





Alcohol Awareness  
'heads up'

To the editor:

The month of April has been designated Alcohol Awareness Month by the National Council on Alcoholism and Drug Dependence "in order to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues." The National Council states: "Alcohol is the number one drug of choice for America's young people, and is more likely to kill young people than all illegal drugs combined. Statistics show:

- \* Each day, 7,000 kids in the United States under the age of 16 take their first drink.
- \* Those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.
- \* More than 1,700 college students in the U.S. are killed each year ... about 4,65 a day ... as a result of alcohol-related injuries.
- \* 25 percent of U. S. children are exposed to alcohol-use disorders in their family.
- \* Underage alcohol use cost the nation an estimated \$62 billion annually.

\* Alcohol-related problems cost the United States \$224 billion (\$746 per person) in lost productivity, absenteeism, health care costs, crime and family-related problems.

Nationwide, 100,000 persons die each year from alcohol-related causes, including but not limited to, drinking and driving crashes, other accidents, falls, fires, alcohol-related homicides, and suicides.

Alcohol affects and influences the world of a child in many ways. Of the people who began drinking before age 14, it is stated that 47 percent became dependent at some point, compared with 9 percent of those who began drinking at age 21 or older.

Before the age of 18, approximately one in four children is exposed to family alcoholism or addiction, or alcohol abuse. Children of alcoholics are significantly more likely to initiate drinking during adolescence and to develop alcohol use disorders.

An overwhelming number of Americans are concerned about underage drinking. A recent survey showed significant majority support for restrictions on advertising and marketing of alcohol: 67 percent support bans on liquor ads on TV; 59 percent support bans on beer and wine ads on TV; 61 percent support bans on billboard alcohol ads; and 62 percent support bans on alcohol-related sports promotions.

A study of fifth through 11th grade students found that those who are exposed to and enjoy alcohol advertisements have more favorable beliefs about drinking and say they are more likely to drink in the future and consume more alcohol. Advertising makes a difference, and we need to teach our children "critical thinking": the ability to discern what is really being said and the reason behind the cute/sexy little commercial. (What reason? Selling alcohol, of course, the more addicts, the more is sold.) Remember Joe Camel?

An encouraging report indicated that research studies show children are less likely to drink when their parents are involved with them and when they and their parents report feeling close to each other. One national study found that students are less likely to use alcohol if they are socially accepted by people at school, and feel that teachers treat students fairly. Let's all treat

# What do YOU think?

Opinions, thoughts and thank you letters from readers

each other fairly, and use the above facts as an Alcohol Awareness "heads up."

Dean and Geraldine Durbin,  
Willits

## Not too late to register to vote for Measure K

To the Editor:

It's not too late for all of us who live in Brooktrails to support our fire department. Whether you own your home or rent, you can vote Yes on Measure K (the modest \$34 per year Fire Tax increase).

If you're not registered to vote, you can do that up to 15 days before the June 3, 2014 election. So you have till May 19 to do it, and it's pretty easy. You can register in person, by mail, or online. Here is the information you need, taken right from the County of Mendocino official website: [www.co.mendocino.ca.us/acfr/voterinfo.html](http://www.co.mendocino.ca.us/acfr/voterinfo.html)

Where to Register to Vote: You may register to vote in the Office of the County Clerk, in any Department of Motor Vehicles Office, and in many city halls and libraries. You may also call our office, 707-234-6819, and a voter registration form will immediately be sent to you.

The registration deadline for each election is 15 days prior to the election.

Online Voter Registration is now available. Please go to [www.registertovote.ca.gov](http://www.registertovote.ca.gov). [Editor's note: deadline to register online is 11:59:59 pm Pacific Time on May 19.]

Please vote: Measure K needs you. It's a local measure, so the money will stay right here, with our mainly volunteer fire department. Let's get the firefighters the tools and equipment they need to be safe and effective when they come to help and protect us in a fire or medical emergency.

Mary L. Morris, Brooktrails

## Yes on Measure K

To the Editor:

I have two grandsons that are volunteer firefighters, with eight years plus each, and a son-in-law with 35 years plus. It is very important to have safe firefighting equipment. These days there are many more dangers than ever when entering a building on fire.

Please support the \$34 a year. It is a very small amount, for the safety equipment that is so badly need to keep our volunteer firefighters safe. I was able to put out my own chimney fire, only because of family advice, and experience. Please vote yes on Measure K. Thank you!!!!!!

Goldie Hilkey, Brooktrails

## Vote Madrigal

To the Editor:

I find that during local elections, I get extremely passionate. This year is no exception. No candidate (in any race I've voted in) who had a serious chance has ever been radical enough for me. Politics in this time won't permit it. So, as always, I have to set these biases aside and look a little deeper. While Holly Madrigal isn't radical, I do find her to be a progressive choice, and who is not in favor of progress?

I feel that while we are fortunate to have several highly motivated, community-focused candidates for the 3rd District supervisorial seat, Holly Madrigal offers the

dynamic combination of both youth and vision, and the relevant training to make her an excellent choice.

While all of the candidates have been active and provided invaluable services in our community for many years, Madrigal's experience has been persistent and broad, professional and patient. It is difficult, here in our local economy, to work for changes even within a group commonly aligned for that purpose. Madrigal has spent plenty of time in such groups, working tirelessly for improvements to benefit local business and bicycle and pedestrian accessibility.

However, she has also spent 10 years as an elected member of the Willits City Council, where she has developed good working relationships with her fellow council members, even when they disagreed. Madrigal's ability to work with diverse colleagues, while still endeavoring to find a way to forward her own ideas with focus and tenacity is admirable. Not everyone has this ability or has developed it as skillfully as she.

Madrigal's work extends far beyond Willits City Council meetings. She has been on boards and working groups on the county level in issues such as transportation, housing and media. In addition to her experience with the responsibilities of sitting on boards, Madrigal has an excellent overview of our county and an in-depth understanding of many of the issues we face. It is this professionalism and experience that has earned Madrigal the endorsements of so many of our locally elected state and federal politicians.

How many times have we read in this paper the complaint that our younger generation are lost or gone in search of work? Here is a golden opportunity to offer one of our own a significant job, while at the same time making a wise political move.

Madrigal rises far above the other candidates in enthusiasm, vision, capability and experience. In fact, I go so far as to say, if we don't elect Madrigal, what message are we sending? She is, after all, one of the much talked about "youth" from our area, looking for a way to stay here, in our community, and make a living while also working for the benefit of her constituents. In offering her this opportunity to continue her work in local politics, we will offer her the chance to grow and lead.

It is time to trust this generation and to empower them with real work. If we withhold these opportunities, we will continue to lament our lost youth and will also mourn the loss of their creativity, energy and dedication in our county.

While there are other qualified candidates, I believe Madrigal is the best choice. Please remember that these seats often are won on a very slim margin, and your vote on June 3 may make the difference.

Spring Senerchia, Willits

## Why I voted to keep the restrictions on water use

To the Editor:

Last week, the local newspapers reported that the City Council had voted to relax the restrictions on water use. Because of the long-term drought that we are experiencing, the City Council had declared a water emergency limiting the amount of water that could be used by households and businesses. But with the recent rainfall, the City Council voted to increase the amount of water that could be used. What I'd like to explain in this letter is why I voted against relaxing the water restrictions.

At the time of the 4-1 vote, I gave a very clear explanation of why I intended to vote the way I did, because the public has a right

to know why their City Council members take the actions that they do. Those of you who were sitting in the council chambers or watching the meeting on local cable TV, heard first-hand what I had to say, and were able to form your own opinions about my position. But for those who weren't in the council chambers or watching on the other end of the TV broadcast – and unfortunately that was probably a large majority of you – the only way for you to find out what happened is to read it in the newspapers.

Ordinarily, I wouldn't bother to write this letter to present the facts and to clear up any misunderstandings, but because I have been getting some questions about why I want to "deprive" our water users, I decided that the reasons I stated at the meeting, that weren't reported in the news stories, should be repeated for your information.

At the council meeting, city staff reported that the reservoirs are full, and at the time of the meeting, we had received only about 60 percent of our normal rainfall, and it is unknown when and how much rain will fall in the future. In fact, NOAA has reported that the rainfall has pretty much ended for the season, and there is no way to know if we will have a repeat of the dry weather that we had last fall.

I asked our city water people about the significance of having full reservoirs with less than normal rainfall. Why did it matter, and why should that make a difference about whether or not to relax the water restrictions? Weren't full reservoirs enough?

Apparently, it's not! The water that's in the reservoirs is all that we have in storage, and if it doesn't rain any more, they don't get refilled. However, I was told, there's a spring located at the top of the watershed, and that spring continues to refill the reservoir, so as water is pumped out of the reservoir, the spring recharges it.

The problem is, without the late spring rains, the spring itself doesn't get recharged, and there is no water for it to send to the reservoir. Without this recharging from the spring, we could very well run very low on water in late summer, and without our normal rainfall in the autumn, we could easily be in the same situation that we were in last year.

I don't know about you, but I don't relish going through this emergency exercise and rationing every year!

The city is currently installing an emergency water system that would use water from wells in the valley. Many of the components are installed, but there still needs to be more work done before the system can come on line. It's hoped, and expected, that this water system should provide enough backup to avoid having to again impose the restrictions that we have currently relaxed, and to avoid actually running out of water. You may recall that we were only 100 days away from that happening a few months ago, before it rained.

But in my opinion, until this new system is completed and brought on line, combined with the still uncertain and un-encouraging long-range forecasts, we still have a water problem. It is hoped that in the coming months the public will continue to conserve water, as you have been doing, but it's fairly certain that more water will be used than has been used since the water restrictions were imposed. And once that water is gone, it's gone, and it ain't coming back! I felt then, and I still believe, that until we have a safe, reliable water supply in place, we can't afford to relax. And that's why I voted not to relax the restrictions.

I'm not trying to punish anyone, or deny anyone their basic rights; I just want to make certain that we can continue to provide you with water. And in case anyone is wondering, any restrictions that were imposed on water users were also imposed on all of the City Council members. We're all in this together.

Ron Orenstein, Willits

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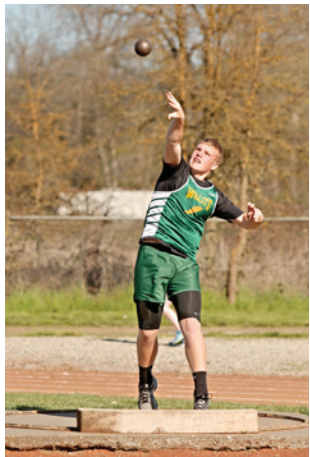
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Above: WHS senior Joseph Elliott competes in the Boys Varsity 110 high hurdles event.

Below: Rising star Mitchell McKinley competed in Junior Varsity at the April 9 event, but will move to Varsity for future meets, partially due to his high scores in the shot put event.



Above: Vivana Cardona, WHS freshman, prepares to make her run in the pole vault event.

Right: WHS senior Royce Pearl (center hurdler) competes in the Boys Varsity 110 high hurdles event.

Below: WHS sophomore Victoria Silva mid-air in the long jump pit.

Photos by Maureen Moore



★ Meet ★ Your ★ Local ★ Candidates ★

3rd District Supervisor Candidates Forum

Meet the candidates for 3rd District Supervisor

Holly Madrigal ★ Clay Romero

Hal Wagenet ★ Tom Woodhouse

Wednesday, May 7 from 7 to 9 p.m.

Little Lake Grange, 291 School Street, Willits

Bring your questions, learn the candidates' positions, and make an informed choice for the next 3rd District Supervisor.

Sheriff Tom Allman will moderate the forum.

The candidates have agreed to remain after the forum so you can meet them and discuss issues.

This forum is sponsored by the Willits Branch of the American Association of University Women, the Willits News, Willits Economic Localization, the Willits Chamber of Commerce, the Little Lake Grange, and Willits Weekly.

Election Day is June 3, 2014 YOUR VOTE COUNTS!



Far left: WHS track members Jessica Tyrrell, Casey Tyler, Vera Tyrrell, Victoria Silva, Matthew Foster, Cassidy Cantwell and Omar Sizmore.

Left: Sophomore Will Smith gets ready to throw the discus at the April 9 meet.

# WHS Track & Field

Willits places second overall at last home meet

Runners, vaulters, shot putters, discus throwers, and more gathered on Maize Field at the Willits High School April 9 to compete for top honors in the Track and Field competition. Out of the schools in attendance, Willits High School was able to take second overall.

Each team member received points for placing in each event. First place receives 10 points, second place 8 points, and so forth down to 1 point for sixth place. Scores are added together to form a cumulative team score in the JV and Varsity divisions.

In the Boys Junior Varsity division, Willits placed second with 104 points, under the first-place team, Lower Lake which totaled 129 points. Tech came in third with 51 points; Point Arena came in fourth with 50 points; and Calistoga came in fifth with 42 points.

Willits also placed second with the girls team, which is comprised of all age groups, with a total of 82 points. The first-place team, Cloverdale, came in at the top with a whopping 216 points; third place was filled by Tech with 53 points; and fourth place went to Lower Lake with 51 points,

In the Boys Varsity division, Willits finished third with a total of 108

Read the rest of Track Over on Page 9

## LONG VALLEY HEALTH CENTER is pleased to welcome JOANNE PATTERSON, FNP



We are excited to announce that Joanne Patterson has decided to relocate her practice from Willits to our clinic in beautiful Laytonville.

In addition to her training and experience as a family nurse practitioner, Joanne has an extensive background in critical care nursing, including working as a flight nurse for CALSTAR. Joanne's practice is open to both existing and new patients. Call us for an appointment today.

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LONG VALLEY HEALTH CENTER



Puzzle Page & More
ROSE GARDEN WORD SEARCH

F U N G I C I D E T P C X X F R G M E D
T R E O B L S N B N T B N G S K W R O O I T E Q O G
S I K Y V S A C R N C H T I T A I U P B U N T Y
G R E V N L A C R N C H T I T A I U P B U N T Y
M N W E L A C R N C H T I T A I U P B U N T Y
A H I L A C E I L U H E P P I H A L D M N D E U
E S N X T A E I L U H E P P I H A L D M N D E U
S P O I F Q T A T Y R E L A P O W H A M A F C S R L
P R I G N T A A V L P O T A Y X C H L X A
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X I I P U D E G S R F S Q E X V H O C G U P
Y B D S C E S W A H T G W M W S P T M Q

Table with 4 columns: ARBORETUM, CONSERVATORY, HYBRID, POLYANTHA, etc.

Puzzle Answers on Page 9

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.

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Crossword Puzzle
Grid with clues across and down.

CLUES ACROSS
1. Comic actor Wilson
5. Dermatitis
11. Agriculture
14. Flyer
15. Assent
18. S S S
19. Capital of Zimbabwe
21. Gas usage measurement
23. False god
24. About some Norse poems
28. Am. steam engineer James
29. "If" singer's initials
30. Sound unit
32. Envisage
33. Help
35. Payment (abbr.)
36. Abbr. for British postal
39. Ring
41. NCIS star's initials
42. Unstressed-stressed
44. A supporting stalk
46. Indigo plant
47. Not or
49. Genus syringa shrubs
52. 14th C. 78 card game

Posture
Editor's note: "Wellness Matters" is a column written by one of the practitioners at Healing Central: Kate Black, Clancy Rash, Shawna Handschug, Israel Perry and Diane Smalley.
Take a look at yourself, how is your posture at the moment? Are you slouching over? Are you sitting up straight? Is your head hanging down in front of you or jutting forward as you read this article? A recent study published by the Journal of the American Geriatric Society confirmed what most of us had already assumed - our posture affects our health, and our longevity.

WOWSER Schedule of Classes
FREE: Intro to Woodworking: Saturday, 4/26, 10AM-2PM
FREE: Intro to Lost Wax Casting: Tuesday, 4/22, 5:30-7:30PM
FREE: Intro to Solar Power: Tuesday, 4/22, 5:30-8:30PM
Basic Electricity: 4/24 & 4/28 5:30-8:30PM \$25.00
Basic Solar Power Systems: 4/22 and 4/29 5:30-8:30PM \$25.00
Lost Wax Casting: (5 sess.) 4/22-5/13 5:30-8:30PM \$50.00
Basic Plasma Cutting 4/25 or 4/28 5:30-8:30PM \$25.00
Basic Welding: April 19 12 to 4PM \$25.00
Basic Welding: April 26 12 to 4PM \$25.00
Basic Design Process: 4/24, May 1, 8, 15, And 17. 5:30-7:30 \$50.00
April SPECIAL: 60 day Wowser membership included with your paid class fees.
Sign up at Wowser, by phone (707) 459-9697
Or, through our website at www.wowser.org

Easter Egg Frenzy
Youngsters enjoyed hunting for hidden eggs left from the Easter Bunny last week, including those at the Lions Club event on Sunday and kids at Imagination Station Preschool who searched Friday.
Top row from left: A Lions Club member hides eggs at WHS; Carter LeClair shows off eggs collected at Imagination Station; Shawn DeFranco holds Emma, a future egg hunter; Justin Noyer finds an egg at the preschool play yard.

Sober Grad Spring Basket
Keep an eye out for this packed-full Spring Basket to be raffled off by Sober Grad, to benefit the 2014 alcohol- and drug-free graduation night party for high school seniors in Willits.
Raffle tickets are available wherever the basket is displayed around town in the next couple of weeks - at businesses and schools - or at Cat's Meow, 29 South Main Street, Flowers by Annette, 1701 Valley Road, and the WUSD District Office at Blosser Lane Elementary School, 1277 Blosser Lane.
The drawing will be on Friday, May 9, just in time for Mother's Day on Sunday, May 11.
Raffle tickets are \$1 each and six for \$5. The basket is filled with goodies worth more than \$600, including: two Disneyland Park Hopper tickets (\$110 each); from Cat's Meow: placemats, key chain, wine glasses, soap, notebook & pen, calendar, apron, gloves, and imagine stone (\$160.75); from Sparetime: tray bird feeder (\$35); a jigsaw puzzle; from Mazahar: candles, socks and gifts (\$39); from Upper Level Hair Salon: gift package (\$50); from Crush Steak House: \$25 gift certificate; from ER Energy: artisan glass plate (\$45); from Flowers by Annette: Nana mug (\$15); and seed packets, bulbs, and trowel.

Obituary | Audrey Marie Swofford
Audrey Marie Swofford passed away in her sleep on Monday, April 7, 2014 at Northbrook Healthcare Center in Willits, at age 84. She was born to the late Robin and Minta Bauer (Martindale) on August 14, 1929. She grew up in the mountains above Covelo where she enjoyed being in the outdoors. She was especially fond of her horse "Jimmy" and loved riding the long and winding horse trails between the homesteads and ranches.
In her later years she was mostly known for walking from one end of town to the other so she could stop in at the coffee shops for a quick meal and a short visit. Although not known for being a talkative person, she could always hold her own in "giving a hard time" to her coffee buddies. She always expressed a sincere care for others and tried to help them out if she could. Audrey considered herself "retired" after she stopped working at Seaside Industries in Willits.
She and husband "Red" enjoyed square dancing, traveling, baseball and being active in the community. Audrey dedicated herself to helping the Willits United Methodist Church where she was an active member.
Audrey now joins her late husband A.O. "Red" Swofford, who also was very active in music and ministry of Willits United Methodist Church. She is survived by her daughters Linda and Diane Smalley; sister Opal Miner; step-daughter Aleen Swofford; and nephews Ron, Denny and Gary Miner. She will be greatly missed.

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# What's Happening Around Town

## Thursday, April 24

**Warren Galletti Meet and Greet:** Candidate for Mendocino County superintendent of schools, Warren Galletti, will be at Old Mission Pizzeria, 1708 South Main Street, from 5:30 to 7 pm, to meet and greet Willits voters. Galletti, former principal of Point Arena High School, is currently working as director of student services at the Ukiah Unified School District's district office.

**Community HU Song:** In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song, Thursday, April 24, at 6 pm at Willits City Hall, 111 E Commercial Street. HU (pronounced hue) is a simple, uplifting prayer or mantra that can help you experience divine love and an inner calm. All faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

**Laytonville 3rd District Supervisors Candidates Night:** 6 pm to 7 pm, Laytonville Elementary School, 150 Ramsey Road.

**"The Dining Room":** A.R. Gurney's "comedy of manners" at Willits Community Theatre, 37 West Van Lane, behind Shanachie Pub. "The Dining Room" was first produced in 1982 in New York, set in a single dining room where 18 scenes from different households overlap and intertwine. The show runs through May 4, with performances on Thursdays at 7 pm for \$10, Fridays and Saturdays at 8 pm for \$15, and two Sunday matinees at 2 pm for \$10. Tickets are available in person at Mazahar, 38 South Main Street; online at brownpaperickets.com/event/profile/600848; or phone the WCT office at 459-0895 for credit card orders. Tonight is Soroptimists Theater Night: starts at 6:30 pm, with tapas, wine and dessert. Tickets \$15; available through Marilyn Harden at 459-5649.

## Friday, April 25

**Sober Grad Take Home Tri-Tip Dinner:** the biggest fundraiser for the annual Sober Grad graduation night party. Dinner for four, featuring a full tri-tip marinated overnight in Cathy Goss' secret marinade, grilled to perfection by Dan Pinon, Doug Goss, Art Cooley and crew, 4 baked potatoes with sour cream and butter, salad for 4 and dressing from Trillium Delights, 4 rolls from Schat's Bakery, 4 cookies and a rose from Flowers by Annette. Pick up dinner from 4 to 6 pm at the Rodeo Grounds on Commercial Street. Tickets \$50, available at Cat's Meow/Trillium (or call Linda Matz at 459-6201) or at WHS office (or call Julie Orr, WHS, 459-7700). Info: WillitsSoberGrad@gmail.com. Those without advance tickets can also drop by the Rodeo Grounds Friday, to see if there are extra dinners to sell.

**Enchilada Dinner To Go:** to benefit the end-of-year field trip for the 8th Grade Class at Baechtel Grove Middle School. You can buy tickets at the

school, at House Doctor Paints, at The Flower Lady, or call 459-2901. Pick-up is between 5 and 7 pm Friday at the Willits Community Center. Bring your ticket, drive up, and get your dinner. Six chicken enchiladas, rice, beans and cookies for \$25. Plus 10 percent off one purchase at The Flower Lady and 10 percent off one purchase at House Doctor Paints.

**"Composting Abbie: A Whale of a Story":** A free party and book signing for this new children's book from 5 to 7 pm at the County Museum, 400 East Commercial Street. "This 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 was first reported on October 19, 2009 when a massive blue whale washed ashore just south of Fort Bragg, California, not far from the world-famous Mendocino Coast Botanical Gardens.

Ann Maglente, local artist, illustrated the story with watercolor paintings, local writer Jed Diamond captured the story in words, and local farmer and businessman, Martin Mileck, composted the whale." Families are especially invited; "Composting Abbie" is written for children ages 9 and above. Refreshments and wine from the Frey Winery will be served. The program starts at 5 pm with a chance to see the displays, sip some wine, and talk informally with Diamond, Maglente, and Mileck. Talks start at 5:45 pm, and the book signing starts at 6:30 pm. Call the Mendocino County Museum, located at 400 East Commercial Street, for more info: 459-2736.

**Shanachie Pub:** The Dirt Floor Band. 9 pm. "Original barefoot-punk-grass." 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

## Saturday, April 26

**Open House at Kustoms by Spence:** annual party features live music by The Rev Tones, "a San Francisco Bay Area rockabilly trio, playing red-hot original songs and great rockabilly songs from the '50s onward," free food and drinks, and a raffle. Noon to 5 pm at 251 Shell Lane, Unit J. Info: 456-9088

**Cupcake Wars:** a fundraiser for the Willits High School Boosters Club and the WHS Cooking Club. 3 to 5 pm at the Willits Community Center. There's still time to get signed up for a table and try for one of the prizes, including "Best Tasting," "Best Looking," "People's Choice" and "Best Table Decorations." Tables are \$20 each. To come taste and judge, \$1 door fee plus \$2 per cupcake, \$10 for 6 cupcakes and \$20 for 12 cupcakes. To sign up or for more info: call Jennifer Barrett at 540-4208.



Melinda Clarke, left, and Aidyn McFadden practice their dance piece for Willits On Stage 2.

Mazahar and the Good Food Store in Laytonville. For more info or to volunteer: 456-9429.

**Senior Center Dance to Benefit Relay for Life:** the Willits Harrah Senior Center and BodyWorks Gym present "A Family Affair," a dance to benefit Relay for Life, with all proceeds going to the American Cancer Society. The dance, 7 to 10 pm, features DJ Mike Tobin, who'll be playing "toe tapping, hip swinging, get out of your chair and dance music ... and some slower, wrap your arms around me music, too": to appeal to everybody from little kids to grandparents. In addition to great music, the event will feature fun food: hot dogs, root beer floats, and beer and wine, too. Tickets are \$10, and \$5 for kids. Senior Center is located at 1501 Baechtel Road; call 459-6826 for more info. This summer's Relay for Life event is set for July 26 and 27 at the Rec Grove.

**"The Dining Room":** Willits Community Theatre, see Thursday, April 24 for details.

**Shanachie Pub:** House of Love with DJ Podge. 9 pm. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

## Sunday, April 27

**Grange Pancake Breakfast:** 8 to 11 am at the Little Lake Grange, 291 School Street. \$7, \$6 seniors, \$4 kids under 10. Choose Sourdough Multigrain or Hank's Famous Buttermilk Pancakes, Beele's Quality Bacon, Organic Local Farm Fresh Eggs made to order, Real Butter, Juice, Organic Coffee or Tea. Baked goods sold by the Grange Youth.

**"The Dining Room":** 2 pm matinee. Willits Community Theatre, see Thursday, April 24 for details.

**"Save Water, Energy and Money:** a forum presented by Willits Economic Localization (WELL) at 4 pm at Little Lake Grange, 291 School Street. The forum features speakers Keith Rutledge, director of the Renewable Energy Development Institute, on the new PACE (Property

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in and around Willits



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**"The Dining Room":** Willits Community Theatre, see Thursday, April 24 for details.

**Shanachie Pub:** solo show by Chris Cichaki. 6 pm. No cover. 50 South Main Street. Info: 459-9194.

## Friday, May 2

**"A Field of Dreams":** a benefit evening for the Grange Farm School, featuring Boris Garcia (a fusion of pop, bluegrass and jam: "a blend of acoustic and electric instrumentation with American roots sensibility and melody" www.boriscarcia.com); The Thugz (cosmic Americana and old time psychedelic music, from western Sonoma County: Rock, blues, country, psychedelic and world music styles." www.thethugz.net); the Real Sarahs (featuring original songs Mendocino County's Sarah "Songbird" Larkin and Sarah Ryan; organic harmonies that enchant and uplift the spirit" www.soundcloud.com/therealsarahs ) and Mystic Sol. Little Lake Grange Hall, 291 School Street. Advance tickets available at JD Redhouse: \$10 adults; \$5 for ages 13 to 18; free for 12 and under. Doors open 7 pm; music at 7:30 pm. Sound by Ancestor Radio Productions. Food by Dream Capsule. Face painting by Tiffany's Fantasy Faces. Fun surprises, silent auction. A Cosmic Pickle Production.

**"The Dining Room":** Willits Community Theatre, see Thursday, April 24 for details.

**Shanachie Pub:** psychedelic rock by Redbud. 8 pm. No cover. 50 South Main Street. Info: 459-9194.

## Saturday, May 3

**Measure K Town Hall Meeting:** The Friends of the Brooktrails Firefighters, along with the Brooktrails Township, will host a Town Hall Meeting regarding the Brooktrails Fire Tax Measure K. 10 am at the Brooktrails Fire Station. This will be an opportunity to ask questions and receive information on Measure K. Info: call the Brooktrails Fire Department at 459-4441.

**"The Dining Room":** Willits Community Theatre, see Thursday, April 24 for details.

**Shanachie Pub:** Cinco de Mayo Party with the Mendohoulas. 9 pm. \$10. 50 South Main Street. Info: 459-9194.

## Sunday, May 4

Sunday Bingo: at the Harrah Senior Center, 1501 Baechtel Road. Doors open at 10:30 am; Snack Bar opens at 11 am. Bingo Buy-In \$10. Info: 459-6826.

"The Dining Room": Willits Community Theatre, see Thursday, April 24 for details.

Benefit Concert: at St. Francis in the Redwoods Episcopal Church, 1 North Main Street, 4 to 6 pm. Featuring Doug Adamz and Greg and Malakai Schindel. To benefit Willits Community Services, Our Daily Bread, Willits Kids Club and Ecology Action. See article elsewhere on Calendar page for details.

## 'Save Water, Energy and Money'

### Sunday, April 27 at the Grange

Willits Economic Localization (WELL) presents "Save Water, Energy and Money," a forum on Sunday, April 27, at 4 pm at Little Lake Grange, 291 School Street.

The forum features speakers Keith Rutledge, director of the Renewable Energy Development Institute, and John Sherman, City of Willits Code enforcement officer. Rutledge will talk about the newly enacted PACE (Property Assessed Clean Energy) program in Mendocino County (including in the City of Willits). PACE allows property owners to finance energy and water projects to be paid back through annual property taxes.

Sherman will discuss how grey water systems and other energy and water improvements can be expedited within the city's regulations. Several local contractors and suppliers of energy and water conservation improvements, including Mendo Mill, DripWorks and Mendocino Solar, will have information tables and introduce what they can provide.

Info: Paul Jacobson at 459-1418 or Madge Strong at 459-1493, or go to the WELL website at www.well95490.org.



## Come Celebrate With Us!

Join Seabiscuit Heritage Foundation in commemorating Seabiscuit's Stud Barn listing in the National Historic Register, Friday, May 23 at noon. A Guided Tour, Ceremony and Reception at Historic Ridgewood Ranch, 16200 N. Highway 101. Special guests: Supervisor Dan Hamburg, Willits Mayor Holly Madrigal, Bruce Burton, Willits Rotary Club, William Nichols, author, Col. Michael Howard, USMC (Ret.), Howard family historian, Mendocino County Sheriff's Mounted Posse Color Guard and Rotary Club of Willits. Info: www.SeabiscuitHeritage.org or seabiscuit@instawave.net.

## Dorian May Trio

Jazz by the Dorian May Trio – Dorian May, piano, Dorothea May, upright bass, and Tom Rickard, drums – at the last indoor Farmers Market of the spring, Thursday, April 24, from 3 to 5:30 pm at Little Lake Grange, 291 School Street. No charge.

## Call for Mini-Makers

The Mendocino County Museum is currently seeking local makers, creators, inventors, artists, and Do-It-Yourselfers to participate in the 2nd Annual Mendocino County Mini Maker Faire on Saturday, May 24, 10 am to 5 pm. To sign up, makers can visit www.MendocinoMakerFaire.com, and click on the "Makers Apply Here" button. There is no charge for booths that exhibit or demonstrate. Applications are due no later than May 9. For more info: call the Mendocino County Museum at 707 459-2736 or visit www.MendocinoMakerFaire.com.

## Benefit concert at St. Francis church

St. Francis in the Redwoods Episcopal Church is holding a concert to benefit Willits Community Services, Our Daily Bread, Willits Kids Club and Ecology Action, on Sunday afternoon, May 4, from 4 to 6 pm, at the unique straw bale church at 1 North Main Street.

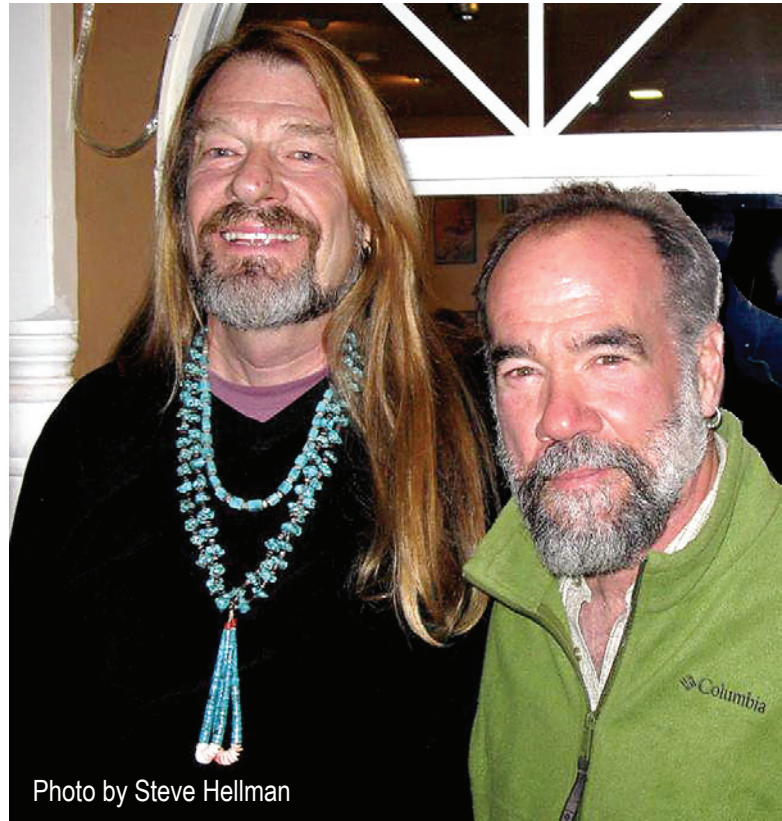
Greg Schindel, best known as the "Train Singer" on the Skunk Train, will be performing his enthusiastic, upbeat original songs for this matinee performance. Schindel will be accompanied by his son, Malakai, with his free spirit and his own colorful, unique style and vitality. Malakai's ever-expanding repertoire includes flutes, guitar and didgeridoo. He is a member of Schindig and The Dirt Floor Band and also performs regularly on the Skunk Train.

Also performing with the Schindels will be Doug Adamz. Greg and Doug have been playing original music together for nearly 40 years. Doug is a masterful guitar, violin and harmonica player, a soulful singer, and a storyteller. Add the insightful poetry of his lyrics and his terrific sense of humor, and this will be a show you won't soon forget.

Doug Adamz is also renowned as a founding member of the group Light Rain, familiar to the belly dancing community. Light Rain is considered to be a pioneer in what has come to be known as New Age and World Beat music. Their four internationally known albums feature Adamz' violin as it weaves sensuous melodies over Arabian rhythms. His music from the album "Dream Dancer" has been performed by the Joffrey Ballet. Visit www.dougadamz.com for more info.

Don't miss this opportunity to hear some really great music and support some valuable Willits programs at the same time! Tickets are \$10 at the door, and refreshments will be available.

– Submitted for St. Francis in the Redwoods Episcopal Church



Charlie Lacey and David Swingle, at left, are all smiles after seeing

## The Dining Room at WCT

Theater-goers from as far away as Monte Rio, Sebastopol and Potter Valley were treated to a memory-evoking performance of "The Dining Room" at Willits Community Theatre on Friday, April 19. The strong guidance of Director Maria Monti in orchestrating six actors, each playing numerous roles, makes A.R. Gurney's masterpiece an ambitious evocation for the WCT stage. The play deals with timeless family themes spanning several decades as the characters confront challenges in their changing lives.

Audience member Charlie Lacey of Willits praised the acting performances. He said he particularly enjoyed how "The action all happens around the dining room table. It takes me back to my dining room growing up, with six kids and how so much went on." Lacey said of the set and production values overall, "It's ambitious and they do it well."

Actor Steve Marston appears in his first speaking roles as an uptight father micro-managing his kids, a little boy at a birthday party, a doddering grandfather, an illicit lover and a man planning his own funeral. Audience member Fawn Bassett of Sebastopol praised Marston for the intricacies the actor brings to his various roles. Marston previously played a dead body in WCT's production of "Flaming Idiots" last March. Bassett said of Marston's preparation for his speaking roles, "He's getting it right."

David Swingle of Willits said the play reminded

him of how much society has changed over the years. He enjoyed the play mainly for the moments of poignancy and humor that take place around a single piece of furniture. William Houston of Potter Valley offered one comment, "The acting's very good."

Patrick Callahan of Monte Rio said he was especially moved by the performance of Jean Swearingen in her role as a mother suffering from dementia and beset with inordinate fears over a no-longer familiar world. Callahan said he had enjoyed seeing Swearingen act previously in productions in Sacramento, and yet he found her acting in "The Dining Room" to be "her best." Callahan said, "In all her different roles, she brings back memories of my own family."

"The Dining Room" runs through May 4, with shows on Thursdays at 7 pm for \$10, Fridays and Saturdays at 8 pm for \$15 and Sunday matinees at 2 pm for \$10. Tickets are available in person at Mazahar, 38 South Main Street; online at brownpaperickets.com/event/profile/600848; or phone the WCT office at 459-0895 for credit card orders. A special benefit performance for the Soroptimists will be held on Thursday, April 24 at 7pm; tickets for this event are \$15 and available through Marilyn Harden at 459-5649.

– Steve Hellman, WTC



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**Speaker Schedule**

Noon - 12:45pm  
**Water Wise: Precision Agriculture in a Drought or Learn to Rain Dance** - Joanna Berg & Sarah Schuette  
Dirty Business Soil Consulting & Analysis

1:00pm - 1:45pm  
**Biology & Benefits of Mycorrhizae**  
Matt Underman, Sanitarium Organics

2:00pm - 2:45pm  
**The Significance of Regionally Adapted Seed**  
Ellen Brand, Sustainable Seed Company - Corvallis, CA

3:00pm - 3:45pm **Open Discussion MENDOCINOPENCE: Local Sovereignty & the Need for Community Interdependence**  
Facilitated by Justin Calvey, The Regenerative Design Center

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**The rest of Candidates**  
From Page 1

College's teacher preparation program, which it conducts at MCOE's River Center in Talmage.

Joens-Poulton said his classes "prepare teachers to meet the needs of students in today's classrooms. They focus on the day-to-day realities of classroom management, assessment and individualized instruction for Kindergarten through high school senior students."

If elected, Joens-Poulton says he will "work to directly affect students' success by strengthening partnerships among schools, districts, community agencies, business and families. He will represent Mendocino County in Sacramento and be a voice for local rural needs, focusing on uniting the efforts of businesses, agencies and Mendocino College to build "a strong workforce development program to provide options and opportunities for our young people."

**Kathy Wylie**  
Kathy Wylie, 52, was educated in several colleges in California and elsewhere. She graduated from Monterey Peninsula Junior College in business and computer sciences, and then attended Cal Poly in San Luis Obispo where she was a biology major.

She received her teaching credential from Dominican College in San Rafael. The same institution granted her a bachelor of arts degree in strategic planning and management. She earned a master's degree in special education from Arkansas State University, and received her administrative services credential in 2012. In 2014, she completed a one-year superintendent training program through the Association of California School Administrators.

Wylie taught graphics and animation at Mendocino High School from 1998 to 2011 and was president of the Mendocino County Federation of School Employees (MCFSE) from 2006 to 2011. (MCFSE is the labor union for both certificated and classified school employees who work through the Mendocino County Office of Education.) In 2011, she left the classroom and the bargaining table and became the executive director of Three Rivers Charter School in Fort Bragg, a position she holds today. She became a Mendocino Unified School District trustee in 2013.

Wylie said her two highest priorities as superintendent would be finding sustainable funding for career and technical education programs, and maximizing special education funds. She believes California's special education system is "broken."

"I would make sure that every dollar is used for the highest and best purposes in terms of educational funding," Wylie said, "and I would work with the governor at the state level to promote legislation that fixes this broken institution."

She believes MCOE "should do a better job providing more services for our educators. The county office could and should be instrumental in establishing countywide professional learning communities via 21st century technologies to support the new Common Core learning standards."

In addition, Joens-Poulton teaches in Dominican

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**Community HU Song**  
In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song, Thursday, April 24, at 6 pm at Willits City Hall, 111 E Commercial Street. HU (pronounced hue) is a simple, uplifting prayer or mantra that can help you experience divine love and an inner calm. All faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

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**Garage Sale**  
Garage Sale, 184 State Street, in rear. Sunday, April 27 from 9 am til?

**Help Wanted**  
Willits Weekly is looking for a freelance photographer/reporter to do occasional local community feature assignments. Experience a plus, but not necessary. Potential for more work, as Willits Weekly continues to grow. Call 459-2633 for more information.

**HOME DELIVERY!**  
Willits Weekly is now offering Home Delivery! If you live in Willits, Brooktrails or Little Lake Valley, you're inside our home delivery area. Home delivery subscriptions are \$30/six months and \$50/year. (Mail subscriptions sent by first-class mail are still \$40/six months and \$75/year.) Your Willits Weekly will be delivered (in a plastic bag) to your home or driveway in the wee hours of Friday morning. To place an order, or for more information, call 459-2633.

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Editor's note: Katherine Houghtby tells us the last two pets featured in Willits Weekly's Furry Friends (also featured in the Mendocino County Observer and elsewhere) have been adopted!

## Furry Friends

Hoping for a Home

### Miss Beeper

Meet the very sweet and fluffy Miss Beeper! She is an absolute sweetheart, and we'd love for her to go to a loving home where she can enjoy her senior years. Sadly, her previous owner needed to surrender her as she was no longer able to care for her due to her illness. Beeper is a 12-year-old Australian Shepherd mix, and we are happy to say that she was well cared for and is a healthy girl.

She is already spayed and up to date on her vaccinations, and she has also been kept on heartworm prevention. Beeper is very active for her age, and she could stand to lose a few pounds. Since she walks well on a leash and loves to go outside, it should be easy to get her weight down with a combination of a good diet and more exercise. As a 12-year-old dog, she qualifies for our senior dog discount. We hope you will come meet this sweet old girl and give her the loving home she truly deserves!

The Ukiah Animal Shelter is located at 298 Plant Road in Ukiah, and our adoption hours are Tuesday, Thursday, Friday and Saturday from 10 am to 4:30 pm and Wednesday from 10 am to 6:30 pm. The shelter has a new website: [www.mendosshelterpets.com](http://www.mendosshelterpets.com); to view our adoptable cats, please visit [www.adoptapet.com/shelter/1965-cats](http://www.adoptapet.com/shelter/1965-cats). For more info, contact Adoption Coordinator Katherine Houghtby at 707-467-6453 or [houghtbyk@co.mendocino.ca.us](mailto:houghtbyk@co.mendocino.ca.us), or come in during shelter hours.

## The rest of Track

From Page 3

pole vaulting events; and McKinley is in the shot put and discus events.

Another shining sophomore athlete, Will Smith, has been participating in the varsity division all season after an impressive year last year as the only freshman to attend in his event at the Meet of Champions in Berkeley. This meet only takes a few select top competitors from the North Coast Section, and Smith was able to attend in the discus event. This year he is doing well in the varsity group and, on April 9, achieved a personal record discus throw, hurling the disc 128.9 feet.

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## The rest of Posture

From Page 4

health. Here are a few quick tips that may help you to achieve better posture.

**When you're sitting, make sure your hips are higher than your knees.** This allows your spine to be supported. When the knees are higher than the hips, the normal, forward curve in your lower back is reduced which, in turn, causes the shoulders to round forward and the head to hang forward. Bringing your knees below your hips allows the rest of you to avoid this rounded forward posture.

**Lift up your heart.** Envision a balloon attached to the front part of your ribcage as if it is lifting you upward. Being mindful of this movement will not only enhance your ability to take nice deep breaths, but it will naturally bring your head back over your shoulders. After all, your head accounts for 10 percent of your body weight, so balancing it properly over your shoulders takes a tremendous amount of pressure off of your neck and upper back.

**Squeeze your shoulder blades together.** This movement will also bring your shoulders back to better center your head over your shoulders, but it also encourages deeper breathing which allows more oxygen to the brain to provide clarity of thought, and helps to activate the parasympathetic nervous system - an important relaxation response of the body.

**At your desk space, place your monitor and keyboard directly in front of you.** If your torso isn't twisted, it is easier to remain centered and properly aligned and prevents one-sided stresses on your body.

**Hold your electronics at eye level but avoid texting while walking.** In addition to what we already mentioned about hanging your head forward, we know that texting while walking can impair judgment. Putting more cognitive emphasis on what you're reading or texting causes your legs to move slower and in shorter stride, and forces more exaggerated head movements which decreases stability. Stopping to text, or sitting on an exercise ball while watching television, reading, or using electronics can help to avoid complacency toward your posture.

Awareness of your posture is the first step - sometimes it's easiest to take a picture of yourself in your normal setting to see how you're holding your body - but the real key to developing and maintaining good posture is developing and maintaining good postural habits.

Dr. Israel Perry joined the team at Healing Central Chiropractic in late 2013 after seeing patients for two years at a clinic in Petaluma. Perry received his doctorate degree in chiropractic, as well as a bachelor's degree in human biology, at Northwestern Health Sciences University in Bloomington, Minnesota. Info: 456-1030.

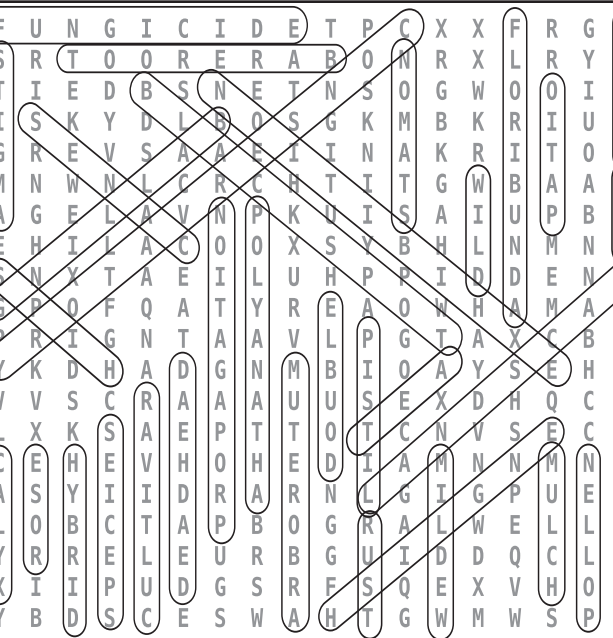
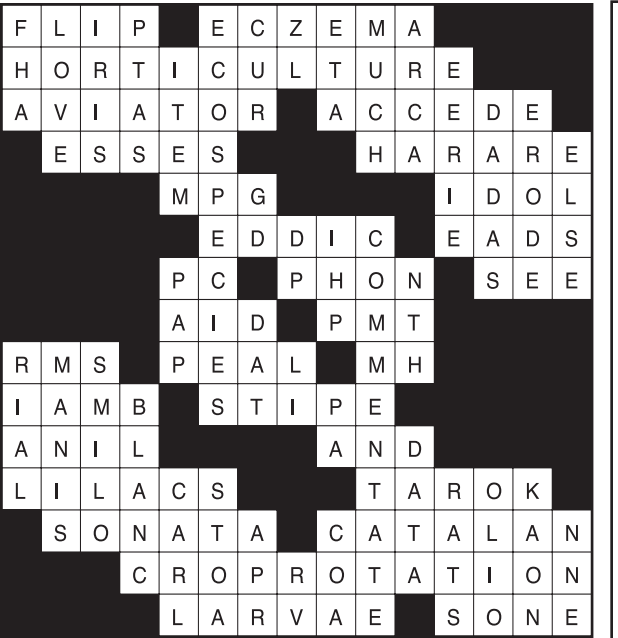
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5	2	9	4	3	6	8	1	7
6	7	5	9	8	4	1	3	2
8	3	1	6	7	2	5	9	4
2	9	4	1	5	3	6	7	8



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The Amazing Spider-Man 2 in 3D

Willits Weekly is proud to showcase some of Willits High School's Amazing Athletes.

Athletes are nominated by their coaches and with the help of coach and project facilitator, Dave Smith.

Willits Weekly highlights two athletes each week, to share their achievements with the community.

Photos by Maureen Moore



Softball | Jamie Johnstone

Breakfast of Champions: Bagel and cream cheese

Jamie Johnstone, a freshman pitcher, led the Wolverines to their first divisional win. Jamie went a complete game and allowed no hits in the win over Kelseyville. The Knights' only points came from the result of an error.

Next home game | 4/25 at 4 pm

## Willits Weekly's Athletes of the Week



Girls Track | Vera Tyrrell

Breakfast of Champions: Sandwich

Vera was the high point earner for the girls track team, with two 2nd place finishes in the long jump and triple jump, with distances of 12' 7.5" and 27' respectively. Vera's 16 team points helped the Wolverines come in 2nd place out of seven schools.

No upcoming home games

COLJUMN | The Medicine Chest Garden

### Dandelions!

Donna d'Terra  
Columnist

If I had to choose just a few herbs to use as an herbalist, dandelion would surely make the list. I've written in this column about dandelion root, so now let's look at a few ways to use the other parts of this humble, ubiquitous, useful plant.

The leaves are nutrient-dense, with as much vitamin A as carrots, and as much iron and calcium as spinach. The new leaves are bitter and only get more bitter as they grow. Pick younger leaves that look as fresh as produce you would select. Omitting the mid-rib, tear the leaves into small pieces and add fresh to salads, soups, casseroles, etc. The key is to add small amounts, until a taste for bitter develops. Bitter foods help digestion and can help reduce sugar cravings.

When dandelions are abundant, collect a bunch of the freshest-looking leaves, rinse in a colander and pat dry. Chop into bite-sized pieces and put into a bowl. Make a marinade of one part honey, one part organic apple cider vinegar, and a dash of tamar.

Read the rest of  
**Dandelions**  
Over on Page 11



Above: An antique photo of the Folsom Prison #1, a 1926 American Locomotive Company product, at work at Folsom Prison near Sacramento.

Photo courtesy Chris Baldo

The rest of  
**Bypass**  
From Page 1

drivers with a keen eye on the east rim of the valley may have spotted a small piece of equipment making its way along a fence amid springtime greenery.

A fencing company doing the work was subcontracted out by Dublin bypass contractor DeSilva Gates.

Work also has begun to construct the southern half of the viaduct and eight bridges south of the viaduct, including the six bridges that help form the southern interchange, Frisbie said. The work includes driving piles and constructing more viaduct columns.

"We are moving right along with the season," Frisbie said.

Half of the viaduct structure is expected to be done by the end of the season, Frisbie added. "[We] hope to get all the columns poured."

East Hill Road is looking at potential closure for crane work today, depending on the weather. Some traffic control also may be required on local streets that run under the bypass, Frisbie said.

Caltrans says it will alert the public by releasing details in advance of road closures. The date is tentative, but Frisbie said nighttime work restriping Main Street south of Highway 20 may begin sometime soon.

The rest of  
**Business**  
From Page 1

Permitted projects were valued at \$31,500, down from \$39,000 last year during the same month. March revenue from permits and other fees totaled \$963, down from \$1,199 last year.

Altogether nine permits were issued this year, one less than the same time last year, the report stated.

In the 470 block of Redwood Avenue, a carport was permitted for conversion into a garage. Electricity at the site also was relocated.

An employee restroom was permitted at Les Schwab Tire Center. A garage in the 160 block of Laurel will be converted into a living room.

Work continues at Grace Community Church. Permits were obtained to extend a gas line to serve a new classroom and to build a roof over access ramps.

At two locations on Pearl Street, permits were taken out for insulating attics. In the 80 block of San Francisco Avenue, a permit was issued for demolition of a single-family home.

Work completed includes two West Mendocino re-roofing jobs, a lot and driveway graded on Baechtel Road, and installation of a fire alarm.

Sherman also signed off on a re-roofing job at 1540 Main Street, addition of an electrical outlet in an attic at 845 Main Street, a carport in the 420 block of North Street, and a commercial kitchen at 293 East Commercial Street.

The rest of  
**Forum**  
From Page 1

or indifferent, that's not what we're talking about. We'll be learning about what happened in Cloverdale and what are some of the pointers that the panelists can give. I really hope we have a lot of our local businesses attend; I went them to come away from this with some ideas about what we as a community need to be doing to make our community a destination."

This panel will not just be presenting the results of a study, or a consultant's projections, Kennelly said. "We're going to hear from real people who've been in a business environment after a change like this. Real stories from real businesses that have gone through it."

Former mayor Jehn told Willits Weekly he was looking forward to sharing his experiences. "I think the idea is to talk about life after the bypass, and what works and what doesn't work, and to assure the business people that there is a life after the bypass. Our business folks in Cloverdale were apprehensive about the bypass," Jehn continued. "Many of them felt they were dependent on the transient traffic, and in the end they discovered they weren't. There were a number of businesses that flourished," he said.

"You need to give people a reason to get off the bypass. Those are some of the points we're going to want to cover at the forum with the business folks: You need to make yourself a destination. You guys in Willits have just as much ability to do that as Cloverdale did and maybe more."

To RSVP for the forum, call the Willits Chamber of Commerce at 459-7910 (feel free to leave a message after business hours).

Willits Weekly | April 24, 2014

Phone: 707-459-2633, 707-972-7047

The rest of  
**Roots**  
From Page 11

delivery of this fourth train, the Folsom Prison #1 (later called the Henry J. Kaiser Co. #1), was a convenient subject and provided a great example of what the group really does.

Friday's quickly organized steam-up provided vivid visuals for the cameras and gathered public. The staff also steamed up the Mason County Logging #7 locomotive and gave excited community members free train rides around the Roots loop.

Reuniting all four trains that originated from the collection of Willits' Bert Rudolph had been a long-time goal of the Roots group since receiving the first, the California Western #14, as a generous donation from Bert and Ferne Rudolph in 1991. At that time, Roots also purchased the second train, the Holmes Eureka Climax #4, and a few other smaller California Western Railroad items, including CWR Caboose 04, Boxcar #462 and Flatcar #370.

Rudolph collected many antique locomotives and equipment during the 1960s and stored them at his ranch east of Willits, where he had plans to build a loop track on his property and operate the locomotives. However, the plan never came to fruition and, instead of continuing to keep them in "rustic storage" on their property, the Rudolphs sold off many of the items in the early 1990s.

In 1993, Rudolph passed away, and more items were sold from his collection, including the Bluestone Mining and Smelting Heisler #1 and the Folsom Prison Alco #1. A Eureka man, Rogan Coombs, purchased the Bluestone, and a Clarksburg man, Bob Kirtland, purchased the Folsom Prison locomotive.

Having always kept his eye on these last two trains from the Rudolph collection, Roots member Chris Baldo eventually convinced Coombs to sell him the Bluestone and, in 2004, the third engine was reunited with the first two Rudolph engines at the Roots yard.

The fourth train proved more elusive.

Over the years, Baldo had made several attempts to acquire the fourth train from Kirtland, but all were unsuccessful. Clarksburg's proximity to the nearby Folsom Prison and Johnny Cash's hit song "Folsom Prison Blues" had made the locomotive "iconic and untouchable."

"Bob Kirtland also operated Silverbend Farms, a family-oriented railroad and farm attraction at Clarksburg," explained Baldo. "It featured train rides on a two-and-a-half mile loop railroad, seasonal activities such as a pumpkin patch and Christmas Tree Farm, a root beer tavern, train robberies.... He primarily used some of his other trains to pull an assemblage of cabooses and open riding cars, and the Folsom Prison #1 went into the Silverbend shop where a restoration project started."

A glimmer of hope came, however, in the fall of 2013 when Kirtland came to Willits in September to help operate the International TD-24 at the annual Roots Steam Up and Festival. It was then that "earnest discussions" regarding the locomotive's purchase started, and the wish to reunite the four engines became a real possibility.

In November of that year, Baldo traveled to Kirtland's Silverbend Farms to look at the Folsom Prison #1. Just two months later, on January 10, 2014, an agreement was made, and Baldo was able to purchase the fourth and final train in the original Rudolph group.

On Wednesday, April 16, several members of the Roots crew and a handful of National Geographic TV camera and sound guys headed down to pick up and bring home the Folsom Prison #1, and on Thursday, April 17, it was unloaded at the Roots yard. The next day, the Roots group did their steam-up for the cameras, and were able to showcase their amazing efforts to restore and preserve the railroad history of Willits and of California.

One way for the public to honor the Roots crew's efforts is to purchase one of their new logo T-shirts. Roots volunteer Michael Hammang of Dragonfly Natural Power resurrected the first two Roots logos – but in two-color printing this time. Selling the shirts is one of the ways Roots can keep its steam ups and train rides free to the general public. Each design is available in three colors: black, blue and pink. Sizes range from youth large to 2X in black and blue, and up to 1X in pink. To buy a T-shirt, call Hammang at 707-354-1918.

The rest of  
**Dandelions**  
From Page 10

Stir well, pour over the greens until well-drenched, and mix in. Cover the bowl and refrigerate overnight. Serve cold on a cracker, add to salad, etc.

The bright yellow dandelion flowers are the highest plant source of lecithin, a nutrient that is important to heart and brain health. Pick the just-opened flowers, pull off the yellow petals, and add fresh to salads and other dishes.

You can make a dandelion flower-infused salad oil by filling a jar with the whole flower heads. Cover with olive oil (leaving no more than a half-inch head space in the jar), and stir. Then put on the lid, put the jar in a paper bag, and place the jar on a sunny windowsill. (A saucer under the bag is

a good idea.)

This same oil can be made with a lighter oil, such as almond oil or grapeseed oil, and used as a massage oil for stressed, tired muscles. Leave the bagged jar on the windowsill for about a week, shaking it occasionally. Then strain out the plant matter and store the oil in the refrigerator until you are ready to use it.

One caution: Be sure to harvest dandelions away from roads or from lawns or gardens that have been sprayed or chemically fertilized.

[This information is not intended to diagnose, prescribe or replace the advice of a qualified health professional.]

Donna d'Terra is a Willits area herbalist who has been teaching herb classes for 25 years.

The rest of  
**Quarry**  
From Page 1

Wallace.

Fourth District Supervisor Dan Gjerde asked applicants if their vested rights claim was approved, would NAI still make improvements to Highway 101 agreed to make in the 2012 EIR?

Third District Supervisor John Pinches told the board NAI would certainly make the changes to Highway 101 it had committed to make. "Of course, they are going to do that work," Pinches said. "They already got the equipment out there and that work has already started."

But Wallace contradicted Pinches, telling both Gjerde and Pinches the agreements and provisions of the EIR were a separate issue which the vested rights claim would supercede.

Gustavson again agreed with Wallace. "The county can't put any conditions on a vested rights claim," he said.

Project applicants Frank Dutra and Randy Lucchetti were in the audience, but did not address these questions from the supervisors.

According to Wallace, both the California Public Resources Code and the Mendocino County Code provide that if surface mining operations had been "diligently commenced" before January 1, 1976, and if landowners or managers there had "incurred substantial liabilities for work and materials necessary for mining" prior to that date, then "vested rights" exist, and subsequent laws and regulations governing mining operations in California do not apply to that particular mine.

According to Wallace, the quarry has been in operation since 1929. She noted she had received a statement from Willits contractor Bud Garman to the effect that his father had told him he had worked on a quarry at the site in 1936. She said she had found evidence that rock from Harris Quarry had been used on a state road project in 1946, and on the CDF station at Howard Forest in the 1950s. She also said she had seen state drawings of the area from 1953 that showed a quarry there.

Wallace said NAI co-owner Frank Dutra had told her he had been to the site in 1968 and it was an active quarry then, and Garman told her he operated the quarry and paid royalties there in the 1970s. She added Willits contractor Wayne Waters had told her he bought rock there for state road projects in the mid- to late 1970s.

Some of Wallace's statements were contradicted by a statement from Ridgewood Ranch resident Tracy Livingston, read by Bob Whitney. Livingston's letter said the quarry had been owned from 1962 to 1983 by the Church of the Golden Rule and no mining operations had taken place during that time.

"While church members occasionally removed rock from an existing burrow pit at the Harris Quarry for use on roads on their property, the church did not expand mining beyond the existing burrow pit and never intended to expand mining or processing on the Harris Quarry. This is because the church never operated [and had no interest in operating] a commercial mining or processing operation on the Harris Quarry," Livingston said.

Attorney Matthew Kiedrowski, who specializes in land use law for Mendocino County, told the board he had several questions about vested rights law, and asked the board to give him time to do some research. Kiedrowski requested the board take up the question again on May 20, and supervisors voted unanimously to do so.

## Join Us for Dessert with a Doc

As a gastroenterologist Dr. Hermens specializes in caring for and treating digestive disorders and diseases, and enjoys seeing patients throughout the vast spectrum of care. He has a passion for improving his patients' quality of life. Here's what you will learn at this FREE event:

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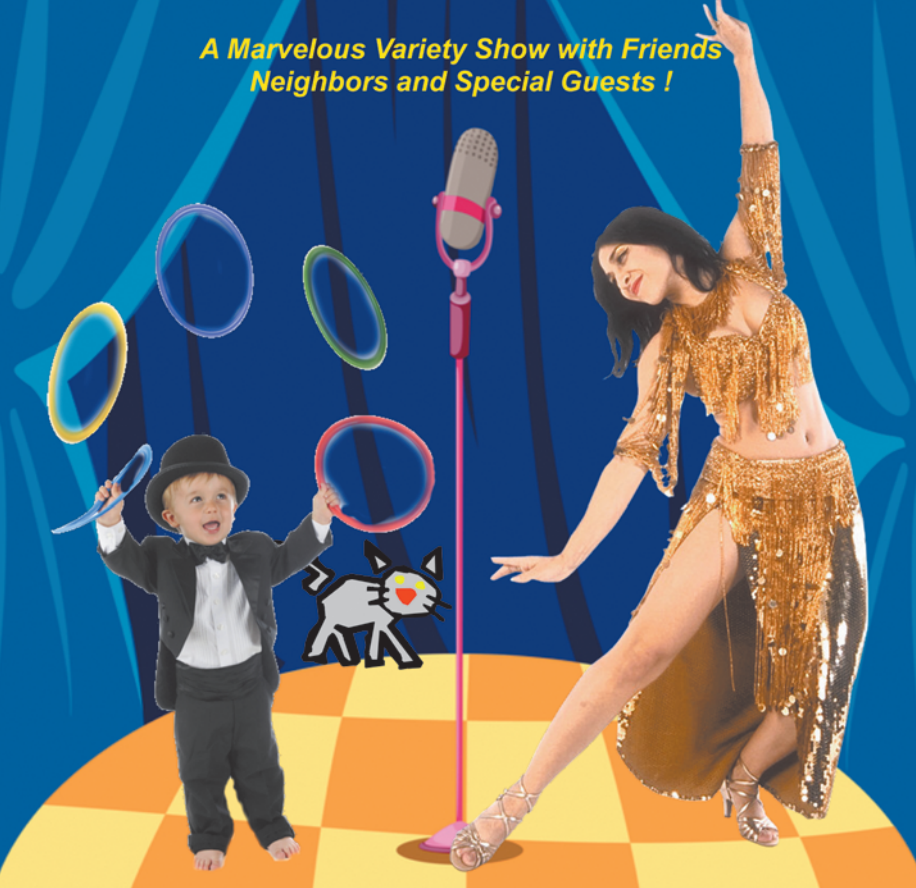
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Above: Calayan Knight and her rescue horse, Comanche.

Photo by Maureen Moore

## Third for the 2014 Title

Calayan Knight runs for Willits Frontier Days Sweetheart contest

Calayan Knight, 18, is the third contestant to try for the title of 2014 Willits Frontier Days Sweetheart. She moved to Willits when she was just 4 and is excited to have the experience of running for Sweetheart in her home community. Calayan graduated from high school early through the New Horizons Independent Study program and is now working at Sparetime Supply and doing some volunteer work, too.

Coming from an English riding background, Calayan was inspired by watching friend and reigning 2013 Sweetheart Lilja Lamkin and her path to success last year. "I thought, if Lil can do it, so can I!" Calayan explained.

In addition to her English riding, Calayan also did endurance riding in the past: it's a form of timed speed trail riding along courses with obstacles on expansive outdoor tracks. She also started riding Western with local instructor Elaine Mancini and enjoyed showing and competing over the years in local events. She also volunteers with the TRAIL program, where she assists program director Erin Livingston with everything from grooming to side walking to cleaning stalls and leading riders.

Currently, Calayan is riding her rescue horse, Comanche, a 10-year-old gelding appendix, a mix of quarter horse and thoroughbred. "He sure got the long body and long legs!" she laughed.

After the May 1 start date, Calayan and the other contestants are able to start selling tickets to all the Willits Frontier Days events. She can be reached by phone at 841-6343 or by emailing calayansweetheartcontestant.14@gmail.com.

— Maureen Moore

## Congratulations Column



Singer  
Sarah Hughes

Congratulations to singer/songwriter Sarah Hughes, 2005 WHS graduate, who released her first CD, "Jumping off from Here," this week with her band, I Say Yes. The CD release party will be May 9 at the Ritual Café in Des Moines, Iowa. Sarah was born and raised in Willits. Info: [www.isayyes.bandcamp.com](http://www.isayyes.bandcamp.com) or [www.facebook.com/isayyesmusic](http://www.facebook.com/isayyesmusic).

# m•pho•tog•ra•phress

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