

What do YOU think?

Opinions, thoughts and thank you letters from readers

Connecting local hospitals

To the Editor:

Adventist Health is making a significant investment in Mendocino County to improve the information technology infrastructure of Frank R. Howard Memorial Hospital, Ukiah Valley Medical Center and their associated clinics to serve patients seamlessly across the region.

In February, Adventist Health will roll out an upgrade to the software that is used in the registration process. According to Becky Ryan, lead project manager for the upgrade in Mendocino County: "Currently our clinics and hospitals have been running on two different legacy software systems. This upgrade will have significant improvements to how information is transferred between the clinics and hospitals. Our patient's medical records will now be integrated into one system to provide seamless care for our patients in the clinics and at the hospital. The integration will improve the timeliness and thoroughness of patient care, including reduction of medication errors and unnecessary testing."

This is the fourth upgrade that Adventist has undertaken as a system. Three other regions have already upgraded and improved their processes and flow of information. Once all the upgrades are complete, it will help improve processes across 19 hospitals and numerous clinics throughout California, Hawaii, Oregon, and Washington. This means that medical records will be more easily accessible and transferable across the system – essentially making it easier for patients who utilize the services of an Adventist-affiliated hospital or clinic while outside of Mendocino County or the state.

President and CEO of Ukiah Valley Medical Center Gwen Matthews believes that this upgrade will make a tremendous improvement in the overall information technology systems of the medical center. "This will greatly improve the flow of electronic information across UVMC as a whole. Our clinics and ambulatory hospital services, lab and medical imaging, and emergency services will be able to access the same medical records and information on each patient. This will help provide a consistent continuum of care for each patient no matter where they are seen in the system."

President and CEO of Hospital Rick Bockmann echoed Matthews's sentiments and expanded with: "Patient safety and quality patient care have always been a top priority at HMH. An upgraded system better enables us to continue to provide high-quality care to our patients. With this change, patients will only register once even if their care requires multiple services within our care delivery network. As we approach the opening of our new HMH Hospital, I am confident this new system will improve the patient experience above our already high standards."

The new system will take effect starting February 4. The staff at both hospitals and all affiliated clinics have made every effort to ensure that there is minimal impact to patients during this transition. There might be slightly longer than normal waiting times as the staff gets acquainted with the new software.

These clinics include: Heart Institute in Ukiah; Fort Bragg Rural Health Center; Mendocino Family Care; Redwood Medical Clinic in Willits; Ukiah Valley Medical Specialties - Gastroenterology; Ukiah Valley Medical Specialties -

Orthopedics, and the Ukiah Valley Rural Health Center network of clinics. Patients with scheduled appointments from February 4 through February 28 are advised to bring their ID/Driver's License and proof of insurance for re-registration in the new system.

Cecilia Winiger, Adventist Health

'Here to help'

To the Editor:

Thank you Maltrass.

Let's poison the water table with herbicides, too.

William Ray, Willits

EMT class in Laytonville

To the Editor:

Career Technical Education of Mendocino County Office of Education is offering an Emergency Medical Technician (EMT) class, beginning February 23 through May 27, 2015, in Laytonville. The classroom site is located at Laytonville High School, 250 Branscomb Road.

This 160-hour class will be held Mondays and Wednesdays, 5 to 10 pm. This EMT course and certification is authorized by the Coastal Valleys Emergency Medical Services Agency, based in Santa Rosa.

Prerequisites include a current CPR certification by the completion of the EMT course. Instruction includes medical terminology, legal and ethical issues, what to do in cardiac and environmental emergencies, hands-on medical emergency training, and expert guest speakers.

To register visit our website at www.mcoe.us, click on Career Technical Education under "Departments & Programs," and scroll down to find the links to download either the "Adult EMT Application" or the "HS Student EMT Application." Or call Carlee Prine at (707) 467-5123. Course fee is \$350 paid at the MCOE office, 2240 Old River Road, Ukiah. Deadline for applications will be February 12 at 5 pm. Class size limited to 20 students.

Victoria Gulick,
Mendocino County Office of Education

Cat adoption special

To the Editor:

At the Mendocino County Health and Human Services Agency, Animal Care Services, Ukiah Shelter, we hope to open your heart so you will open your home to a wonderful cat. Cats are known to reduce stress and make you laugh. Watch a cat play, and you are sure to giggle.

To make adopting easier than ever, the adoption fee for cats spayed and neutered and ready to go home is just \$25 through the month of February 2015. Newly arrived cats that have not been spayed or neutered can be adopted for \$50 and may be taken home after surgery.

When they go home, all cats are up to date on vaccines, FELV/FIV tested, spayed and neutered, and microchipped.

Each cat leaves the shelter with a cat carrier and a free wellness exam at participating local veterinarians.

The Ukiah Shelter is located at 298 Plant Road in Ukiah and is open Tuesday through Saturday from 10 am to 4 pm, and until 6 pm on Wednesdays, for the public to meet adoptable pets. The adoption desk can be reached by calling 707-467-6453.

See all the animals for adoption in the comfort of your home at www.mendoshelterpets.com.

Kristina Grogan, Mendocino County Health and Human Services Agency

Oferta especial para adoptar un gato

En el departamento de Cuidado de Animales de la Agencia de Salud y Servicios Humanos del Condado de Mendocino, el Albergue de Ukiah tiene las esperanzas de que abra su corazón para poder abrir su hogar a un gato maravilloso. Se conoce que los gatos reducen el estrés y lo harán reír. Mire un gato jugar, y puede asegurarse de que va a reír.

Para hacer una adopción más fácil que nunca, los cargos para adoptar gatos esterilizados y castrados y listos para ir a casa son nada más \$25 para todo el mes de Febrero. Los gatos nuevos que no han sido esterilizados y castrados pueden ser adoptados con \$50 y pueden ser llevados a casa después de la cirugía.

Cuando van a casa, todos los gatos tienen todas las vacunas que necesitan, tuvieron la prueba de FELV/FIV, son castrados y esterilizados y tienen instalado un microchip. Cada gato se va del albergue en un portador y con un examen de salud gratis en los veterinarios participantes locales.

El Albergue del Condado de Mendocino está localizado en 298 Plant Road, Ukiah. Las horas de adopción son martes a sábado de las 10 am a las 4 pm con horas extendidas el miércoles hasta las 6 pm. El escritorio de adopciones puede ser contactado en el 707-467-6453.

Vea todos los animales de adopción de la comodidad de su hogar en la página de internet www.mendoshelterpets.com.

Kristina Grogan, Agencia de Salud y Servicios Humanos del Condado de Mendocino

Heads up: IRS forms

To the Editor:

The Internal Revenue Service has announced that there will be a limited selection of federal tax forms available at public libraries this year.

Because Congress significantly cut IRS funding in the 2015 Omnibus Appropriations Bill, the IRS will provide libraries with only the following forms: Forms 1040, 1040A and 1040EZ, and only one copy each of: Publication 17, "Instructions for 1040 forms"; Publication 1132, "Reproducible Copies of Forms and Instructions"; and Publication 4604, "Use the Web for IRS Tax Products & Information."

No other forms or publications will be available through public libraries.

You can obtain tax forms by ordering forms to be delivered by mail by calling 1-800-829-3676 or ordering online at: www.irs.gov/ordforms. Please allow seven to 15 days for the IRS to process and ship your order.

Or you can download IRS forms and instructions directly from the IRS website at: www.irs.gov/forms.

Amber Muñoz, Mendocino County Library



Above, from left: a camellia, crocus and narcissus show off their colors.

At left: Purple violets are also starting to bloom.

Left, below: the first grape hyacinth pokes out next to fallen tree leaves, now dry and pale.

Below: More purple crocus.

Below, right: Where "not to cut" when fruit tree pruning.

Right: Dave Watts, left, of Sanhedrin Nursery, talks trees with workshop attendee Paul Saenger.

Photos by Maureen Moore



Spring certainly feels like it is upon us, with warm days, cool nights, and flowers and buds already appearing in yards and trees around town. An afternoon walk Tuesday yielded all the colorful

Plants & Pruning

By Maureen Moore

The trees will soon follow suit with their leaves and blossoms – the quince and camellia shrubs are already blooming – and now is the ideal time to do winter pruning to help create happy trees and fruitful harvests this fall.

With this in mind, Sanhedrin Nursery's owners, Dave and Jenny Watts hosted their annual Pruning Workshop last Saturday, featuring master orchardist Richard Jeske.

Sanhedrin has held the one-day workshops for more than 20 years and, this year, attendance was over 60 people.

The class focused on how to "get trees to survive into old age" and how to help your trees, depending on their current age and issue.

Another key: knowing where the fruit is located. One goal

Read the rest of **Pruning Workshop** | Over on Page 9



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Showin' Some Love

It's almost Valentine's Day, and Willits Weekly is once again excited to feature photos of the community's loved ones this holiday.

We will print as many photos as we can in the February 12 edition.

Please email photos to willitsweekly@gmail.com, post them to our Facebook page, or text them to 707-972-7047.

Also, please include a caption, identifying yourself, as well as those in the photo. First names only are OK.

An example:
"Happy Valentine's Day to my sweetie [their name]! Love, [your name]."

All photos must be submitted by MONDAY, FEBRUARY 9 at 5 pm.

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NEW LOCATIONS: Willits City Hall, 101 Burgers, Buttercups and Gribaldo's Cafe!

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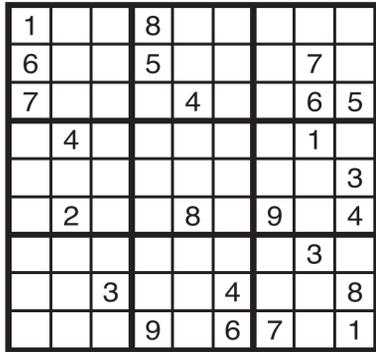
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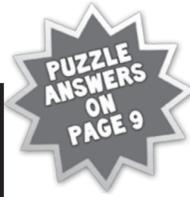
Puzzle Page & More

Activities & fun for kids of all ages

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!

In The Stars

ARIES

Mar 21/Apr 20

There is no harm in being ambitious, Aries. But a little humility to accompany that ambition can go a long way. Accept any recognition you earn in an appropriate manner.

TAURUS

Apr 21/May 21

Your desires make it seem like anything is within reach this week, Taurus. You may have to work a little harder to achieve your goals, but hard work is its own reward.

GEMINI

May 22/Jan 21

Postpone chores that are not essential, Gemini. This way you can make the most of your upcoming free time with friends and family. You deserve a little break now and again.

CANCER

Jan 22/Jul 22

Cancer, try to avoid stretching yourself too thin in the coming weeks. Your ambition and energy are at an all-time high, but if you do not slow down, you can easily get burnt out.

LEO

Jul 23/Aug 23

It's impossible for people to try to contain all of your energy this week, Leo. Direct your energy in a positive way and use it to reach your goals.

VIRGO

Aug 24/Sept 22

Express your feelings without any inhibition, Virgo. Others will appreciate your honesty, especially if you employ some tact when sharing your opinions.

LIBRA

Sept 23/Oct 23

Libra, no matter how crazy your life is right now, you still manage to come out looking no worse for wear. You have a handy way of making lemonade out of sour lemons.

SCORPIO

Oct 24/Nov 22

Your long-term career opportunities are looking good, Scorpio. If you do what makes you happy, you will always end up on top and financial rewards will follow.

SAGITTARIUS

Nov 23/Dec 21

Sagittarius, although you see lucrative career opportunities at every bend, you are not ready to make a big change. You will know when the moment has come to make a change.

CAPRICORN

Dec 22/Jan 20

Proceed gently if you want to make any real progress, Capricorn. You're feeling more optimistic, but you still need to exercise caution. Common sense can keep you grounded.

AQUARIUS

Jan 21/Feb 18

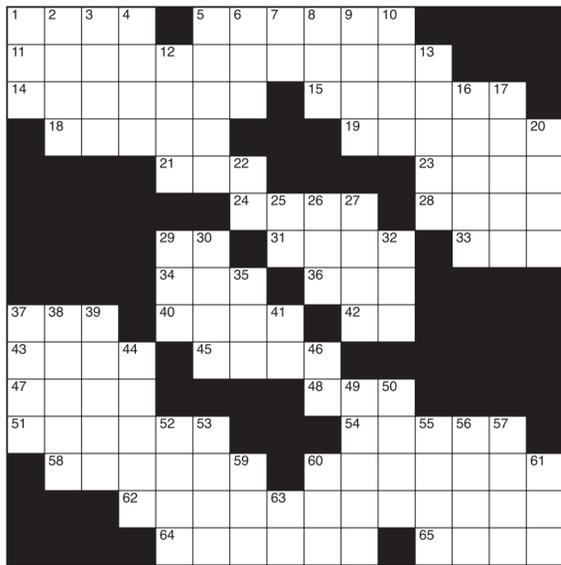
Aquarius, friends may arrive at your home with plans for fun and adventure. Any kind of celebration or social situation is what you crave right now. Go ahead and enjoy yourself.

PISCES

Feb 19/Mar 20

Don't worry about a potential conflict, Pisces. In due time you will realize this was nothing to get worked up about.

Crossword Puzzle



CLUES ACROSS

- Cut into cubes
- Food flavorings
- Longest tenured "Tonight Show" host
- One being educated
- British conservatives
- End without completion
- Boater
- Indicated horsepower (abbr.)
- Protects the chest
- Expresses pleasure
- Stiff hair, bristle
- Blood type
- Taxis
- Ribbed material
- Young female socialite
- Priest's liturgical vestment
- 2.1 km tributary of the river Seille
- The golden state
- Powder mineral
- Coat with plaster
- Far East housemaid
- Digital audiotape

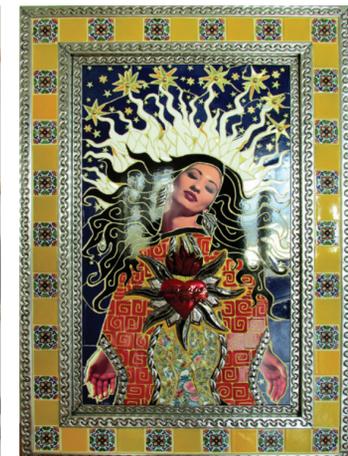
CLUES DOWN

- Disk jockeys
- 9th Greek letter
- Fish of the carp family
- Medical prefix for within
- Short for synthesizer
- What part of (abbr.)
- Farm state
- Thermionic vacuum tube
- Employee stock ownership plan
- A crane
- Filippo __, Saint
- One below tens
- Impatiently desirous
- Inflict a heavy blow
- As fast as can be done (abbr.)
- Ma's partner
- Carrier's invention
- Possessed
- Invests in little enterprises
- Summate
- Rosary part
- A large body of water
- Woman's undergarment
- Essential oil obtained from flowers
- Cripples
- An explosion
- Of, French
- Fish of the genus Salvelinus
- Bahrain dinar
- Banded calcedony
- Giant armadillo
- In place of
- Electronic counter-measures
- Large package of cotton
- 3564 m French Alp
- European defense organization
- Check
- Former OSS
- Not old
- Goodwill promotion

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Willits Center for the Arts annual Members Show opens Saturday

The February show at the Willits Center for the Arts is the annual member exhibition, which showcases the varied creative talents of artists from all over the greater Willits area. The Members Art Show is an opportunity for WCA members to share their work with the public, and for visitors to enjoy a glimpse into the many talents of their friends and neighbors.

One or two artworks from each participating artist - longterm art center members and first-time exhibitors - will be on display, including art for sale. The show opens Saturday with an artists' reception from 7 to 9 pm.

On Monday, the WCA was alive with action as members delivered art, and others began organizing and brainstorming the best combinations for display. Although the walls were still empty, the gallery filled with gasps of delight as new arrivals came in.

Sculptures followed paintings followed textiles: a selection from almost 30 artists who'd stopped by before noon. Artists new to the area came by to join up, others to renew their memberships and admire the work of their peers, and still more called with plans to deliver still more art.

"It's such a great opportunity, and one of the benefits of being a member, to have this show to share our art with the community to enjoy," said artist Ann Maglente as she

moved pieces around the rooms. "People that have never had the chance to show before can be inspired to create even more."

"It worked for me," said volunteer coordinator Nancy Reed, explaining that her participation in the WCA shows had reinvigorated her painting process. Although the show is open to all members, Maglente emphasized that one doesn't have to be an artist to join the WCA.

WCA memberships are essential to supporting the WCA - its monthly shows, classes and special events as well as the open community space. Members can also participate in organizing events, using the space, and attending the always popular "Member Appreciation Party."

Gabee Permenter is one such member who will be curating the upcoming 2015 art shows,

Read the rest of **WCA** | Over on Page 9

Counter-clockwise from above: Fountain sculpture by Morgan Rex; mosaic by new member Mickey Fernandez; hardworking members of the WCA volunteer team Ann Maglente, Gabee Permenter, Barbara Willens, and Nancy Reed; weavings by Laura Wiecek; painting by Tonia Silverstein; part of a "Oaxaca" triptych by June Peacock; "The Earth is Our Mother" sculpture by Barbara Willens; and "In the Woods" textile by Robin Goldner.

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Studio Joy is holding a Free Open House on Sat., Feb. 7 from 9 to 11:30 a.m. Sample Zumba®, Zumba® Gold, PiYo™, Insanity™ and R.I.P.P.E.D.™ Healthy beverages and snacks will be provided. Come meet our instructors and sample our new fitness programs.
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m·pho·tog·ra·phress
noun: Maureen Moore: a person who creates fabulous photo moments
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Willits Unified School District's Elementary School Counseling Program is a grant funded program that currently offers parenting groups and play groups to families interested in both Spanish and English.
We are offering a 7 week parenting group where parents can connect and learn more effective ways to deal with our children. The group starts February 24th, meeting once a week with one week off for Spring Break. Child care and refreshments will be provided.
We also offer individual and group counseling to elementary students who attend Brookside, Blosser, or Sherwood elementary schools. Currently we have openings to families of elementary students interested in confidential family therapy. For more information please contact Katie Cochran, Lead Elementary School Counselor at katiecochran@willitsunified.com or at (707) 459-5385, ext 1440.

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Thursday, January 29

“Dance for Rey” Zumba Fundraiser: Energize Willits hosts this Zumba fundraiser to support the medical fund for Rey Amador, who was recently diagnosed with colon cancer. Hidden Agenda, 399 South Main Street. 6 pm. \$10 donation. 100 percent of the proceeds will benefit the Amador family. For info: 707-583-ZFUN.

Shanachie Pub: twice-monthly Jazz Night with local musicians. Jazz standards infused with funk, hip hop, world and free-form jamming. “Fellow jazz musicians are encouraged to bring their and partake during the second set, so long as it fits within the moment of sounds!” 8 pm. No cover. 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

Friday, January 30

“Arsenic and Old Lace”: The classic dark comedy “Arsenic and Old Lace” opens at the Willits Community Theatre tonight at 8 pm. The production stars Virginia Hanley and Janet Denninger as two elderly Brooklyn sisters who invite lonely old bachelors into their home ... only to dispatch the men from their misery with arsenic-tainted elderberry wine. Their nephew Mortimer Brewster, played by Kevin Klay, discovers their most recent and 11th dead victim. Mortimer does everything in his power to stop the seeming acts of charity and spare his beloved aunts from going to Sing Sing prison. The production runs from Friday, January 30 through Sunday, February 15, with performances on Thursdays at 7 pm for \$10; Fridays and Saturdays at 8 pm for \$15; and some Sunday matinees at 2 pm for \$10. Advance tickets are available in person at Mazahar, 38 S. Main Street, online at www.brownpaperickets.com, or leave a message at the WCT office, 707-459-0895. Tickets will also be available at the door for all performances.



Actors Kevin Klay, left, Gary Hudson, center, and Kevin Moore in “Arsenic and Old Lace.” Photo by Ron Greystr

“Little Shop of Horrors”: Willits Charter School Theatre Arts presents this “1986 American rock musical horror comedy” performed by Charter School students and directed by Billy Hetherington. Sponsored by and performed at the Little Lake Grange, 291 School Street. The show is rated PG-13: not meant for young children. Friday January 30 and Saturday, January 31 at 7 pm, and (closing performance) Sunday, February 1 at 2 pm. Tickets are \$10. Advance tickets are advised, and can be purchased at Willits Charter School, 1431 South Main Street. Info: WCS at 459-5506.

Shanachie Pub: Mad Cow Jazz. jazz/swing featuring Charlie Valley (vocals), Dorian May (piano, band leader), Dorothea May (bass), and Jesse Bessoni (drums). Visit: www.reverbnation.com/madcowjazz. 8 pm. 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

Saturday, January 31

“Paws for Veterans” Walkathon: The first Paws for Veterans Walkathon is set for the Rec Grove this Saturday, January 31, starting at 10 am. “Come support our heroes in this walk to spread awareness of post-traumatic stress disorder! There will be no registration fee, and all donations are accepted. Any money given will be donated directly to “Paws for Veterans,” a non-profit organization rescuing dogs facing euthanasia. The dogs are then rehabilitated, re-homed, and trained to become veteran service dogs. There will be snacks, drinks and music provided as well as entertainment. Invite your friends and let’s walk!” More info or to sign up: www.facebook.com/events/500820573390998.



“Fire, Fish, Flows and Funds” Workshop: Free workshop from noon to 4 pm at Harwood Hall in Laytonville, sponsored by the Mendocino County Resource Conservation District. “Do you want to improve your water security, upgrade your road, or stop an eroding streambank, but don’t know how you’ll pay for it? Come join experts from the North Coast for a free workshop on funding – through grant programs available to landowners – to improve watershed health and drought conditions. Topics related to fire, soil erosion, forest health, and salmon habitat restoration will be covered. Trout Unlimited, CalTrout, and the Bioengineering Institute will present examples of on-the-ground projects relevant to North Coast landowners. Funding programs will be discussed by representatives of CalFire, Natural Resources Conservation Service, and the Mendocino County RCD. This workshop provides land owners, land managers and stewards an opportunity to meet experienced watershed restoration professionals and ask property-specific questions about meeting conservation goals.” Questions? Joe Scriven at the Mendocino County RCD at 462-3664 ext 104, or visit www.mcrd.org.

“Arsenic and Old Lace”: 8 pm, see Friday, January 30 listing for details.

“Little Shop of Horrors”: 7 pm; see Friday, January 30 listing for details.

Harrah Senior Center Lunch Menu

Week of February 2 through 6

- Monday:** Lemon Tilapia
- Tuesday:** Pork Chili
- Wednesday:** Tamale Pie
- Thursday:** Pizza
- Friday:** BBQ Chicken

Harrah Senior Center serves lunch five days per week from 11:45 am to 1 pm. 55 and older: \$5.50 per meal; under 55 \$7 per meal. Includes soup, entrée, vegetable, bread, dessert, and drink. 1501 Baechtel Road. Info: 459-6826.

What’s Happening at the Senior Center

All events are held at the Harrah Senior Center, 1501 Baechtel Road.

Sunday Bingo - Sunday, February 1. Snack bar opens at 11 am, games begin at 11:30 am, bingo buy in \$10.

Pancake Breakfast - Sunday, February 8, 8 to 11 am Pancakes, eggs, and your choice of sausage, ham, or bacon Adults \$7, Members \$6, Kids \$5.

Ice Cream Social - Monday, February 9, this month’s entertainment is singer/songwriter Steven Hayes. Pie, ice cream, coffee & prizes. Members \$1; non-members \$1.50.

Willits Center for the Arts presents The Annual Members Art Show



Jan.31 – March 1, 2015 Artist Reception Jan. 31, 7–9 PM
Open to all members of the Willits Center of the Arts. All Media.

GALLERY HOURS: THUR. & FRI. 4 TO 7 PM. SAT. & SUN. 12 TO 3 PM
WILLITS CENTER FOR THE ARTS
71 EAST COMMERCIAL STREET 707-459-1726
www.willitscenterforthearts.org

American Legion Auxiliary Sweetheart Drawing

The American Legion Auxiliary Unit 174 presents its annual Sweetheart Drawing: Win a night on the town for two, on Valentine’s Day, February 14, plus other prizes.

There will be three or more prize packages, including a night at a local motel, dinners or luncheons, flowers, candy, haircuts, theater tickets, movie theater tickets, video rental certificates, and various other special coupons for gift items.

Tickets will be on sale by Legion and Auxiliary members in front of Safeway, the Grocery Outlet and The Book Juggler. Tickets cost \$1 each or six tickets for \$5.

Contact Dori Grauer at 459-6535 or Meredith Bliss at 459-2965 for more information.



One of 28 watercolor illustrations by Ann Maglinte.

‘A Whale of a Story’

Mark Friday, February 6 at 7 pm on your calendar to spend the evening with artist Ann Maglinte and composting expert Martin Mileck as they discuss their collaboration on the book “Composting Abbie: A Whale of a Story.”

“Composting Abbie” is the true story of a whale, a tragic accident and a man who had a brilliant idea that turned a tragedy into an opportunity to grow food and flowers for children. The story began on October 19, 2009 when a massive blue whale washed ashore just south of Fort Bragg, not far from the world-famous Mendocino Coast Botanical Gardens.

This gave local farmer and businessman Martin Mileck an idea. “I know I can compost this whale instead of sending her to a dump site,” Mileck said. “We’ll give the whale compost to schools and community gardens to grow food and flowers for people.”

Ann Maglinte, Willits artist, illustrated the story with watercolor paintings, and Willits writer Jed Diamond captured the story in words. “Composting Abbie” is a story and a book for children of all ages, in celebration of everyday sustainability.

Learn more about the book, and see the great slide show about the blue whale. It is wonderful for all ages. This free event will feature an informative talk and slide show followed by a book signing. Families are warmly invited.

The event will be held in the community conference room at the Willits Branch Library, 390 East Commercial St., Willits, on Friday, February 6, at 7 pm.

– submitted for the Willits Library

What's Happening Around Town

Things to do, see and enjoy in and around Willits

Shanachie Pub: House of Love DJ night, with DJ Podge, featuring all forms of House music, from 1996 to the present. “deep, funky & groovy tunes, with some Latin & Jazz undertones as well as Electro.” 50 South Main Street, behind Adam’s Restaurant. 9 pm. No cover. Info: 459-9194.

Sunday February 1

Bingo at the Senior Center: monthly Bingo at the Harrah Senior Center, 1501 Baechtel Road. Snack bar opens at 11 am; games begin at 11:30 am; Bingo buy-in \$10. Info: 459-6826.

Shanachie Pub: Watch the Superbowl at the Pub. Opens at 1 pm for pre-game action. Please bring a potluck dish to share. No cover. 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

“Growing Soil & Nutrition”: A presentation by John Jeavons, the internationally-known educator and developer of the GROW BIOINTENSIVE method of small-scale agriculture, at the Little Lake Grange, 291 School Street. 4 pm. Jeavons “will encourage local gardeners to think beyond the box when planning their summer garden. He believes if we begin to grow our own calories we become more connected to our role in soil preservation and sustainable soil fertility. It is possible to grow grains in your own backyards, says Jeavons. One example is growing flour corn or sorghum as well as potatoes. These crops give us the calories our bodies need while at the same time growing biomass for compost to feed the soil. All of this while minimizing the use of water and purchased nutrients!” Jeavons will answer your questions, too. Sponsored by Willits Economic Localization (WELL). Info: Madge: mstrong@willitsonline.com or 459-1493.

“Little Shop of Horrors”: 2 pm closing matinee; see Friday, January 30 listing for details.

Monday, February 2

Phoenix Certified Hospice Bereavement Support Group: This professionally facilitated bereavement group starts Monday, February 2, from 11 am to 1 pm at the Phoenix Hospice office, 100 Sanhedrin Circle. “The group will meet twice monthly (first and third Mondays) and provide an opportunity for the bereaved to explore the normal symptoms of grief, as well as recognize the individual nature of its expression and duration. With fuller understanding of the grief process, and effective techniques to manage stress, we can move toward recovery and affirmation of continuing life.” This program is offered free of charge, as a community service. Pre-registration is required. Info: Roland at 456-3248 or 800-606-9596



Beginning Square Dancing: new class starting up at the Willits’ Frontier Twirlers Monday night session at the Willits Center for the Arts. Beginners class will run from 7 to 8 pm, with dancing to follow from 8 to 9 pm. Caller/teacher Lawrence Johnson will call each evening’s dancing at the level of dancers who are present. New dancers are encouraged to come to class at least 10 minutes early to register. Singles and couples and all ages are welcome. \$20/month (to help pay the caller), with young dancer scholarships available. More info at www.facebook.com/WillitsFrontierTwirlers. Questions? Contact Emmy Good at Emmy@pacific.net or Jenny Watts at Wattsup@gmail.com.

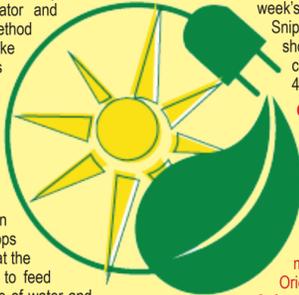
Tuesday, February 3

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 Sniper” and “Strange Magic.” For showtimes: www.noyotheatre.com. 57 East Commercial Street. 459-6696.

GRID Alternatives Volunteer Orientation: “Want solar job training? Gain hands-on experience installing solar PV while volunteering with GRID Alternatives to install solar PV for low-income families in your community! To learn more, attend this free Volunteer Orientation on Tuesday, February 3, from 6 to 8 pm at the Willits Library, 390 East Commercial Street. Visit www.gridalternatives.org for more info.

Avenues to Wellness: talk on “Heart Health & Wellness” by Dr. David Ploss, a cardiologist with the Adventist Heart Institute. 5:30 to 6:30 pm at the Harrah Senior Center, 1501 Baechtel road. Free to the public, but donations appreciated. who will discuss the key elements involved in heart wellness. “Are you at risk for cardiovascular disease? Do you know your numbers? How do you make sense of the new dietary research & cholesterol guidelines? Are eggs OK? What is the single most important thing you can do for your heart and overall health?” Refreshments will be served. Info: 459-2777 and www.avenuestowellness.org.

Willits Youth Soccer Elections: Willits Youth Soccer’s annual board elections tonight at 6 pm at Old Mission Pizza, 1708 South Main Street. “Come down and find out how you can be a part of the 2015 season!” More info: Tatiana at (707) 367-2115.



parents and guardians are invited to “Come see the beautiful campus, meet the new director, see the classes ‘in action,’ and have all of your questions answered. Thursdays, February 5 from 2 to 3:15 pm; and Monday, March 23 from 9 to 10:15 am. Students are welcome to attend. Questions: 459-5506.

“Arsenic and Old Lace”: 7 pm, see Friday, January 30 listing for details.

Friday, February 6

Free concert by pianist Sam Ocampo: International concert pianist Sam Ocampo is performing a free concert on Friday, February 6, at 7 pm at the Willits Community Center, 111 East Commercial Street. “Ocampo has recorded more than a dozen albums and is a renowned music arranger and producer. “ This free concert is open to the public and is sponsored by the Willits Christian Churches Fellowship. Space is limited: first come, first seated.

“Arsenic and Old Lace”: 8 pm, see Friday, January 30 listing for details.

Shanachie Pub: Redbud, with original Rock, Blues, Pop, Reggae, Ska & more. 8 pm. No cover. 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.



Saturday, February 7

Studio Joy Open House: Studio Joy holds a Free Open House today from 9 to 11:30 am. Sample Zumba, Zumba Gold, PiYo, Insanity and R.I.P.P.E.D. Healthy beverages and snacks will be provided. “Come meet our instructors and sample our new fitness programs!” Visit www.studiojoywillits.com for more info.

WCS 3rd Annual Winter Gala: the Willits Elementary Charter School’s 3rd Annual Winter Gala is set for Saturday, February 7 at the Little Lake Grange, 291 School Street; doors open at 4 pm. This luau-themed event will be catered by Zocalo Catering, featuring locally raised, spit-roasted pork, vegetarian kabobs, coconut rice and more. Also featuring Jenness Hartley on viola, student and staff performances, a raffle drawing and a silent auction. No host bar.

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2015 Willits Science Fair

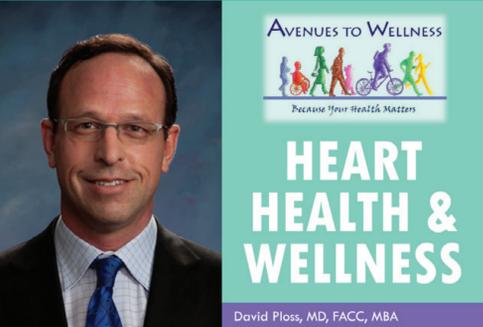
The annual Willits Science Fair is set to start Tuesday, February 10, for set up and judging, then opens to the public on Wednesday, February 11 and Thursday, February 12, at the Willits Community Center.

The fair always needs judges, mentors and volunteers, and those interested can contact Sharon Hanna at 459-4116 or sharonhanna@willitsunified.com.

Willits Garden Club Meeting

The Willits Garden Club’s monthly meeting features guest speaker Julie Bawcom, retired geologist, who will discuss “Tsunamis.” The meeting starts at 12:30 pm with social time (coffee and refreshment); guest speaker starts at 1 pm. Guests are welcome, and there is no charge.

Golden Rule Mobile Village Clubhouse, 16100 North Highway 101, six miles south of Willits: west of Highway 101, and south of Ridgewood (Seasiscuit) Ranch. Questions? Lucille Garcia at 459-9995 or Gary Bodensteiner at 459-2708.



Tuesday, Feb. 3 5:30 - 6:30 p.m.
Willits Senior Center
1501 Baechtel Road, Willits
In the Lakeside Room
FREE to public; donations appreciated. Refreshments will be served. Call 459-2777 for information.
www.avenuestowellness.org
atwforhealth@gmail.com
See www.avenuestowellness.org for Speaker Series Topics

Heart Health & Wellness

- Are you at risk for cardiovascular disease?
- Do you know your numbers?
- How do you make sense of the new dietary research & cholesterol guidelines. Are eggs OK?
- What is the single most important thing you can do for your heart and overall health?

Efforts directed at Heart Health have benefits that do more than merely decrease your risk of having a heart attack. They improve your quality of life. Fortunately most are not only simple but also enjoyable. We will discuss the key elements involved in heart wellness.

Dr. Ploss is a board certified cardiologist with the Adventist Heart Institute. His practice includes both general cardiology and cardiac electrophysiology.

WEF Annual Drive Through Tri Tip Dinner

The Willits Educational Foundation has set its annual Drive Through Tri Tip Dinner for Friday, March 6, 4 to 6 pm at the Rodeo Grounds. Dinner for four people – \$60 – includes: whole tri tip, Goss Family Beans (cooked all day in a “wonderful old pot borrowed from Eddie Schmidbauer and filled to the brim with 80 pounds of dried beans,” a loaf of Emandal bread (a local favorite), Caesar salad with homemade dressing, homemade cookies, and a long-stemmed rose. “All proceeds go to benefit teachers, programs and students in the Willits Unified School District. These funds are used for grants made for individual special requests. They are not part of the music, library and art monies that are given with proceeds from the Garden Party.” To buy tickets or for more info, call Annette Pinon at 459-6588 or Warren Lewis at 459-4429.

WCS Fund Drive up to \$29,735

Willits Community Services and Food Bank announced Tuesday that it has raised \$29,735 towards its Winter Drive goal of \$32,000. Donations can be mailed (checks made out to “Willits Community Services”) to WCS, 229 East San Francisco Avenue, Willits, CA 95490, or dropped by during office hours: Tuesday, Wednesday, and Friday from noon to 5 pm. More info: 459-3333 or willitscs@gmail.com.

Thanks to the latest contributors: John Bredehoft, Edith Ceccarelli, Thayer and Paul Craig, Patricia Glinski, J. Lenore and Chris Hansen, Warren & Kathleen Lewis, Gary & Diana Mann, Arpad & Cindy Peter, Ponderosa & Sun Realty, Alleen Recto, David & Gae Shelton, Gene & Carley Stewart, Harold Weston & Lillian Nichols, and Willits Electric.

Phoenix Hospice Volunteer Training

Phoenix Certified Hospice of Mendocino County will be providing training for interested hospice volunteers this February. Dates and times will be set after hearing from those interested in participating.

“The goal of hospice is to provide compassionate, supportive, loving care for patients with a life-limiting illness in the comfort of their home,” said Tammy Long of Phoenix Hospice. “The hospice volunteers are vital members of the interdisciplinary team that serves our patients and their families.

“Volunteers provide respite care for primary caregivers, visit with hospice patients; listen and tell stories; read books, play games or do various errands and tasks as needed. Several of our volunteers are singers or musicians who provide musical entertainment for patients and families,” Long said.

“Our volunteers are each talented in their own unique ways. They often express receiving great emotional and spiritual satisfaction from their relationships with hospice patients and families.”

The patient volunteer training will be held once a week for eight weeks and is free of charge. Classes will be held at the Home Health & Hospice Office, 100 San Hedrin Circle in Willits. To register or for more information call Tammy or Linda at 456-3244.

Call to enter Chili Cookoff

The Harrah Senior Center invites teams to enter its annual Chili Cookoff contest, set for March 6 this year, from 5:30 to 7 pm. All proceeds benefit the Outreach program at the center. “Enter your chili for a chance to win a great prize and bragging rights!” \$25 entry fee. Prizes will be awarded as follows: 1st Place Prize: Most Votes/Most Popular Chili; Hottest Chili, Best Booth/Best Dressed Team and “The Most Crooked Team” (a judges’ award). Questions, or to sign up: 459-6826.

Childcare available. Dinner tickets \$20 each; buy a table for 8 for \$140. Student performances start at 4:45 pm and dinner at 5:30 pm. Dinner and raffle tickets available at the WECS office, 405 East Commercial Street (entrance on Lenore).

“Sip Some Soup”: 16th annual fundraiser for Willits Daily Bread is set for 5:30 to 7 pm at the Willits Community Center, 111 East Commercial Street. Soupmakers compete for attendees’ votes – and prizes – after giving out samples of their soup; Emandal bread and desserts by Seventh Day Adventists are also on the menu, and there’ll be a silent auction again this year. Soupmakers can still sign up: you need to bring 3 gallons of soup, a crockpot, and table decorations and signage if desired; cups and spoons are provided and crockpot refills can be kept warm in the Community Center’s kitchen. Entry fee for soupmakers is \$25, but there are scholarships available. Tickets – available at the door – for tasters are \$15, \$25 per couple, and \$5 for children 12 and under. To sign up, call Savage at 367-5669 or 459-2579, or drop by Willits Daily Bread, 58 Bush Street, Monday through Thursday from 3 to 6:30 pm to pick up an entry form.

“Arsenic and Old Lace”: 8 pm, see Friday, January 30 listing for details.

Sunday, February 8

Sober Grad Pancake Breakfast: The annual benefit breakfast for the Sober Grad Party, which offers Willits seniors a safe place to enjoy Graduation Night. The Little Lake Grange kitchen crew cooks up breakfast, featuring Hank’s Famous Buttermilk Pancakes, eggs and bacon, and breakfast is served by Willits High School and Willits Charter School seniors. 8 to 11 am at the Little Lake Grange, 291 School Street. Tickets are still \$6, \$5 for seniors, and \$4 for kids age 10 and under. Raffle tickets on sale for Sober Grad’s Valentine’s Gift Basket.

Harrah Senior Center Pancake Breakfast: 8 to 11 am at the center, 1501 Baechtel Road. Pancakes, eggs, and your choice of ham, bacon, or sausage. Adults \$7, Members \$6, and kids \$5. Info: 459-6826.

“Arsenic and Old Lace”: 2 pm matinee, see Friday, January 30 listing for details.

COLUMN | At the Movies



Strange Magic

Daniel Essman
Columnist



Rhetorical Question: What happens when George Lucas has an idea for a movie? Answer to Rhetorical Question: “Strange Magic” gets made.

The Story: On the day of her wedding, the fairy princess Marianne catches her narcissistic fairy prince locking lips with another (comely) fairy ... alas, Marianne is knocked for a loop, but quickly recovers from her shock and swears off love. More things happen....

My Thoughts: Letting you all know the initial tragedy won’t prepare you for the 20-odd Billboard pop songs these animated creatures sing ... incessantly ... starting with “Wise Men Say” to ... no ... I can’t remember the other songs, but you all know them, maybe even hum them yourselves, maybe even slaughter them aloud on karaoke night at Ai’s Redwood Room. Watching this movie is sort of like watching an animated fairy-tale “Glee,” or even “Pitch Perfect.”

It is made by Industrial Light and Magic, so the animation is bright and brilliant.

Parents: The essence of the movie is that True Love, regardless of looks (or possibly even species), Conquers All. I think the kids will love it and will be humming all the older pop tunes that you are already tired of but the kids have never heard. Also, they will probably want the CD which is sure to be released. There are some monster creatures that might scare little ones.

Willisan Daniel Essman prefers his reality attenuated by the wisdom of the imagination.

Free Permaculture Workshop in Boonville

The Mendocino Permaculture 32nd Annual Winter Abundance Workshop will be held on Saturday, January 31, from 9 am to 4 pm, rain or shine, at the Fairgrounds in Boonville. Free classes on fruit tree propagation, variety selection, and seed saving all kinds of plants. Free scion and seedlings. Tree rootstocks, lunch and beverages will be sold. More info: 459-5926.

February

Here we are in February, the month of Valentines, and we have a strong focus on the elements of duality. In this month (that is about unifying lovers), it is important to remember that within each of us, we are both male and female aspects. There are moments when we need to be the masculine eagle, flying high with majesty, clarity, and embodying power and aloneness. Then there are moments when we need to become the feminine swan, gently floating and diving into the elements of our emotions with the embodiment of space, grace, and purity.



Suzanne Wagner
Columnist

Remember that the conflicts always originate within you. You cannot create a bridge between your own opposing and yet complementary sides if you judge one part, suppress another part, or feel guilty about something from your past and are still holding on to some mental self-hatred.

This is the month to create bridges between the dominant parts of yourself and those other parts that deserve and need some attention and connection. If you notice that you are very loving and beautiful in one moment and then hours later you are expressing absolute anger or fear, then something is not fully integrated.

When you are unified within, the emotions may still roll past your mind but your identification with them and the attachment to voicing them or your expression of them will be very different. When the different sides of your mind and heart communicate and become strengthened, then the duality disappears and the bridge connecting them becomes stronger.

At that point they unify into one great bridge of awareness. In that moment a crystallization occurs and the duality evaporates. All becomes one, and your male and female internally become one powerful moving force of conscious clarity, where each is heard and honored for the gifts and insights that they share, the logic and the illogic finally understand each other, and chaos and clarity find a way to be with each other in a flow of love.

Within you right now is an Earth Keeper, a synergistic shield of perspective and respect for all things. If you do not feel that this part is fully activated, it is time to look at what you are judging within that is preventing the natural alignment of all life in the great cosmic flow that is available to all. You do not need to earn it. It is your birthright to be here on this planet. This is such a wonderful gift, and so often in our rushing around and getting caught up in "thinking," we lose touch with the wonder and magic that is the passionate force of life and nature.

In this month of "Love," don't forget to put your heart awareness to the animal and nature kingdoms. Often their lives have more suffering than humanity. So become aware of your own suffering, and

Read the rest of **Wagner** | Over on Page 13

The benefits of group exercise

At the expense of dating myself, I remember doing Jane Fonda workout videos in my living room when I was 12. I was also a runner and into weight training for 15 years. Exercising by myself was my "me" time, and I felt invigorated when finished.



Erin Fitzpatrick
Columnist

It wasn't until I had my daughter that I ever thought of doing anything different. After having her it felt like I needed more motivation and accountability to exercise. I, like so many moms, was tired and could no longer motivate myself to get out of bed to go for a run while it was dark. It felt lonely and not as satisfying. For the first time in my life I tried a group exercise class and, to my surprise, I loved it.

I got the "me" time I so desperately needed as well as a sense of community, friendship, and the extra push I needed to accelerate my efforts.

When asked what exercise method they recommend most often for people starting a new fitness routine, 48 percent of the personal trainers and instructors who took part in a recent Vibram Five Fingers Survey said: "group exercise classes."

Here are three benefits of group exercise classes.

Keep and maintain motivation. A good intention to exercise as part of a resolution won't do any good unless you keep it up when motivation lags. By participating in a group exercise class, you will have the benefit of a team that will hold you accountable and notice your absence. In fact, oftentimes the dynamic of the group will be off if you are not there. You become part of a close-knit community that sweats, aches, and achieves together. Having accountability is an ideal way to ensure that you actually keep up with your intention to exercise regularly.

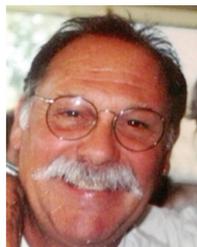
You'll be challenged to push yourself to the next level. When you exercise on your own you may ease up when you're tired or stop entirely. But in a group setting your instructor will push you further than you think you can go. Not only that, your peers will offer support and encouragement. There's also the benefit of healthy competition: if they can do it so can I.

Group exercise classes are simple and fun. If you dread something, you won't do it. In order to motivate ourselves to exercise, we should choose an activity that's fun. Group exercise classes are more entertaining, making the time pass quicker than exercising by yourself. If you love meeting up with friends, you're more likely to show up and work hard. Whether it's the activity itself, the atmosphere or the friendships you make, enjoying yourself makes

Read the rest of **Fitzpatrick** | Over on Page 13

Denis Pelley

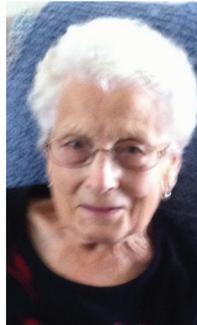
Denis Pelley, born May 16, 1944, passed away at home with his family by his side on October 26, 2014.



A celebration of Denis Pelley's life will be held Saturday, January 31, at 1 pm at Pine Acres Resort at Blue Lakes. For more information and directions, contact Linda Grace at 707-354-0727 or expectgrace@gmail.com.

Edna Simonsen Heidebrink

Edna E. Simonsen Heidebrink of Willits passed away January 19, 2015 at the age of 96. Born in Wilson Creek, Washington on August 14, 1918, she had been a Willits resident for the past 72 years.



A retail sales clerk for 35 years – most recently employed by Sidney's Apparel – Edna had enjoyed meeting and assisting people in the community. After her retirement, she still sought the joy of helping others through her work as a volunteer at the Harrah Senior Center, where her good nature and joyful spirit were greatly appreciated.

Edna is survived by her children: Joan (Charlie) Kelly and Mark (Kathleen) Simonsen; her step-children: Kay (Lou) Barcellos, Rick Heidebrink, Steve (Lynn) Heidebrink, and Brenda (Steven) Reno; 13 grandchildren and numerous great-grandchildren.

She was preceded in death by her husbands: Carl Simonsen and Clarence Heidebrink.

Funeral services will take place at 11 am on Saturday, January 31, 2015 at St. John's Lutheran Church in Willits, followed by graveside services at the Little Lake Cemetery.

Arrangements under the care and direction of Anker-Lucier Mortuary.



Photo by Amy Campbell

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Mac Smith 459-MATH

Business Classes
"Taking Your Business On-Line": 10 am to Noon Wednesdays. Starting Feb 4, with "Introduction to Email." Harrah Senior Center, 1501 Baechtel Rd, Willits. 10 two-hour classes, \$20 each. Call for details: 459-6826.

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 macamerin@yahoo.com.

For Rent
Country Home for rent for small family, 3 bedroom, 2 bath, 1,168 sq. ft. Open concept; in-kitchen eating. Dining room, laundry room/pantry. Propane forced-air heat and oven. NS/NO 215. \$1,500/month. 459-3409.

For Rent
Room for rent in south Willits. No drugs, no pets, no smoking. \$300/month; \$125 utilities. Leave a message at 459-0547.

Gift Subscriptions
A subscription to Willits Weekly is a great gift for anybody who wants to keep up with what's happening in Willits.

Home delivery (to the greater Willits area; papers arrive early Friday morning) is \$30/6 months and \$50/year. First-class mail delivery (papers arrive in Friday's mail to local addresses) is \$40/6 months and \$75/year. Send a check to Willits Weekly, P.O. Box 1698, Willits CA 95490, or call 459-2633 to get a subscription started right away.

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Email us: willitsweekly@gmail.com

PAWS FOR VETERANS

FUNDRAISING WALK
Help spread awareness of post-traumatic stress disorder

SATURDAY, JANUARY 31
STARTS AT 10 AM
AT REC GROVE PARK

No registration fee | Snacks | Drinks | Refill Donations accepted for "Paws for Veterans"

INFO: 354-0270

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Valentine's Day is February 14

Get your ad in Willits Weekly and help spread the love!

Ad deadline: Feb 2

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The rest of **Pruning Workshop** | From Page 3

for pruning is being able to reach the fruit without a ladder, basically setting yourself up for easy picking come harvest time.

Another goal of the workshop was helping to combat two types of diseases Watts noted were prevalent in the "Homoprunis" species: Prunus Rigamortis, or freezing up in fear, unsure what, where, when or how much to cut, and therefore ending up doing nothing, and Prunus Abandonous, or cutting down everything, possibly to the unrecoverable ill fate of the tree.

Those afflicted with either disease were encouraged to fear not and "go for it," then assess how, or if, those choices resulted in positive change.

"You have to look at how well did it do," explained Watts. "If you get 6 to 8 to 12 inches of growth next year, you're doing something right!"

And Watts also expressed his encouragement to those who may end up being overzealous with their pruning, noting there will always be more trees for purchase and planting next year.

One of the attendees at last weekend's workshop, Paul Saenger, purchased eight fruit trees prior to the workshop. He was at Sanhedrin picking them up Tuesday, and noted his excitement about the workshop and his knowledge gained.

"I've had orchards over the years," explained Saenger, "but they've always been a little wild and wopus. I was happy to be able to fill what I knew with more knowledge. The workshop was as informative as it was fun!"

Though the big workshop is only scheduled once per year, Watts noted he is happy to help anyone who comes in with questions and can also put them in contact with Jeske for additional assistance, too.

Sanhedrin Nursery is open Wednesday through Saturday from 9 am to 5 pm and Saturday from 10 am to 4 pm. It is located at 1094 Locust Street and can be reached at 459-9009 or online at www.SanhedrinNursery.com

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The rest of **WCA** | From Page 5

already booked through the end of the year. Permenter, a ceramacist, will be showing her own work in the member show, but came by on Monday to start preparing for upcoming events and to help with the hanging. Barbara Willens, another art center member, was also helping to organize the art works, and had contributed a sculpture of her own, an old favorite she made several years ago.

One of the best parts of a WCA opening is the opportunity to meet the artists, and Saturday's event promises to be a cornucopia of local talent, friends, and family.

From 7 to 9 pm, WCA volunteers will be available for those who want to renew or start center memberships, and will also be distributing free, donated original artworks to members as a gift.

Visitors are encouraged to enjoy the wide variety of member artworks, join the WCA, buy a painting or make a donation, or to sign up to volunteer for future WCA events.

As the WCA transitions away from a city-run organization, Maglente says the volunteer team is looking for help with hanging the shows and a variety of other tasks to keep the center running smoothly.

"You don't have to be an artist to volunteer: We are always looking for more helping hands," she said, as she began to hang art on the gallery walls. Those interested can attend the opening reception on Saturday, January 31 or call Maglente (984-6747) or Reed (459-1239) to get connected.

This month's show runs through March 1 at the Willits Art Center, 71 East Commercial Street, with the opening reception on Saturday, January 31 from 7 to 9 pm.

Gallery hours are Thursdays and Fridays from 4 to 7 pm, and Saturdays and Sundays from noon to 3 pm. WCA member artists will be staffing the show throughout the month, and visitors are encouraged to talk with the hosts about the show.

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cross-complaint to the cross-complaint. There is also a second complaint, filed by Brooktrails against Willits in November 2014, alleging the design of the new sewer plant is defective and the facility isn't big enough to meet Brooktrails' needs. This second complaint is a separate lawsuit, and will be heard in Mendocino County Superior Court in Ukiah. The remainder of the case is scheduled to go to trial in March in Santa Rosa.

According to Brooktrails General Counsel Christopher Neary, Willits has requested a jury trial. Former U.S. Congressman and North Coast Railroad Authority attorney Doug Bosco and former chairman of the California Regional Water Quality Control Board Dan Crowley will be representing Brooktrails. Neary will be a part of the Brooktrails legal team as an advisor, but will not be representing the township in court. City of Willits Counsel Jim Lance and attorney Stephen Mitchell will be representing the city.

To research this story, this reporter conducted about eight hours of interviews with Neary. I also met for two hours with representatives from the City of Willits: Mayor Bruce Burton, Lance, Willits City Manager Adrienne Moore and Public Works Director Rod Wilburn. I visited with Burton again to clarify an important point, exchanged a few emails with Moore, and had a few brief telephone conversations with Neary.

After speaking with Neary, I presented Moore with a list of topics which, based on my conversation with Neary, I believed were the major issues in this lawsuit. However, in the meeting, the city's representatives preferred to talk about the lawsuit in a way that felt more comfortable to them. As a reporter, I preferred to allow them to talk in the way they wanted to talk. Therefore, in what follows, City of Willits representatives do not always directly address certain claims made by Neary.

Water, dirty water and wastewater

Brooktrails was built in the mid-1960s. In 1967, it entered into an agreement with the City of Willits to treat its wastewater, or sewage. A series of amendments were added to that agreement which specified, among other things, how much Brooktrails would pay for this service. The second amendment to the agreement (1975) states Brooktrails would pay 25 percent of the cost of operating the sewer plant.

As the township grew, its wastewater discharge kept pace. A third amendment (1982) provides Brooktrails would pay 37.69 percent of the cost of plant operations.

In 1997, storm clouds began to appear in the business relationship between Willits and Brooktrails. According to information available on the Brooktrails Township webpage, in that year, then-Brooktrails General Manager Paul Williams wrote a letter, stating Brooktrails was having a hard time swallowing some of the purchases Willits had made for the sewer plant, and for which Willits had billed a share of the cost to Brooktrails.

Willits denied any wrongdoing

In 2001, the city bought 119 acres of land in the northern part of Little Lake Valley. It paid \$80,000 to the owner of the property, Walt Niesen. The land was to be used as a spray field.

Also in 2001, the North Coast Regional Water Quality Control Board told the city its release of treated wastewater was too high to meet the 100-to-1 ratio of clean, free running water to treated sewage effluent discharged into Outlet Creek. It also said the city would no longer be able to discharge winter wastewater by spraying it onto spray fields. It did not order the city to build a new sewer plant, but it did say Willits would have to fix those problems.

In 2002, the city decided to construct a new wastewater treatment plant. Initially, the new plant was to be a passive treatment plant relying on ultraviolet light, a series of large treatment ponds, and natural sedges to treat the water. In common parlance, the new plant was to be an "Arcata-style" plant, similar in design to the wastewater treatment plant in Arcata in Humboldt County. The water board initially supported the concept.

In 2003, Willits bought an additional 125 acres of land from Niesen for \$750,000. The city paid for the land with its own money but was hopeful the U.S. Department of Agriculture would reimburse the city in full for the purchase. By 2005, the water board's personnel had changed, and the new staff no longer supported an Arcata-style treatment plant in Willits.

2007 was a pivotal year in the sewer plant saga. In that year, the city began to redesign a new version of the wastewater treatment plant. It was no longer going to be an Arcata-style plant, but would be a smaller, mechanical plant with some "Arcata-like" features. Costs for designing and constructing the plant soared, and what was originally estimated to be a \$5.7 million plant eventually became a \$25 million plant.

The USDA determined it could not reimburse the \$750,000 the city had paid for the second Niesen property. The city secured a second loan worth \$10.3 million to pay for construction of the plant.

In June 2007, Brooktrails and Willits agreed to and signed a fourth amendment to the basic agreement. Just days after Brooktrails signed the document, the city presented a bill to Brooktrails for its share of the purchase price of the Niesen property: \$285,000. According to Neary, the city had neglected to inform Brooktrails this bill was coming before securing Brooktrails' adoption of the fourth amendment.

The city took out a third \$8.3 million loan to build the plant, bringing the total on the second and third loans to \$18.6 million. Plant construction began in 2010 and was not finished until December 2012. The city officially opened the plant in February 2013.

In 2008, Brooktrails requested the township and the city



An aerial view of the sewer plant, located just to the south of the bypass construction.

Photo by Maureen Moore

meet to iron out the problems which had been accumulating since 1997. Representatives from both jurisdictions met in 2008 and 2009. According to Neary, while the meetings seemed amicable and earnest, they didn't translate into official action by Willits.

Brooktrails sued Willits in 2010. Additional complaints were added to the original suit over the next four years. According to Neary, there are some 36 separate issues upon which Brooktrails is suing Willits, not counting the complaints brought forward in the November 2014 lawsuit.

This article will attempt to elucidate eight of the more important issues in the first lawsuit.

Responsible agency

Brooktrails is contending it is a responsible agency under the terms of both CEQA (California Environmental Quality Act) and the second amendment to the basic agreement between the city and Brooktrails (1975). As such, the city must notify Brooktrails, and obtain the township's approval, prior to making any significant changes or improvements

to the wastewater treatment plant. Brooktrails alleges Willits has not done that, both in connection with the city's purchase of the Niesen property and with the design phase of the current sewer plant (2002 to 2010). Brooktrails is asking the court to clarify whether it is a responsible agency, or not.

The city maintains it has abided by the terms of the contract. It claims it provided notice to Brooktrails prior to purchase of the Niesen property as well as during the design phase of the new sewer plant through routine postings of its agendas to regular city council meetings. In Willits' opinion, those postings equal notification.

"The second amendment does not contain specific language on how notification is to occur," said Willits City Manager Adrienne Moore.

In violation of CEQA

The City of Willits approved the environmental impact report (EIR) for the new sewer plant on April 23, 2003. According to Neary, the EIR did not mention the purchase of the second Niesen property (the 125 acres), which Neary contends was approved in closed session by the Willits City Council on the same night. Instead, the city did mention the second Niesen purchase in an amended EIR approved in February 2004.

Brooktrails claims Willits acted improperly in that instance, because such a sizable purchase should have required not an amended EIR but a supplemental EIR.

"The problem with that is that an amended EIR is done to correct typographical errors, not move the project from one property to another property. An amended EIR doesn't

require public notice. A supplemental EIR is what you do when you change the plans around, and that requires public notice," Neary said.

In a meeting with this reporter, city representatives did not specifically address the claim that Willits violated CEQA in its process of approving the EIR for the new plant.

The Niesen property

The city paid \$750,000 for the purchase of the second Niesen property in 2003. The price was approximately 10 times more than the city paid for a neighboring parcel of nearly the same size two years earlier. In 2007, just a few days after approving the fourth amendment to the agreement with Brooktrails, Willits presented the township with a bill for \$285,000, Brooktrails' share of the cost of the purchase. Brooktrails contends it should not have to pay for the second Niesen purchase, because the township wasn't consulted about the purchase before it occurred, and because Brooktrails' board of directors did not approve

it which, Neary maintains, is required under the agreement between the parties.

Willits contends Brooktrails should have to pay because the purchase was an important step to securing wetlands to offset the construction of the plant.

"My contention is we are giving Brooktrails a competitive price in this new world of everybody having their \$100 million plant," said Willits Mayor Bruce Burton. "We're well within the realm of reasonableness. The cost of the plant could have been \$30 million, and in fact that's what we thought it was going to be. The people who came along right after us (i.e., Caltrans) had to spend \$50 million to do essentially what we did with that Niesen purchase for \$750,000. So it was a good deal for us and it was a good deal for Brooktrails."

Faulty metering

The agreement between the city and Brooktrails states the city will provide accurate measurement of the inflow into the plant, and this measurement will form the basis for determining how much Brooktrails owes Willits for treating township wastewater.

Brooktrails contends the metering on the city's sewer plants has been inadequate.

This claim applies to both the first sewer plant, where the meter failed to function from 2002 on, and for the second sewer plant, which opened in February 2013.

Brooktrails alleges that the city installed the wrong type of meter at the new plant, and that it was installed incorrectly. Brooktrails contends that, as a result, the meter either wasn't functioning or wasn't functioning properly for approximately 19 percent of the time from the day the new sewer plant was opened. Therefore the basis for determining what Brooktrails owed Willits in any given month was faulty and the rate of payment for the period 2004 to 2014 needs to be recalculated based on accurate data. Brooktrails claims it is entitled to a refund for any overpayment it may have made to Willits.

Willits acknowledges it has had problems with its metering. However, according to Willits Public Works Director Rod Wilburn, the poor functioning of the inflow meter actually works in Brooktrails' favor. "The inaccuracy of the influent meter was benefiting Brooktrails," he said.

Administrative costs and audits

Neary claims Willits has routinely reported that its administrative costs for the plant are higher than its operating costs. Neary characterized this as "outrageous" and further alleges the city "loads as many costs into the administration of that sewer plant as possible," without providing documentation on how the costs are apportioned or justified. Brooktrails is asking Willits provide an empirical explanation, in keeping with best governmental practices, of how the administrative costs for running the plant are determined.

Neary said the city is required to perform an audit of the spending associated with the operation and administration of the sewer plant, and that Brooktrails should receive this audit on or about October 1 of each year.

"The city's not doing it," Neary said. "The audits are

coming a year and sometimes two and three years late."

As a result, Neary claims, a significant portion of the \$1.8 million Brooktrails has paid to the city over the past four years is likely an overpayment. Brooktrails is asking Willits to prove the money the township has paid to the city since the opening of the new sewer plant has been in fact due and owing. If it can't do that, it ought to reimburse Brooktrails for the overcharges, according to the Brooktrails attorney.

In discussions with this reporter, city representatives didn't specifically address Brooktrails' allegations its administrative cost claims were inflated, or that the auditing of its sewer plant operations has been untimely or deficient.

Which version of the agreement is operative?

The two parties disagree on whether the 2007 fourth amendment to the agreement is operative or not.

This is an interesting example of how governance can go sideways in unpredictable ways, since the governing boards of both Brooktrails and Willits approved and signed the fourth amendment.

Minutes from the Brooktrails board of directors meeting indicate directors unanimously approved the fourth amendment on June 16, 2007. However, after signing it, Brooktrails submitted further revisions to the fourth amendment to the City of Willits. These revisions were not officially approved by the Willits City Council by vote. Instead, the council directed then-Willits City Manager Ross Walker to sign the document. According to Neary, since the revisions were not formally approved by a vote of the council, the entire fourth amendment to the agreement is invalid.

This is an important point: if the fourth amendment to the agreement is valid and operative, it likely would mean Brooktrails is obligated to pay a 37.69 percent share of the costs of second loan that the city took out to pay for the plant. The loan totals \$10.3 million; the share that Brooktrails agreed to pay under the fourth amendment is \$3.87 million.

Willits Attorney Jim Lance contends the fourth amendment was "fully executed on both sides. Somehow Neary claims we fraudulently induced them to sign this fourth amendment, yet this whole thing originated with Chris [Neary] in 2004 – the first draft of it – and he participated in a series of revisions that were approved in public meetings."

Willits Attorney Jim Lance summarized the city's position. "It boils down to, who is going to pay for this plant?" he said.

"Neary, however, had a very big role in drafting the fourth amendment, including Paragraph 8, which clearly says the city makes no representation or warranty about plant capacity."

How much does Brooktrails owe Willits?

If the fourth amendment is judged invalid, then the third amendment would remain the operative amendment. Under the terms of this contract, Brooktrails would owe 37.69 percent of \$18.6 million. According to Neary, the amount owed on the second and third loans, amortized over a 40-year period, comes to \$8.2 million.

However, Brooktrails contends that in constructing the new sewer plant, Willits failed to meet the terms of the contract. The township alleges the city withheld important information, especially the fact the new plant has a smaller capacity to treat sewage during dry weather periods than the old plant. Brooktrails claims the city is encroaching on the township's contractually guaranteed portion of the plant's capacity.

According to the explanation of the sewer plant lawsuit posted on the Brooktrails webpage, "at the time Brooktrails entered into that agreement [i.e., the fourth amendment], it was not understood that the average dry weather flow capacity of the new plant would be inadequate for the city's needs and the city would be encroaching upon Brooktrails'

exclusive capacity. Brooktrails officials would not have approved the amendment if this information had been provided....

"The dispute over how to allocate costs for the construction of the new wastewater treatment plant can be summarized as a disagreement over whether any of the provisions of the agreement apply to the circumstances leading to the new waste water treatment plant project and over whether the fourth amendment is valid, given the average dry weather flow and the average wet weather flow capacity information known to city officials, but not disclosed to Brooktrails officials in 2007."

Brooktrails also notes the new plant's wet weather flow capacity is larger than the previous plant's, but Brooktrails didn't need, and doesn't need, additional wet weather flow capacity.

"Why should Brooktrails pay for a plant that provides additional capacity for Willits, but not for Brooktrails?" Neary asked. "The answer is, we shouldn't."

Neary argues that because the conditions that made Willits decide to build the plant are different from the conditions the contract states would trigger Brooktrails' obligation to share in the cost of plant construction, and because Willits allegedly didn't abide

by the contract in other respects, Brooktrails may not owe Willits anything on its share of plant construction costs. Brooktrails is asking the court to decide how much it owes.

Willits officials disagree with Brooktrails' reasoning. "I think what it comes down to is, sticker shock," said Willits Mayor Bruce Burton. "We can understand that because we have it, too. I think if you look at it closely, you will see Brooktrails is changing its arguments on the fourth amendment. They are throwing up whatever argument they think will stick at any given time."

Willits City Manager Adrienne Moore explained why Brooktrails is asking that the fourth amendment be nullified. "Neary wants the fourth amendment to go away because it is evidence Brooktrails understood and agreed it has a legal obligation to pay 37.69 percent of the entire cost of plant improvements. In his attempt to make the fourth amendment go away, he now claims he and his client were duped and entered into it due to fraud and misrepresentation regarding capacity of the plant.

"Neary, however, had a very big role in drafting the fourth amendment, including Paragraph 8, which clearly says the city makes no representation or warranty about plant capacity."

Willits attorney Jim Lance summarized the city's position. "It boils down to, who is going to pay for this plant?" he said.

Previous attempts to settle

Three attempts have been made to settle the lawsuit out of court over the past five years. The first such effort took place in the spring of 2010, after Brooktrails threatened to file a lawsuit against Willits. In a March 2010 letter, Neary proposed working together to resolve divisive issues. He expressed a willingness to consider any forthcoming recommendation by the city on how to proceed, "whether it be by the joint sewer committee, or at the staff working group, or a combination of both."

An April 2010 letter from City of Willits attorney Jim Lance informed Neary the city wasn't prepared to negotiate at gunpoint: "In view of the pending lawsuit filed by Brooktrails, the council withdraws the proposal," Lance wrote.

A second attempt to settle the lawsuit took place from July 2011 to December 2012. Brooktrails submitted a

settlement proposal to Willits in November 2012, but that proposal was rejected by the city the following month.

A third attempt to settle was made in the spring 2014, when both parties attended a day-long discussion in San Francisco, under the mediation of former Sonoma County Judge William Bettinelli. Bettinelli offered a settlement proposal both sides used as a basis for further discussions. Both sides then attended a second full day of discussions in Sacramento, at the end of which they agreed on a settlement.

According to Neary, the terms of the proposed settlement were unanimously approved by both the Brooktrails Township Board of Trustees and the Willits City Council. Nevertheless, the settlement fell through while the document that would have formalized the agreement was being drawn up.

"They had some clauses in there they said we agreed to, and we said we didn't. The whole thing blew up," Neary said.

"My recollection is that Chris [Neary] wanted to include terms that had not been agreed to," said Lance. "There was quibbling about the release language, what exactly was being released. He was wanting to retain the ability to bring new lawsuits in the future. There was a lot of back and forth and a lot of time put in, trying to make this deal happen, and the parties became entrenched."

What's at stake

With regard to such a complex cluster of lawsuits, it is difficult to gauge how much either side is slated to win – or lose – with much accuracy. Nevertheless, it may be helpful to look at some numbers to gauge what could be in store for local ratepayers.

First of all, there is the cost of the Niesen property, \$285,000. There is the \$400,000 Brooktrails has already paid on the first USDA loan, which it wants reimbursed. There is the cost of the second and third loans, which totals \$18.6 million, and for which Brooktrails' share would be \$8.2 million. There are the accounting and administrative irregularities allegedly perpetrated by Willits, which Neary says could amount to \$45,000 a year over a 10-year period, or \$450,000. There are potential overcharges due to the faulty metering system in both the 1975 plant and in the new plant.

Despite Wilburn's statement to the contrary, according to Neary, establishing correct numbers for sewage inflow into the plant could mean a reimbursement to Brooktrails of anywhere from \$250,000 to \$500,000.

In addition, there are attorneys' fees that have been mounting since 2010. At this point, attorney's fees total \$1.3 million. Including estimated costs for the upcoming six-week-long trial in Santa Rosa, lawyers' costs could reach \$1.5 million.

If the jury finds the city is wholly in the right, Brooktrails could owe Willits attorneys' fees plus payment for the Niesen property, plus \$8.2 million. Including fees for its own legal team, the hit to Brooktrails would total \$10 million. Most of that payment would be payable over a 40-year period.

On the other hand, a Brooktrails victory could mean that the city would owe Brooktrails for the reimbursed payment of \$400,000 for the first USDA loan, and for various alleged overcharges. Willits would have to pay Brooktrails' and its own legal fees. Willits ratepayers would then take on the burden of paying the \$8.2 million the city contends is what Brooktrails owes for the second and third loans. This would mean a total hit to the city, and to Willits' ratepayers, of about \$11 million.

debris and concrete in the creek to begin that afternoon. He added at this point it is difficult to see how much debris is in the creek.

Some good news in wake of the collapse is that the California Department of Fish and Wildlife is not reporting any damage downstream.

DFW biologists walked the creek down to about the City of Willits wastewater treatment plant and found no dead fish, Fisheries Biologist Scott Harris said.

Haehl Creek was dammed upstream within hours of the collapse, and a pump was put in place to move water that would overflow the dam to nearby Baechtel Creek.

"One of our wardens came up with that idea, and it was perfect," Harris said.

It is planned to have the temporary dam cleaned up and out of the creek before the next rains.

Downstream from the incident, Caltrans already had a stream monitoring gauge in place that sends data to a website anyone can view.

That in-stream gauge, which measures the pH value of the water, shows a spike up to a high of 11.57. That high dropped sharply to a reading of about 7.6 on Monday.

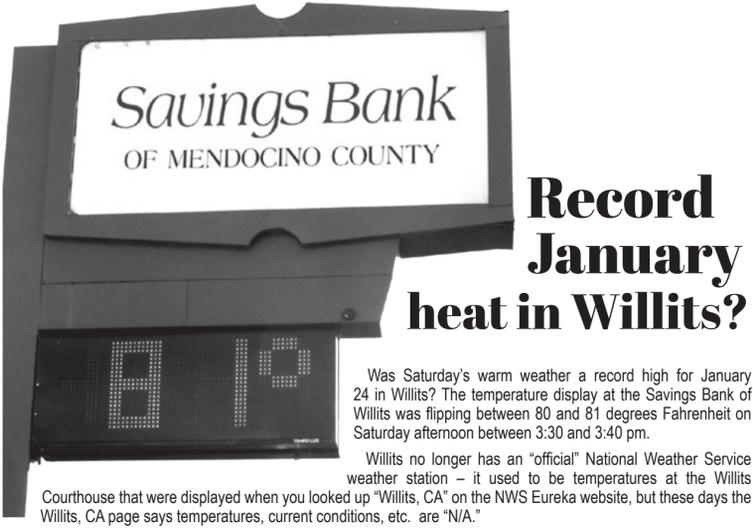
Work also is continuing on other parts of the Willits bypass project this week. Workers remained active in the northern interchange area, where heavy equipment has been working this winter.

South of town work also continued, with heavy equipment moving and stacking rock on a slope at the southern interchange.

At the site of the collapse, Frisbie said tribal monitors were going to be on hand while concrete and debris is removed from the creek to see if anything in the disturbed soil needs to be collected.

The weather seems to be cooperating during cleanup operations; the National Weather Service predicts Willits weather to be sunny or partially sunny for the next few days.

– Jennifer Poole



Was Saturday's warm weather a record high for January 24 in Willits? The temperature display at the Savings Bank of Willits was flipping between 80 and 81 degrees Fahrenheit on Saturday afternoon between 3:30 and 3:40 pm.

Willits no longer has an "official" National Weather Service weather station – it used to be temperatures at the Willits Willits, CA page says temperatures, current conditions, etc. are "N/A."

Willits has several "personal weather stations" listed at the Weather Underground website, including Mendocino College Willits, which showed the high for January 24 as 77.6 F. But even that lower temperature might've been a record: a site called the "Weather Warehouse" shows temperature archives for a location a couple miles northeast of the Savings Bank and Mendocino College's North County Center, and those records show 77 F, in 1965, as the highest temperature recorded during any January since 1962.



Left: Maria, Sarah, Emily, Tami, Dylan and Kapila pose with the sign encouraging tasters to come sample.

Below: the to-go containers include pesto, at left, bread and La Siciliana's "Sugo" red sauce, right.

Bottom: La Siciliana's Kapila holds up sample boxes at the drive-thru event.



A view of the collapsed falsework on the viaduct section of the Willits bypass last Friday afternoon.

Photo by Maureen Moore



The rest of LLFD | From Page 1

affected waterway, and developed a plan to prevent further downstream migration of any potential hazards.

Mayor Bruce Burton made contact with fire personnel early in the event to offer equipment from his business and from Public Works if required for the stabilization or removal of fallen debris.

Veri-Health Ambulance responded to the Valley incident with two ambulances, taking two injured workers directly to Howard Hospital, and transferring the trapped victim to the waiting air ambulance. The paramedics from Veri-Health worked with our EMTs to ensure all patients were identified and received proper treatment.

Brooktrails Fire Department was originally requested to help bolster the amount of equipment and personnel on scene, but was kept intact and available to answer any additional calls in our district or Brooktrails. Chief Schoeppner offered the services of his K9 to assist with the search, but it was determined that the scene was too unstable and hazardous to allow the dog to safely work.

I would like to recognize the contribution the employees of Flatiron for seeing to the safety of their own, and risking possible injury in this unstable environment in their efforts to assist with the search for any additional victims.

I received several calls from the California Office of Emergency Services offering additional equipment and personnel if needed. Luckily this event was fairly low-key once we were able to access and survey what was actually needed, and this event was easily and safely handled by our department and personnel with their level of training and equipment provided by the taxpayers of our district.

Once again the community of Willits came together during a trying time to ensure adequate personnel and equipment was available for a successful rescue, and to prevent further misfortune.

My thanks once again to the volunteers in our community that make up the Little Lake Fire Protection District. Their commitment to training and response to emergencies once again made a difference in people's lives.

– Carl Magann, Fire Chief, Little Lake Fire Protection District

Editor's Note: this press release from Fire Chief Carl Magann was issued late Friday afternoon. Willits Weekly would like to add our thanks, too, to all the first responders in the Willits area.

The rest of Survey | From Page 1

This year, along with the simple survey of visible bodies counted on one January morning, the count includes a new survey implemented by the U.S. Department of Housing and Urban Development (HUD) to collect more specific data on the circumstances and causes of homelessness. The survey will be conducted through January 30. Willits Weekly will cover the results in depth in an upcoming article.

Although many homeless people have deep ties to their local communities, they are often not counted in traditional methods of measuring local residents and population numbers, which can determine the amount state and federal funds a county receives.

The "Point in Time" observational count occurs nationally in late January because surveyors believe those sleeping outside during cold winter weather reflect the most accurate count of a local stable homeless population, Marill explained.

The count includes data for location or vehicle, and age, race, and ethnicity, if provided.

The data is not taken as the definitive estimate of local unhoused residents because many people find some kind of shelter or "double up" with friends and family in the wintertime. But is a useful tool for extrapolating local homeless populations.

Marill said he has been organizing the count in Willits and the north county area every other year for at least the last five years, but plans to begin doing an annual county count in future years.

The count is also conducted in Ukiah and on the coast; the data is submitted for the whole county to HUD, which uses that baseline to calculate changes in estimated homeless populations.

Trained teams go out in groups to know homeless locations during the hours most people are sleeping to get the most accurate count, since many unsheltered people are on the move by dawn to avoid camping citations or other legal consequences of homelessness. Sleeping in one's vehicle and camping are both illegal in Willits and other locations in the county. Mendocino County has cut social and homeless services and shelter space across the county, leaving less of a safety net for those in need.

This year, five teams surveyed locations in the greater Willits area, while others went to Laytonville, Leggett, and Covelo to complete the count there. Interested homeless people were asked to complete a more extensive survey, which includes information about duration of homelessness, available resources, medical issues, services used, military history, education, and employment. There are also several "magnet" events being held in Willits and Laytonville to solicit as many responses as possible to obtain an accurate picture of Mendocino's current homeless situation.

The rest of MCERA | From Page 1

was looking forward to serving with them for the next three years.

Another new face was James Wilbanks, who took his place in the "retirement administrator" seat after a little over two weeks on the job.

Wilbanks has wasted little time during his short tenure to look for administrative changes in the retirement board. He continued a discussion initiated by McCowen in December about how MCERA meeting minutes should be presented.

Wilbanks, together with legal counsel Jeff Berk, advocated minutes in abbreviated form, showing only trustee votes and action items, and eliminating narrative descriptions of discussions during the meetings. Wilbanks and Berk listed reduced staff time, elimination of "post meeting tinkering" and a reduced risk of legal challenges as advantages of the abbreviated form.

Trustees were divided as to how onerous it would be for trustees and the interested public to find desired information by watching video recordings of their meetings. Ultimately, there was no strong appetite among trustees to change the format of the minutes, so the current narrative format was retained for the time being.

Wilbanks also proposed eliminating the narrative explanations from the monthly investment and financial reports staff has been presenting to trustees. According to Wilbanks: "We want a new set of eyes on the reports and fresh questions from this knowledgeable board instead of leading trustee questions with narrative explanations."

However, trustees were not comfortable with the proposal. Trustee Ted Stephens pointedly asked Wilbanks: "Is it not your job to analyze and process information?" and Trustee John Sakowicz pointed out county supervisors get information in the same narrative form, taking advantage of staff expertise.

Wilbanks revealed his hands-on managerial style by reporting he had distributed competency assessment tools to all staff members to determine whether any changes in task assignments were warranted. He also questioned whether there was a compelling need for the new pension administration system to print paper checks.

While trustees were very open to promises of savings in staff time and administrative costs, they were not convinced MCERA would be able to entirely get away from paper checks. Trustee Randy Goodman advised Wilbanks: "Don't send the printer back yet."

After further discussion on how the retirement association operates, trustees added two items to Wilbanks' already lengthy to-do list. Chairwoman Shari Schapmire and Trustee Stephens asked for a draft policy to ensure minimum trustee training requirements are met, and Stephens asked to go over sample benefit calculations for each tier of retirees at future trustee meetings. Wilbanks won approval for changing the trustee seating arrangement during meetings to enable new trustees to benefit from the experience of long-serving board members. Trustees agreed with Wilbanks that "it is important that new members can just lean over during a meeting to ask an experienced trustee a quick question."

The rest of Falsework | From Page 1

out by CalStar helicopter to Santa Rosa Memorial Hospital. Flatiron has declined to give any updates on the condition of the injured workers, but issued this statement: "Three Flatiron employees sustained non-life-threatening injuries and are being treated at local hospitals. Out of respect for the individuals involved, and their families, we are not releasing names or additional details at this time." Other sources and reports have said three or four other workers received minor injuries, including at least one who refused medical treatment.

Witnesses report about 20 workers scrambling to run off the top of the span as it collapsed and spilled wet concrete into Haehl Creek – most of them succeeding – with a couple of workers "riding it down."

Photos taken Thursday afternoon from the area of the Willits Horsemen's Arena just northeast of the collapse show the pillars on the north side of the creek (the north end of the collapsed section) leaning in a bit toward the creek. The viaduct stretches 1.2 miles over what Caltrans describe in documents as a "regulatory flood plain."

Cal/OSHA spokesman Peter Melton told Willits Weekly Cal/OSHA's Sacramento office was notified of the accident Thursday afternoon, but because it would've been dark before inspectors could make it to Willits, the two Cal/OSHA inspectors started their field inspection work Friday morning. Caltrans contractors were cleared to start clearing debris Saturday at noon, and Caltrans spokesman

The rest of Fitzpatrick | From Page 8

all the difference when sticking with an exercise regimen.

You don't have to exercise alone to get that all-important "me" time. It's discouraging to finish a run and not have anyone to celebrate with. Now at the end of class, I look around and see others who just did it with me and that's a gratifying feeling. Group exercise works. The classes get people started. They also keep up motivation so people push themselves further than they could do by themselves. They are fun and simple and provide a safe atmosphere to work out and make great friendships.

Ein Fitzpatrick is a licensed Zumba Instructor. She is a lifelong fitness advocate, marathoner, and dancer. She began teaching fitness classes two years ago and is a co-owner of Enerize Willits. You can learn more at Facebook.com/EnerizeWillits.

The rest of Wagner | From Page 8

learn to expand beyond the limitation of suffering into a larger world that is the envelope of love that surrounds and protects us all. When you are fully embodied and awakening, you will notice the suffering of others. Everything alive has a soul. Everything on this planet has that spark of life within it. Everything that lives struggles to navigate the world and the priorities of the pattern that its life requires.

Remember, your pattern and priorities are not necessarily the priorities or joys of your pet. What a farm animal wants and needs may be very different than what you want to offer. When you can step beyond your own fears, insecurities, or emotions, you can begin to notice the needs of others. It is not about what you want or what you need to give others. It is about what they need, and then it is your job (as a conscious being) to find a way to give that to another in the way that opens them, serves their growth, and supports the expansion of love that is not about getting but about giving.

You have an opportunity this month. Take a look at how you communicate with your inner self. Are you being loving? Are you being respectful? Notice how you choose words, and be willing to look that shadow in the mirror and do not turn away from what you might see within that has been perhaps a bit off-putting in the past. Look beyond the event and into the heart and longing of who you really are.

Suzanne Wagner is a professional psychic who teaches the intuitive arts throughout the United States. She is the author of "Integral Tarot" and "Integral Numerology," which can be found on Amazon.com. To learn more, visit www.suzwagner.com or call Suzanne at 707-354-1019.

After all patients were in transport, we ordered a shutdown of all equipment on scene, and requested complete silence so that emergency personnel and employees on site could listen for any potential victims. Following the quiet period, our firefighters used the department's thermal imaging cameras to peer into the voids to once again locate any possible victims.

Our community should be relieved that this event wasn't more tragic for those involved. We had a potentially deadly event occur on Thursday, and I am thankful we did not have additional injuries or any fatalities.

I wish to thank the Willits Police Department for their initial response to the incident to establish a safety perimeter so we could do our jobs. The MCSO also responded and bolstered the law enforcement presence until relieved by the California Highway Patrol.

Additional resources that responded includes the Department of Fish and Wildlife, who worked with Wayne Briley from REHIT to minimize impact to the

La Siciliana

Finally, an Italian restaurant with pasta and more opens in Willits!

Offering a diverse menu of Italian and Sicilian-style favorites, Kapila Benz's La Siciliana is filling the pasta-shaped void in the life of many thankful Willitsians.

Officially opening its doors at 1611 South Main Street on October 31 last year, Kapila has been shaping and modifying the restaurant and its menu over the months, listening to feedback from the community and patrons.

"We really wanted to be able to bring menu items to Willits that didn't exist," explained Kapila. "We're also trying to balance high-quality ingredients at affordable prices while providing the community with another great option for dine-in or to-go lunches or dinners."

Since opening, requests have included adding bread to the menu to enjoy with your pasta, lowering the light in the dining areas, offering gluten-free pasta, and adding music to the background ambiance, as well as lowering some pricing, or adding new options at a lower price point. Kapila noted that all these suggestions have been put into effect, including their new lunch special: a half pound of pasta with their tomato "Sugo"-style sauce, a sizeable salad with tomatoes, olives and vinaigrette, two bread sticks and a drink, all for \$9.95.

Following these changes, Kapila and the staff want to now re-extend an official "We're Open!" and to welcome everyone to come in, or come back, to try the handmade and high-quality dishes for the first, or second, or even third, time.

Hoping to help drive home the point that the restaurant

is open and ready for orders was Kapila's fun new take on a marketing idea, the drive-thru tasting event held last Saturday in the restaurant's parking lot from 2 to 4 pm.

Around 100 to-go sized meals were handed out to curious and intrigued drivers (and a few walkers), who received a nice portion of La Siciliana's creamy pesto and Sugo sauces on al dente penne pasta along with a slice of their made-in-house bread. Cleverly, the giveaway packages also contained the new menu and a notice about the new lunch special, too.

Along with the sampled sauces, patrons at the sit-down, table-service restaurant can enjoy three other sauces as well, which can mix and match with five different pastas. Three salads also grace the menu as do a large assortment of handmade pizzas. La Siciliana welcomes to-go orders, too.

The restaurant's four most popular pizzas are the "Redwood Logger," which has pepperoni and green onion, the "Fireman's Fury," which has pepperoni, hot oil and crushed red pepper flakes, the "Siciliana Combo," which has salami, pepperoni, artichoke hearts and green onion, and the "Fo' Getta Bout It," which is an all-white, tomato-less pizza, instead featuring mozzarella, ricotta, and romano cheeses and olive oil.

A diverse selection of beer on tap including everything from light to IPA brews, wines by the bottle or glass, sodas, hot and cold teas, and Italian coffees are also available to enjoy.

La Siciliana is open Tuesday through Sunday from 11 am to 8 pm and can be reached at 459-5626 or online at www.lasicilianawillits.com or Facebook.

Weekly Promotions for January

MONDAYS - Rooster & Owls
Earn 3X Points all day.
Morning Session: 8:00 a.m.-12:00 p.m.
Hourly Hot Seat Drawings for \$50 Cash at 9, 10, 11 a.m. and 12 p.m.
Evening Session: 6:00 - 10:00 p.m.
Hourly Hot Seat Drawings for \$50 Cash at 7, 8, 9 and 10 p.m.
May win once per promotion day!
For both Morning and Evening sessions: Play 50 coin-in (150 sessions), receive \$5 Freeplay and a \$2.00 Food Coupon

TUESDAYS - Guy's Night
Earn 2X points all day.
6:00-10:00 p.m.
Play 50 coin-in (100 sessions), receive \$5 Freeplay. Hot Seat Drawings every half hour from 6:00-9:30 p.m. for \$25 cash, last drawing at 10 p.m. for \$100 Cash.

WEDNESDAYS - Ladies Night
2X points all day.
6:00-10:00 p.m.
Play 50 coin-in (100 sessions), receive \$5 Freeplay. Hot Seat Drawings every half hour from 6:00-9:30 p.m. for \$25 cash, last drawing at 10 p.m. for \$100 Cash.

THURSDAYS - Super Senior Day
The Senior Freeplay will be preloaded to the Players Club Card from 8:00 a.m.-4:00 p.m.
9:00 a.m.-5:00 p.m.: Hot Seat Drawings each hour. Winners receive \$40 Cash.
Half off lunch coupon for those participating.
Specials posted at Creekside Café. 8:00 a.m.-4:00 p.m.

FRIDAYS - Friday Fun
9:00 a.m.-9:00 p.m.: Earn 100 points, receive \$10 freeplay
2:00-8:00 p.m.: Hourly Hot Seat Drawings for \$75 Cash
9:00 p.m.: Hot Seat Drawing for \$100 Cash

SATURDAYS - Winter Wonderland Cash
4:00-10:00 p.m.
Hourly Hot Seat Drawings. Have a chance to win up to \$150 Cash.

SUNDAYS - Snowflake Surprise
12:00 Noon-9:00 p.m.
Random Hourly Hot Seat Drawings. The Winner will choose a Snowflake of their choice and have a chance win up to \$150 Cash.

100 Kawi Place in Willits 459-7330 Management reserves all rights.



Above: Maria dishes out Sugo-sauced pasta.

Left: Kapila hands a to-go sample to Jody Johnston.

Below: La Siciliana employees eagerly await drive-thru tasters.

NOYO THEATRE Willits, CA

57 East Commercial Street - Willits
707-459-NOYO (6696)
www.noyotheatre.com

NEXT WEEK: Sponge Bob and The Theory of Everything

THE IMITATION GAME

One Week Only!
(PG13) 1 hr 54 mins
Fri: 6:00 & 8:30pm
Sat: 1:00, 3:30, 6:00 & 8:30pm
Sun: 12noon, 2:30, 5:00 & 7:30pm
Mon-Thurs: 5:00 & 7:30pm

AMERICAN SNIPER

(R) 2 hrs 12 mins
Fri: 5:30 & 8:15pm
Sat: 12:00, 2:45, 5:30 & 8:15pm
Sun: 1:45, 4:30 & 7:15pm
Mon-Thurs: 4:30 & 7:15pm

STRANGE MAGIC

(PG) 1 hr 39 mins
Fri: 6:30 & 8:45pm
Sat: 11:45am, 2:00, 4:15, 6:30 & 8:45pm
Sun: 1:00, 3:15, 5:30 & 7:45pm
Mon-Thurs: 5:30 & 7:45pm

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

Amazing Athlete

of Willits High School



BASKETBALL |

Julia Johnstone, Sophomore

Position: Shooting guard

Breakfast of Champions: Apple cinnamon oatmeal with sourdough toast.

Love for the Sport: I love the competitive atmosphere and team bond, the speed, intensity and winning!

My selection for athlete of the week this week is Julia Johnstone. Julia is a sophomore on the JV girls basketball team.

Julia has been playing the entire basketball season while undertaking numerous medical procedures and chemotherapy every Wednesday in attempt to remove a tumor that had developed in her right foot, ankle, and has moved up into just below her knee. This has not stopped this young lady! Julia still shows up and competes and completes our 30 to 45 minutes of crossfit training and practices with her team for two hours, five days a week.

Wednesday last week was Julia's eighth round of chemotherapy, moving her past the halfway point in her "therapy." She showed up to practice Thursday looking extremely tired, as usual, a little frail and not very energetic, but it didn't matter. She gave that consistent 100 percent effort!

Our game Friday night took place in Kelseyville. Julia is a starter and captain of the JV team, but plays limited game minutes due to fatigue. She came to play Friday! finishing the game as the high scorer and keeping us into the game until the final seconds of double OT! Oh yeah! Did I mention due to double overtime and several girls fouling out, Julia had to play extended minutes! No problem! Julia personifies mental toughness! She inspires us every day!

— Coach Jody Ward



Left: Liam UiCearbhaill and Evie Hayman helping Pat Mushik on the desktop.

Below: Pat Mushik working on her laptop at the Computer Help Lab.

Photos by Erin Creekmur

'Taking Your Business On-Line'

classes at the Senior Center

Erin Creekmur
Contributing Writer

Evie Hayman and Liam UiCearbhaill are both volunteers at the Harrah Senior Center's Computer Help Lab, which is held weekly on Tuesdays from 2 to 4 pm. For a \$3 donation, members of the public may come into the Help Lab with their own laptops, or use the various computers on site. Currently the lab is running Windows XP, 7 and 8, and they will even have Windows 10 installed and available to try out prior to this summer's official release date.

Computer lab visitors are welcome to surf the web, read email, draft a letter or even print a screenplay out. The volunteers are there each week to help solve problems, teach new skills and new software, or simply get you set up as a first-time computer user. Another volunteer, Pat Mushik, came in a year ago to get help with a problem she was having with Microsoft Word, and she is now helping other visitors solve some of the same problems.

Mushik said that she enjoys the relaxing atmosphere and admires Hayman's and UiCearbhaill's patience and ability to solve problems. There is an amazing wealth of helpful advice available at the Senior Center Computer Help Lab.

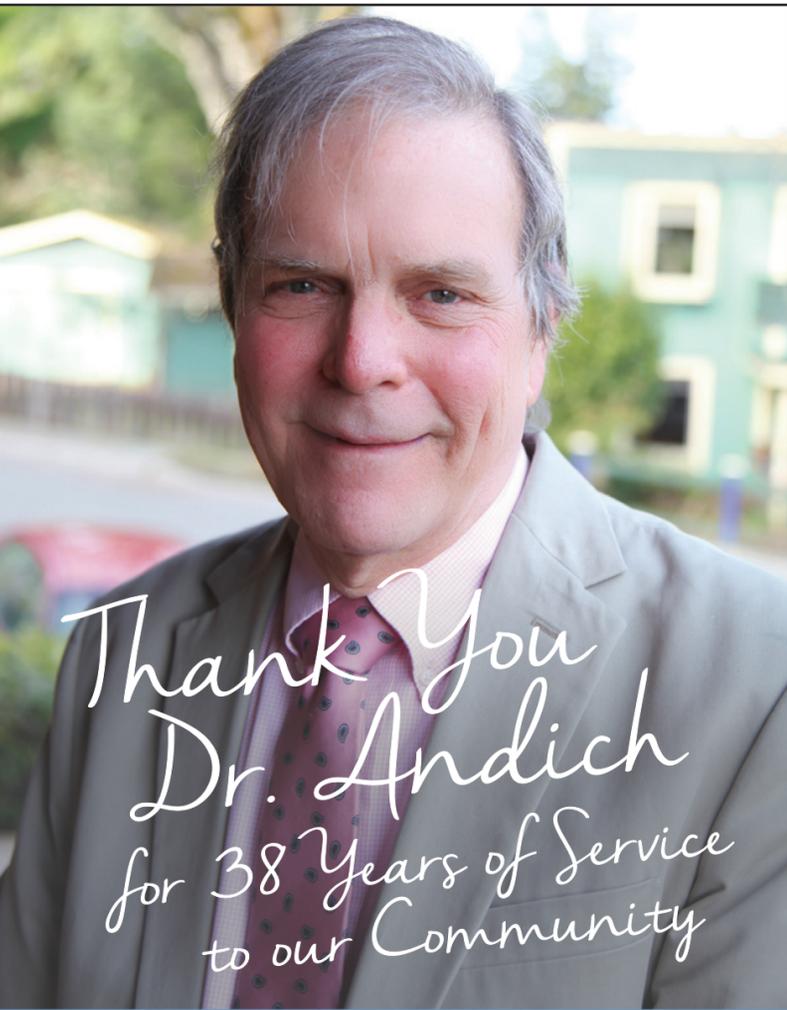
And now – Hayman and UiCearbhaill are offering something new at the Computer Help Lab: a 10-week series of classes on "Taking Your Business On-Line," starting Wednesday, February 4 with "Introduction to Email." The classes are set from 10 am to 2 pm and will run through April 8.

If you're thinking about branching your business on to the web, but are not sure where to start, these classes are for you, UiCearbhaill says. The classes will teach you the computer skills you need to know to succeed, including exactly how to develop a website that highlights your product well, is also easy to use, and is aesthetically pleasing. "Online websites have to be about much more than just a good product for the right price," UiCearbhaill said. It's important to stand out from

the rest, and draw the user in with eye-catching pages and easy-to-find product information. Today's web shoppers don't have the patience to struggle through complicated websites, UiCearbhaill said: "If it gets difficult, they will simply scroll over to the next link on the page."

Classes in the series also include how to create a Facebook Business and Etsy page, how to set up a website domain and how to use WordPress for web design, as well as more advanced HTML and CSS techniques to fine-tune your pages. The two-hour classes will be \$20 each, and students are welcome to attend all or just a few of the classes. Space is limited, so those interested should call 459-6826 to sign up and get more details about the individual classes.

The Computer Help Lab is at the Willits Harrah Senior Center, located at 1501 Baechtel Road.



Thank You
Dr. Andich
for 38 Years of Service
to our Community

BRUCE ANDICH, M.D.

After 38 years of continued service to our community, it is with deep respect and gratitude that we announce the retirement of Bruce Andich, M.D., Internal Medicine, from the Redwood Medical Clinic.

As of January, 2015, Dr. Andich will no longer be seeing patients in the clinic. Patients will have the option to see John Glycer, M.D., Family Medicine physician, and Suki Spillner, FNP-C, at the same office located at 88 Madrone Street, in Willits.

To schedule an appointment call 707.459.6115

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MEDICAL CLINIC
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River Ramsing is happy
to be home after 53 days
in the hospital.

Thank you for your help
and support.

Beal John Cherokee
~Willits~



Watershed Restoration Funds for Fire, Fish, and Flows



Saturday, January 31

Noon to 4:00 - FREE!

Harwood Hall, 44400 Willis Ave, Laytonville

Tenmile Creek & Outlet Creek
and Other Eel River Tributary Watersheds

- Funding through state and federal grant programs to improve watershed health and drought conditions
- Partnering opportunities with experienced restoration professionals
- Examples of NORCAL projects

Presented by: Mendocino County Resource Conservation District and the Natural Resources Conservation Service

Information: Mendocino County RCD: 462-3664 ext 104

Funding provided by: Fisheries Restoration Grant Program & National Fish and Wildlife Foundation