.

Photos by Jamie Chevalier



"Fercita" grain amaranth. Photo by Ellen Bartholomew



Thermometer for Food Bank reaches \$21,525

It was a good week for the Willits Community Services and Food Bank's Winter Fund Drive, as new and generous contributions brought the total raised to \$21,525. This year's Fund Drive goal is \$32,000.

These local contributions, says Jim Marill, executive director of WCS, help to "keep the doors open and the lights on" more than any other resource.

Funding goes to help support the efforts of the food bank year-round and to provide a safety net of vital services to the needy in the Willits community.

Contributions – every dollar is appreciated – can be mailed to Willits Community Services, 229 East San Francisco Street, or dropped off at the WCS offices at that address.

For more information, "like" the WCS Facebook

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Bountiful Gardens

2014 catalogue out

The new 2014 Bountiful Gardens seed catalogue is out and, as usual, it's a gardener's delight. The 80-page mail-order catalogue is packed with information and an amazing menu of seeds that you, too, can grow this year (assuming we get some rain).

Bountiful Gardens sells seeds for vegetables, compost crops, inoculants, grains and fibers, oil and forage crops, wild trees and shrubs, herbs, flowers, and mushrooms, as well as seed collections and mixes. There's also a long list of books, DVDs, tools and other supplies. Each of the categories, and each of the seed listings, has useful information about that item's qualities and history, how to plant it, and how it grows. The catalogue is free.

This year, the seed company, a project of Ecology Action organization (see letter from the catalogue from John Jeavons on the page 2), moved into new offices on the other side of the Evergreen Shopping Center, giving them three times the room for seed storage and an expanded staff of 13 (during the busy season) and 10 year-round. The new address is 1712-D South Main Street, on the north side of the plaza. Hours are 9 am to 4 pm, and Willits residents are welcome to stop by and pick up the free catalogue, look for it in stacks around town, or call 459-6410 for a copy through the mail. Information and ordering is also available online at: www.bountifulgardens.org/.

Heirlooms, GMOs, Hybrids, Open-Pollinated ...

What do all those words mean?

Editor's Note: This article is reprinted from the 2014 Bountiful Gardens catalogue.

Twenty-eight years ago, we started Bountiful Gardens with the idea that people could grow their own food without weird chemicals, and save their own seed, just as gardeners have done for generations. At the time, the seed industry was replacing old-time open-pollinated varieties with hybrids developed for agribusiness and long-distance shipping. Now, we face the new threat of genetically-altered crops. Over the years, we have introduced so many gardeners to growing heirloom varieties, composting, and seed saving. Here's a guide to the terms:

Traditional Plant Breeding starts by pollinating the flower of a plant with pollen from a related, but slightly different, variety. Then, over several generations, the plants are selected for certain traits. In this way, broccoli, for example, became different from the tough wild plants that are its ancestors.

Open-Pollinated: As people keep selecting their best plants for seed, the results gradually become more predictable. Eventually every time you plant that kind of seed, the plants give similar results. Then the seed has been stabilized as an open-pollinated variety. The animal equivalent would be beagles, or golden retrievers—you know what to expect in looks and, to some extent, behavior, because they are purebred. Individuals have slight variations within the "family resemblance".

Heirloom Seeds are open-pollinated varieties that have been around a long time (50 years minimum). Older varieties are often more nutritious and more adapted to organic cultivation—that used to be all there was. Farmers and gardeners are breeding new open-pollinated varieties today that will be the heirlooms of the future. These days, many people use "heirloom" to mean any open-pollinated variety, new or old, so if you are looking for old varieties, ask the seller what they mean.

Hybrid Seeds are seeds from the first generation of a cross between two

varieties. The cross is made by traditional breeding techniques, like brushing the flower of one with the pollen from another. Plants from hybrid seeds are very uniform and predictable, which is why farmers use them (they might all be ready to harvest the same day, for example.) However, the next generation of plants won't be predictable because it is not a stabilized variety – sometimes they are even sterile. Hybrids are like mutts, whose puppies might all be different.

The bad thing about hybrids is not how they are made; it's that their parentage is secret, and their seed doesn't "breed true" for seed-saving. Hybrids make gardeners dependent on the companies who produce the seed. By law, hybrid seeds must be labeled "hybrid" or "F1" next to the variety name, and are more expensive than open-pollinated varieties. We don't carry hybrids. We feel that food crops are a common heritage we all share, not a set of trade secrets. Food independence must include seed-saving for local conditions.

GMO Varieties are not the result of traditional plant breeding, but of procedures in a laboratory. Instead of using pollen from another plant, technicians can insert genes that don't even come from plants – they might come from a bacteria or a fish. Often, viruses are used to insert the desired gene. GMO seeds are mostly sold to big agribusiness farms who sign a contract with the GMO company. The main GMO crops are corn, soy, peanuts, and canola (and now sugar beets and alfalfa) used for animal feed and processed food that goes to supermarkets. The danger to home gardens is not from the seeds we buy; it's from pollen in the air and food at the store. We do not carry GMOs. We don't buy any seed at all from the companies who produce GMOs.

Treated Seeds are coated with pesticide or fungicide chemicals after harvest. We don't carry any treated seed.

Certified Organic Seed has to come from farms inspected by the USDA's Organic Certification program. They can't use chemicals and must meet other requirements. The seed can't be GMO.

For more information about Bountiful Gardens, see the letter from Jon Jeavons on page 2, reprinted from the catalog.

Classifieds

Algebra, Geometry

College Preparatory Mathematics, Individual Instruction. Mac Smith 459-MATH

Body Life Studio

Jenna Byrne teaches concepts and practices in movement function and expression to activate and utilize your movement and life potential. Private session \$50-\$60. www.bodylifestudio.com.

Community Hu Song

In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song Thursday, January 23, at 6 p.m. at Willits City Hall, 111 E. Commercial Street. HU (pronounced hue) is a simple, uplifting prayer or mantra and can help you experience divine love and an inner calm. All faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

Computer Help

Need help with your computer? I will come to your home or business. PC and Macintosh. Repairs and configuration \$35/hr. Tutoring \$15/hr. Call Liam 459-2470 or email macamerigm@yahoo.com.

For Rent

2 bedroom, 2 bath home with fenced yard, \$1,000/month. Call Tracy at 354-0048.

For Rent

Duplex, 2-bedroom, 1 bath. with stove, fridge, dishwasher. Water/garbage paid. No pets. No smoking. \$875/month. First/last/security deposit required. 707-984-6416.

For Rent

2 bedroom, 1 bath downtown apartment for rent in Willits. \$750/month plus \$1,200 security deposit. Water and garbage paid; washer/dryer already in unit. Available now: call 459-4599 for info.

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To bring live MUSIC into your home. Children & adults, learn to play piano. Maggie Graham Music Studio 234 South Main, Willits, 459-2305.

Help Wanted

Willits Weekly is looking for an outgoing, energetic and self-motivated ad sales person, on an independent contractor basis. Experience with ad sales ideal. Must have reliable transportation, be addicted to emails, and be willing to talk to anyone, on the phone or in person. Must understand and respect deadlines. Commission-based pay lets you decide how much you want to make each week. Affordable advertising rates help make selling ads for Willits Weekly fun! Can start immediately. Call for interview: 459-2633.

CLASSIFIEDS!

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Puzzle Answers

From Page 4

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Help Wanted

Dental Hygienist Needed. Immediate RDH temp position available. Job starts 1st week of February for approximately 5 months. Please call 459-4664 for information.

Help Wanted

Housekeeper wanted for Baechtel Creek Inn. Must be able to go up and down stairs, lift up to 30 pounds, and be reliable and willing to work. Apply in person.

House For Rent

2-bedroom, 1-bath house for rent within Willits city limits. Has small garage in back. Available 2/1/14. \$950 per month. Call for application: 459-3141.

House Rental Wanted

Looking for a 3 bedroom house to rent long-term, close to town. Local Willits business owner (with 1 dog). Very responsible, and quiet. 707-235-9315; References available upon request.

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PINBALL MACHINES for sale. 459-6372.

Rummage Sale

Every Saturday from 10 am to 2 pm at 1st Baptist Church, 145 Wood Street. Rain or shine. We accept rummage donations, and have an ever-changing selection of goods!

Young Artist Classes

Beginning Tuesday, January 21. Ages 5 & up. Drawing skills, pastels, Waldorf watercolor, fabric. Tuesdays, 2:30 -3:30 & 4-5 pm. \$10 includes materials. Under Maglente, Rm. 7, Willits Grange, 291 School Street. greenables@wildblue.net

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The rest of Kale

From Page 3

seasonings you like – a seasoning mix is convenient, but if it's got salt, don't add extra salt. I've added minced fresh garlic; some people add Parmesan cheese.

Toss the kale thoroughly, then lay out the pieces in a single layer on a baking sheet (or any large baking dish).

Cook for about 8 minutes, then pull out of the oven. Try a piece. Your kale might be crispy enough for your taste at this point, or not. If it needs a bit more cooking, you can turn the pieces of kale over (or not), and cook a few more minutes. If you see that parts of some of the chips are turning a light brown, it's time to take them out of the oven. Kale chips are delicious at different crispiness levels – still with a bit of a chew or totally crisped. Enjoy.

– Jennifer Poole

The rest of Dreaming

From Page 3

can be fun and beneficial for any relationship, including business partnerships and friendships.

I wish from the bottom of my heart that you will be able to manifest the shared dream(s) you have for your partnership in 2014! If you would like to schedule a special session around this theme with me, I will offer it to you at a reduced rate until February 12.

Doris Wier is a certified life and relationship coach who works and lives in Willits. She coaches individuals, couples and teachers, and offers Explore-Shops on conflict resolution in partnerships. For more information on the process, call 456-9246, or check www.embracoconflicts.com and www.facebook.com/dorismwier.

Adam's Restaurant

50 S. Main St
707-456-9226

The rest of Rural Health

From Page 4

Twenty percent of nonmetropolitan counties lack mental health services versus 5 percent of metropolitan counties.

The suicide rate among rural men is significantly higher than in urban areas. The suicide rate among rural women is escalating rapidly and is approaching that of men.

Medicare payments to rural hospitals and physicians are dramatically less than those of their urban counterparts for equivalent services. This correlates closely with the fact that more than 470 rural hospitals have closed in the past 25 years.

Rural residents have greater transportation difficulties reaching health care providers, often traveling great distances to reach a doctor or hospital.

Death and serious-injury accidents account for 60 percent of total rural accidents versus only 48 percent of urban accidents. One reason for this increased rate of morbidity and mortality is that in rural areas, prolonged delays can occur between a crash, the call for emergency medical services, and the arrival of an EMS provider. Many of these delays are related to increased travel distances in rural areas and personnel distribution across the response area. National average response times from motor vehicle accident to EMS arrival in rural areas was 18 minutes, or eight minutes greater than in urban areas.

Recruiting additional providers won't solve all of these problems, but it's a good start. So what do we do? We tackle the problem together, as

we highlight the wonderful attributes of Mendocino County, with outdoor activities from hiking to biking to water sports. We share how easy the drive is to San Francisco, and how great it is to come home where there's no traffic and clean air. We let people know they can choose from lots of quality schools for their children, public and private. And we remind them that if the downtown merchants can't help them, it's only 52 minutes from Ukiah to Macy's in Santa Rosa (depending on how you drive).

Once we recruit physicians, we need to retain them. Working as a team, health-care providers can coordinate care across a broad spectrum of services, which makes the provider feel less isolated, and allows the patient to get better care.

Lots to think about. With the Affordable Care Act helping thousands more people in Mendocino County get health insurance, we could use some more primary care doctors right about now. Let's work together to recruit them.

Lin Hunter is CEO of Mendocino Community Health Clinic. She has been involved in local health care for 30 years. Contact her with questions or column ideas at hunter@mcchcinc.org.

Editor's Note: To sign up for health insurance under the Affordable Care Act, check www.coveredca.com or call Public Health at the Willits Integrated Services Center at 456-3803, Little Lake Health Center at 456-9600 or advocate Zenia Levya Chou at 472-4654.

The rest of 150 Gallons

From Page 1

Water operators said at a meeting this week that since the last city council meeting Willits has gained about 16 days of water.

Another small boost was given by keeping more water behind the dam: England said the California Department of Fish and Wildlife agreed to let Willits reduce releases from the reservoir by 50 percent.

City Hall believes the community will respond appropriately to the water regulations. "We are not looking to prosecute people, we are looking for compliance," said Moore.

Councilwoman Madge Strong and Councilman Larry Stranske questioned how the regulations would be enforced.

"What I am trying to figure out is a timeline to get heavy water-users," Stranske said. "I think there should be some type of something instead of saying 'gee that is bad – do not do it.'"

Councilman Bruce Burton, Stranske and Strong also said they wanted to see information on who was wasting water – even if most respond favorably.

The Willits Municipal Code states those who do not conserve water can be punished with up to 30 days in jail, pay a fine as high as \$1,000, or be hit with a combination of jail and a fine.

Stranske wanted to know if water rates were set to go up, too. "What is going to happen to water rates when this starts taking effect?" he asked.

Phase 5 by-the-numbers

Compiled from municipal code and informational guides

35 percent reductions by commercial and industrial users

150 gallons allowed daily for residences

"0" gallons the amount of water allowed for irrigation unless it is under the 150 gallon cap

30 days maximum in county jail for water abusers

\$1,000 fine or combo fine and jail for water abusers

1 month: The time at which conservation will be renewed or rolled back

2006: The year that a study found Willits water supply to be inadequate

750 gallons: Roughly one unit of water

100 cubic feet: Roughly one unit of water

7.48 gallons: A cubic foot of water

1 unit: The quantity Willits charges by for water

Drip, Drip, Drip

15 to 20 gallons: Your leaky faucet could waste that much in a day

100 gallons: That leaky toilet could be running that or more per day

25 cents: The approximate cost of a washer to fix your drip

10 toilets: Two five-minute showers, two dishwasher loads and laundry. A sprinkler running five gallons per minute uses 50 percent more water than those in an hour.

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Furry Friends

Meet stunning Spinner, a 2-year-old Queensland Heeler mix. At just 47 pounds, this sweet, very lively and fun dog will steal your heart! He is very playful, energetic, alert and curious. He loves to go for walks, and when he gets excited he likes to spin around too – hence his name “Spinner”!! He came to live here as he was a lost dog, and nobody came looking for him. He is quickly becoming a favorite with the shelter staff and volunteers. Spinner seems to be a well-balanced and good-natured dog, who is very affectionate and gets along great with other dogs! We think he will make a great companion or family pet.



Photo by Rod Coots

Stunning Spinner is hoping for a home

The Ukiah Animal Shelter, 298 Plant Road, is open Tuesday, Thursday, Friday and Saturday from 10 am to 4:30 pm and Wednesday from 10 am to 6:30 pm. We have many other wonderful dogs and cats, awaiting their forever homes here as well. To view photos and bios of more of our wonderful adoptable animals, please visit our website: www.pawstodopt.com or visit our shelter during shelter hours. More info: contact Adoption Coordinator Katherine Houghtby at 707-467-6453 or houghtbyk@co.mendocino.ca.us

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Into retirement

"I've got about 11 hours left," laughed Mike Scofield, who has just retired from his job at the Willits Police Department, as he watched the clock tick down during his final shift last Saturday. Those hours concluded Scofield's 27-year span of service to the WPD.

Scofield's interest in law enforcement started back during high school in the Bay Area, when he had a co-worker who was a reserve policeman. After his high school graduation, Scofield decided to enlist in the Military Police of the U.S. Air Force. He spent four years in the service, and was stationed in Texas and Korea.

After his time in the Air Force – already married to wife Melodee and father to two young girls, Cheryl and Katie – Scofield decided to spend a year being "Mr. Mom," while Melodee worked. After the year, Scofield sent out applications all over the state looking for work as a policeman.

The Willits Police Department offered him a job, the Scofield family moved to Willits, and Mike, at the age of 26, started his career on the force.

"It was such a culture shock being here in Willits," reminisced Scofield. "Back in San Jose, everyone was always in a hurry and life moved at a fast pace, and here, it was so much more relaxed. Trips to Safeway turned from rushing as fast as you can ... to chat parties with other shoppers."

Now happily in retirement, Scofield plans to enjoy spending time with family, including the couple's other two children Micki and India, and all the grandkids, and also is starting a new job with a law-enforcement training company. Scofield will be helping to train others across the country on the software



Top: Mike Scofield on his last day of work with the Willits Police Department
 Photo by Maureen Moore

that has helped connect and organize the Willits Police Department and many more law enforcement offices in the nation.

"We both attended the Academy together," reminisced Willits Police Chief Gerry Gonzales. "I had the pleasure of working with him since 1987. We're sorry to lose such a dedicated and long-serving employee."

Photo courtesy Scofield family
 – Maureen Moore



Above: Firefighter Mike Neely stands in the Little Lake Fire Department office, in front of the new T-shirts designed by volunteer firefighter Eric Alvarez. T-shirts are \$20, with sizes from youth medium to adult XXL; drop by the firehouse at 74 East Commercial Street to purchase one.

Photo by Jennifer Poole

Mike Neely, firefighter

Mike Neely, the newest member of the Willits Fire Department, was sworn into active service last November by Fire Chief Carl Magann after passing his one-year probation. Neely joined the department as a trainee in October 2012, and has been a very active member of the department, spending a lot of time at the firehouse helping out.

Neely moved to Willits in the sixth grade, from Windsor in Sonoma County. He graduated from Willits High School in 2005, and went on to serve in the U.S. Army and the Marine Corps.

"I love it," Neely said, about his time in training, and now as a firefighter, with the Willits Fire Department. "I've learned a lot from [Training Chief] Chris [Wikkes] and [Deputy Chief] John [Thomen]."

A press release from the Little Lake Fire Protection District reports that, during his probation, Neely responded to 289 fire-rescue calls and accrued almost 300 hours of fire rescue training, including 85 hours of fire department training. Neely is just finishing up EMT training, he said.

The training hours included those mandated to maintain California state requirements, but

as many Willits Fire Department volunteers do, Neely went beyond the department's required training by attending other state-certified courses, including low-angle rope rescue, Hazmat First Responder Operations, Hazmat Decontamination, and Fire Command 1A, in addition to online and distance learning.

The training Neely put in during his first year earned him a certificate from the State Fire Marshal's Office certifying him as a state-certified volunteer firefighter. Neely is currently working on obtaining his Fire Fighter 1 certificate, which requires 370 plus hours of total training. This will be in addition to the two nights a month of fire rescue training that the department does on the first and fourth Tuesdays of each month.

"Being a firefighter, volunteer or paid, can be a 24-hour, seven-day-a-week job," said Willits Fire Chief Carl Magann. "Ask a firefighter's family about how many hours their loved one puts in for their community. Thank you again, Mike, from your firefighter family at the Willits Fire Department for your continued dedication serving your community as a certified volunteer firefighter."

– Jennifer Poole

The rest of **Library** | From Page 1

branches in the system.

Eliza Wingate, head librarian for the Ukiah Library, said that she approved of the changes that she has seen over the past two years. "I have been in survival mode for 11 of the 12 years that I have been working here for the county. Now, it's great!" Wingate said.

Kittay said that the financial health of the library system was attributable to funds generated by Measure A, plus the fact that overall sales tax revenues for 2012-13

The rest of **Wells** | From Page 1

gave a few months ago," Burton told his colleagues.

However, there is no guarantee Willits can get any money to help with the project.

While in pursuit of emergency funding, the city has also been working to provide documentation for its time spent on navigating the water shortage. And the declaration should help. "It allows us to do certain things more rapidly," Madrigal said.

Councilman Ron Orenstein said he thought it prudent for the city to take action since there is still some water to be saved. "We all have to have a little bit of pain if we want to have long-term survival," he said.

The next 30 days

The two wells the city now looks to pump from – the Elias well and another near the old ball fields – are expected to come online over the next four weeks.

As it moves to harness water from its two wells, the city will need to purchase or obtain the services of a temporary water treatment plant.

"I think that is a valuable thing we should purchase," Madrigal said. "If there is a positive to this, it is forcing us to develop our emergency plan for our community moving forward."

For about the past month city officials and staff have worked to develop a plan. "If it was going to take more than 90 days we ruled it out," City Engineer Tom Mannatt said.

Water from the Elias well – an artisan well to the north of the wastewater treatment plant – is to be blended with the well at the ball fields on its way to the temporary treatment plant.

The city has some experience with the Elias well. It took water from it at full volume for about three months while constructing wetlands at the wastewater treatment plant. The Elias well may also help the city if there was ever a problem at its two reservoirs, or if it simply does not rain much this winter.

The 300 gallons per minute from the Elias well would not be optimal but, England said, it could be enough to keep the town safe. "That 300 gallons per minute would just about do it."

City Manager Adrienne Moore said the city declined calls from other municipalities wanting to buy water.

"Many of the actions we are taking now will help us in the future," Madrigal said.

A few other options were generated by city engineers in the process. Private wells, drilling new wells, and Wente Lake also were assessed, a City Hall report stated.

City Council tidbits and reports

Willits Realtor Bill Barksdale said there is a drug dealer in his neighborhood, and one of his rentals was sitting empty because of it.

He said neighbors are afraid to file a complaint because they fear repercussions.

Tom Woodhouse told council members he would like to see an open discussion about a balanced city budget on a future agenda.

"Normally at this time we would have a budget review," Woodhouse said. He would like to see water and sewer fund monies spent specifically for water and sewer.

The Revitalization and Economic Development Committee's newest member, Denny Shah, proprietor of Motel 8, was officially appointed to the committee. Shah joins Mayor Madrigal, Tom Woodhouse, Ron Orenstein and Tim King on the committee that has been busy discussing food truck policy and planning for post-bypass Willits.

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The rest of **Backup** | From Page 1

Last week the council gave approval to the pursuit of two city-owned wells: the artisan Elias well and the Park well. The project is estimated to cost \$700,000 to \$900,000.

Some of the pipe the city hoped it could use has been ruled out by regulators since it was once used for treated wastewater. "We are still going to try and negotiate," said Water Plant Manager J.C. England.

As the project moves forward, a few hurdles similar in nature to what happened with the wastewater treatment pipe have occurred.

At one point between the Elias well and the proposed site of the temporary treatment plant near the old baseball fields, the city needs to ford a creek with its pipe.

"The Department of Fish and Wildlife will not allow us to dig underneath the creek," said City Engineer Tom Mannatt. Instead, city engineers are considering a metal box with the pipe inside. Plans have been taken to a local welder. The cost is an estimated \$26,000.

Results from a water test from the two wells were received by engineers just before Tuesday's meeting.

"The worst well is as good or better than what is coming into the water system now," Mannatt said. "I look at it as treatable."

Bud Garman Construction Services has begun digging some of the ditch for pipe from the Elias well to be laid in.

City engineers estimate at present the bill is at \$25,000 for labor and about \$40,000 for pipe. Reaching the site for the emergency treatment plant would cost another \$65,000 to \$70,000.

On the water conservation front, Willits residents and businesses have been doing their part, too. Water Plant Operator Steve Anderson said the city has gained 16 days' worth of water since the last city council meeting.

Peter Koch, 30-year-plus resident of Willits, said water has always been an issue in the community. "Let us use the opportunity to solve the problem once and for all," he said.

The rest of **Brooktrails** | From Page 2

providing an opportunity for the board to answer the public comments or questions, Rick Williams gave a circumspect answer to Stahl's question.

"I've heard that George has moved. But George has not submitted a letter of resignation. To my knowledge, he is still a member of this board. And he will be a member of this board until he submits a letter of resignation, or until he misses the required number of meetings. As far as I know, things went to hell in Alabama, and he could be on his way back.

"I know that this board of directors has every intention of doing everything that it must do under the law, to ensure that we have a fully functioning board," Williams said.

Mendocino College/North County Center
 Spring Classes Begin: Tuesday, January 21
 WebAdvisor available 24/7 www.mendocino.edu

Sec	Name	Course Title	Day	Time
ART	210A/B	Drawing/Intermediate Drawing	T TH	5:30- 8:20pm
ASL	200	Sign Language: Level I	M	5:30- 8:35pm
BIO	202	Human Biology	F	1:00- 3:50pm
BOT	various	Business Office Technology Lab levels 51,52,55,75,100,1,104,110,111,120,121,144	T	5:30- 8:20pm
BUS	50	Math Application in Business	M	5:30- 8:35pm
BUS	200	Financial Accounting	T TH	5:30- 7:20pm
BUS	230	Introduction to Business	F	9:00-11:50am
CCS	100	Career Planning Success	TH	5:30- 8:20pm
CCS	119	Orientation to College begins: 3/1	S	9:00-12:50pm
CDV	125	Creative Activities	M	5:30- 8:35pm
CDV	200	Psychology of Development	F	9:00-11:50am
CSC	20	Beginning Computer Skills begins: 2/18	T TH	3:00- 4:50pm
CSC	500	Workplace Software Lab	TBA	TBA
EAS	206	Physical Geography (includes lab science)	T TH	5:30- 8:20pm
ENG	10	Basic Reading and Writing	MW	9:00-11:20am
ENG	12	Intermediate Reading/Writing	MW	9:00-11:20am
ENG	LAB	Reading & Writing Lab 60/160/560	MW	11:30-12:50pm
ENG	LAB	Reading & Writing 60/160/560 begins: 2/5	W	4:00- 7:20pm
ENG	80	Academic Reading and Writing	MW	9:00-10:50am
ENG	200	Reading and Composition	M	5:30- 8:35pm
ENG	200	Reading and Composition	MW	9:00-10:20am
ENG	205	Critical Thinking	T	5:30- 8:20pm
ESL	500	ESL: Prep Level	MW	3:00- 5:20pm
ESL	500	ESL: Prep Level	MW	9:00- 11:20am
ESL	5/501	ESL: Laboratory	T TH	8:00- 9:20pm
ESL	various	English As a Second Language levels 7A,B, 9A,B, 11B, 507, 509	T TH	5:30- 7:50pm
GEO	206	Physical Geography (includes lab science)	T TH	5:30- 8:20pm
HLH	213	Lifeguard Training \$73 material fee, begins: 2/26 + 5 Saturdays: 4/12,26, 5/3,10,17	W S	6:00- 8:20pm 9:00- 4:20pm
HST	208	Women in American History	T	9:00-11:50am
MTH	11	Basic Mathematics	MW	1:00- 2:20pm
MTH	40A/B	Mathematics Laboratory A/B	T TH	1:00- 2:20pm
MTH	45	Prealgebra	MW	1:00- 2:50pm
MTH	55	Elementary Algebra	MW	1:00- 3:20pm
MTH	56	Intermediate Algebra	T TH	5:30- 7:50pm
MUS	200	Fundamentals of Music	T	9:00-11:50am
POL	200	American Government and Politics	M	9:00-12:05pm
PSY	205	Introductory Psychology	W	5:30- 8:20pm
PSY	215	Psychology of Personal Growth	TH	9:00-11:50am
SPE	210	Interpersonal Communication	W	5:30- 8:20pm
SPN	101	Conversation Spanish II	W	5:30- 7:20pm
THE	230A/B	Contemporary Dance: Beginning/Adv. Beg	W F	5:30- 7:20pm

For more information visit the College website at www.mendocino.edu or Stop by the North County Center, 372 E. Commercial, Willits 459-6224

Congratulations Column



Newbie
Alansy
Zubicek

Welcome to baby Alansy Lorraine Zubicek, who was born December 3, 2013, to loving parents Tomas and Shana Zubicek of Willits. Alansy was 7 pounds, 14 ounces at birth. Also welcoming the new baby girl are: brother Jacob Zubicek of Palm Beach, Florida; grandparents Dee and William McGuffey of Healdsburg; and uncle Michael McGuffey of Santa Rosa. Alansy is the great-granddaughter of the late Lester and Lorraine McGuffey.

Condolences Column



Arlene Marie
Schauss
(née Clark)



1916 - 2013

In loving memory of my Mother: Arlene passed away peacefully on December 23. At her side were her daughter, Donna, granddaughter Amy, and a very dear friend, Voris, a pastor from Lake County.

Arlene was born and raised in the small historic village of Wakeman, Ohio. Many of the original inhabitants of Wakeman came from New England after the Revolutionary War. Most of her family originally came from Milford, Connecticut.

Her grandfather Charles S. Clark started the Clark Seed Company in Wakeman, which became the largest in the U.S. at the time. He also started a minor league baseball team in Wakeman.

Arlene, coming from some of the original settlers of New England, from both sides of her parents' families, was a member of DAR (Daughter of the American Republic) and also of NSDAC (National Society Daughters of the American Colonists). She was also a member of the Wakeman Congregational Church. Arlene moved to Norwalk, Ohio, when she married, and raised a family with her husband, Karl, who passed in 1964.

Arlene attended four years of college, two at Sullins College in Bristol, Virginia. She spent her last two years at and graduated from Ohio Wesleyan in Delaware, Ohio, where she joined the Kappa Alpha Theta sorority. She also attended business school in Oberlin, Ohio.

Arlene moved to Willits in 2005 to be with her daughter, Donna, and her son-in-law, Larry Stropes.

She enjoyed a long, rich life, with many historical aspects that she so vividly remembered. Arlene flew across the country with her parents in her father's four-seater airplane, going over the Golden Gate Bridge while it was under construction and landing at Chrissy Field. She remembered going to the San Francisco bars called speakeasies, because Prohibition was still in effect.

Arlene is survived by her son Karl Timothy, son David Charles, and daughter Donna Jean,

grandchildren Amy, Karl Timothy, Jr., Thomas and Susan, six great-grandchildren, and two great-great-grandchildren.

Later this year there will be a memorial for Arlene in Wakeman, Ohio.
- Donna Stropes

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Willits Science Fair deadline coming up

The 2014 Willits Science Fair will be held on February 11, 12 and 13 at the Willits Community Center. Schools expected to participate at this time are Brookside School, Blosser Lane Elementary, Baechtel Grove Middle School, Willits High School, Sherwood School, the Willits Charter School and the Willits Elementary Charter School.

Students who are interested in doing a science fair project for the 2014 Willits Science Fair must have an "Intent to Participate" form submitted by January 27. They must have submitted a form to be eligible to bring their project to the community center. Forms are available at all schools, and students should ask their teachers.

Most students will bring their projects by bus to the Willits Community Center on the morning of February 11. Judging will take place later that day. The Science Fair is not open to the public on judging day. The Science Fair will be open to the public on Wednesday, February 12, and Thursday, February 13. All projects will be removed after 3 pm that Thursday.

Mendocino County Qualifier Projects will be chosen in grades three through 12. Those students will be eligible to participate at the Mendocino County Science Fair, which will be held at Mendocino College on Saturday, March 29.



Willits students have traditionally done very well at the Science Fair competitions. Last year, for example, 10 out of the 15 projects at the county Science Fair that qualified to go on to the California State Science Fair were done by students from Willits High School or Willits Charter School.

A judge looks at last year's "Vinegar vs. Saltwater: The Chocolate Mint Plant Test" Science Fair project, done by Blosser Lane students Manuel Banuelos and Tristan Tartell. This project won a Bronze award in the Life Sciences category (grades 3-4) at the Mendocino County Science Fair in 2013.

If you want to help, or have any questions about the Willits Science Fair, please call Science Fair Coordinator Sharon Hanna at 459-4116 or email her at sharonhanna@willitsunifird.com.



Above: Attendees at the Willits Youth Soccer meeting Monday night (in rear): Melissa Donegan (holding baby Kalaya), Tatiana Cantrell (holding the check), Martin Rodriguez, Saprina Rodriguez, and Marian Lohne. In front: Eric and Mariah Rodriguez.

\$500 for Youth Soccer

Ace Copy & Shipping has raised \$500 to donate to Willits Youth Soccer, and owner Martin Rodriguez presented the check to the club at its Monday night meeting at Old Mission Pizza.

This is the third year Rodriguez has raised money for soccer in Willits through customer donations at his copy shop. "We used to have a \$1 fee for drop-offs for UPS or FedEx," Rodriguez explained. "Now I just ask for a donation for the soccer programs."

The donations since the start of soccer season last fall added up to \$425, and Rodriguez made it an even \$500.

In previous years, Rodriguez has made the donation to the Baechtel Grove Middle School soccer program and to the Willits High School soccer program. Board members of Youth Soccer will decide whether to use the money toward new equipment, a new goal, or scholarships to help families pay the \$45 registration fee for each player or for uniforms. Last year, 240 Willits area kids from age 4 to 15 participated in the youth soccer program. For information about this fall's Youth Soccer season, or this summer's soccer camp, check www.willitsyouthsoccer.com or call Rodriguez at 456-9800.

News on the flu

Influenza cases are on the rise in Mendocino County and elsewhere. Mendocino County Public Health announced, in a January 8 press release, that an adult in northern Mendocino County died at the end of December "from chronic conditions which were complicated by the flu." Eight flu deaths have been reported in Sonoma County, including the death of a healthy 23-year-old man, and 17 deaths have been reported in the Bay Area.

According to the press release, eight patients had, at that time, been admitted to Mendocino County hospitals with confirmed cases of H1N1 flu. "The H1N1 strain appears to be the predominant strain circulating in California and the rest of the United States this flu season," the press release continued. "The H1N1 virus, which emerged during the 2009 pandemic, causes more illness in children and young adults, compared to older adults. It causes severe illness in all age groups, including those younger than 65 years of age."

H1N1 was called "swine flu" when it emerged, due to the virus' original jump from pigs to humans, but the World Health Organization says H1N1 "is now just like any other annual human flu strain."

Public Health encourages residents to

get this season's flu vaccination, which "protects against the strains circulating in the state, including H1N1." Public Health ordered additional doses of flu vaccine for adults and children last week, and is holding a drop-in flu vaccination clinic for adults in Ukiah on Friday, January 18, from 10 am to 2 pm, at the Public Health offices, 1120 South Dora Street. A \$10 donation is suggested. No flu clinic has yet been scheduled for Willits. For info on the future schedule for Public Health's drop-in clinics, call Karen Broderick, LVN, at 472-2681.

In addition to flu vaccinations, it's necessary to practice good health habits. If you become ill, you should take actions to stop the spread of germs, including: 1) Stay home when you are sick; 2) Cover your coughs and sneezes; 3) Wash your hands with soap/water; 4) Avoid touching your eyes, nose and mouth; 5) Do not return to work or school until you have been without a fever for 24 hours.

Frank R. Howard Memorial Hospital announced Tuesday night that it was instituting "H1N1 Visitor Guidelines" "to help reduce the spread of Influenza (H1N1) to community members, visiting patients, employees and patients themselves." Ukiah Valley Medical Center had earlier

Drop-in vaccination clinic; guidelines for hospital visitors

announced these same guidelines.

Anyone planning on visiting a hospitalized patient should follow these guidelines:

- Please enter the hospital through the main entrance.
- If you are experiencing a cough, sneezing, or respiratory symptoms, you are advised to wait to visit until you are feeling better (barring any special circumstances).
- No visitors under the age of 18 (barring special circumstances).
- Limit of two visitors at a time per patient (barring special circumstances).
- Pregnant women are prohibited from visiting for their safety and the safety of their baby (barring special circumstances).
- Visitors will be asked flu screening questions to ensure the health and well-being of visitors, employees, and patients.

The flu virus can be particularly difficult for young children and older adults. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, and fatigue. Some patients may experience nausea, vomiting, and diarrhea. If you feel you have the flu, contact your primary care provider.

AMERICAN HUSTLE



(R)
2hr 18mins

DAILY:
5:00 & 8:00 pm

SAT to MON
MATINEES:
2:00 pm
(Open Caption Monday)

THE NUT JOB



(PG)
1hr 25mins

DAILY:
(2D) 4:30, 6:30 & 8:30pm

SAT to MON
MATINEES:
(3D) 12 noon
(2D) 12:30 & 2:30pm

JACK RYAN: SHADOW RECRUIT



(PG13)
1hr 45mins

DAILY:
6:00 & 8:15pm

SAT to MON
MATINEES:
1:30 & 3:45pm

Times for 1/17/14 - 1/23/14

This Week's Tightwad Tuesday Titles are in RED - All tickets: \$5