

Willits Weekly

Online & Print



EST. 2013

A Nostalgic & Modern Record of Community and Life in Willits

Donations Accepted Edition No. 400

Thursday, April 29, 2021

MCSO finds 2 bodies, makes arrest in missing persons case

By Capt. Gregory L. Van Patten for MCSO

On April 27, Mendocino County Sheriff's Office detectives located the deceased bodies of two unidentified persons in connection with an ongoing active missing persons investigation associated with a marijuana/cannabis growing operation in the 20000 block of Timber Road in Willits.

Later that day, detectives arrested Christopher Wayne Gamble, 46, of Willits at the Mendocino County Jail, on the following

Read the rest of **Arrest** Over on Page 4

Mendocino County moves into the state's yellow COVID tier

Submitted by Mendocino County Public Health Department

Mendocino County Public Health was alerted by the State of California Department of Public Health that our county has officially entered the Minimal (yellow) tier. Moving from the Moderate (orange) tier to the Minimal (yellow) tier and lowest risk category allows most indoor operations to resume in Mendocino County, effective April 28, 2020.

While the decrease in COVID-19 cases in Mendocino County is

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

Covelo man sentenced in 2019 arson attack

Submitted by Mendocino County District Attorney

Derek Steven McCormack, 31, of Covelo, was sentenced Tuesday to state prison for arson on the home of a Potter Valley family in August 2019.

McCormack in August of last year was convicted by plea in Mendocino County Superior Court of having committed arson of an inhabited residence, a felony. The defendant also admitted as true that the arson was perpetrated during a declared fire state of emergency, a sentencing enhancement.

Read the rest of **Arson** Over on Page 4



Above, left: Noyo Theatre's Blare Elliott holds up one of the individual jars of "Hippy Dust" – also known as brewer's yeast - that will be available to customers when the theater reopens. Above, right: Jeremy Roberts smiles and waves from behind the ticket counter where happy attendees will once again be able to purchase tickets to go see the movies starting this coming Tuesday, May 4. Below: The three returning Noyo employees, Jeremy Roberts, left, Blare Elliott, and Jacob King, right, are excited to be back in the theater and have tickets ready for everyone who wants to return to see the show.



Photos by Maureen Jennison

They've got the ticket ... for you!

Noyo Theatre opens doors Tuesday, May 4 with historic film and current blockbuster

Employees and movie buffs alike, everyone is excited for a return to the theater and this Tuesday, May 4 is the first chance to do just that since the pandemic closed the Noyo Theatre's doors last year.

"We'll be showing "Dark Command," directed by Raoul Walsh and starring John Wayne, Walter Pidgeon, Claire Trevor and Roy Rogers, for one week starting Tuesday, May 4 through Sunday, May 9 and again on Thursday, May 13," explained Lois Hoover, co-owner of the Noyo Theatre. "It was the first

movie shown at the Noyo on opening day on May 4, 1940. Admission will be on a donation basis – pay what you can. My husband, Jeff, has also put together some cool old newsreels from 1940 to show before the movie." 2021's "Godzilla vs Kong" will run for three weeks, May 7 through 27, with "Raya and the Last Dragon" starting May 14 and running for two weeks.

If you just can't wait until Tuesday, there's a bit of a

Read the rest of **Movies** Over on Page 9

Below, left: Noyo owners Jeff and Lois Hoover have the golden ticket for the Noyo and are excited to see everyone back in the theater next week. Below, right: Jacob King makes sure the "Dark Command" poster is hanging just right in the front of the display box.



Raindrops on windshields, and lilacs with foliage

Even with a larger predicted storm last weekend, the Willits area did get to enjoy a quick spring sprinkle Sunday morning. Unfortunately, the rainfall did little to make a dent in the drought situation we're facing this very dry year. Maybe more unexpected rain will come our way in May.

– Maureen Jennison



Supes vote to advance 10% pot expansion

Forrest Glyer Reporter willitsweekly@gmail.com

On Tuesday the Mendocino County Board of Supervisors approved, with a 4-1 vote, to move a draft of the new Chapter 22.18 "Commercial Cannabis Activity Land Use Development Ordinance" forward, pushing the county one step closer to starting "Phase 3" applications.

Due to changes put in place by the board, the draft ordinance and board directions will be passed back to the Mendocino County Planning Commission for another public meeting on the matter, before it will come back before the supervisors for further review and another vote.

Third District Supervisor John Haschak was the only one who voted no, saying he was "absolutely against" an increase on outdoor cultivation to 10 percent of parcel size, even if just restricted to Agricultural and limited Rangeland zones as the current draft of the ordinance allows.

The meeting followed an initial long day of discussion of the ordinance on April 19, and Tuesday was another all-day affair spanning more

Read more of **Expansion** Over on Page 9

Willits Rotary helps 10 locals to pay off student loans

Jenny Senter Features Writer willitsweekly@gmail.com

Student debt has been a growing concern for our nation, as well as our community, for a number of years. But thanks to a new assistance program started by the Willits Rotary Club, help is on the way for 10 members of the Willits community still grappling with student loan debt.

Statistics nationally show that nearly half of college students who graduated in 2020 have student debt, with an average of \$37,500 per graduate.

A Willits Rotarian read about this issue and wondered how it was affecting the Willits community. He became concerned that the issue could make it more difficult for our community to retain qualified employees in important job sectors. He approached the members of Willits Rotary Club to see if there was interest in creating a project to support

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

What do YOU think?

Opinions, thoughts and thank you letters from our readers

Max Meyer does not agree with Max Meyers

To the Editor:
This letter is in response to the letter written by Max Meyers in the April 22 edition of Willits Weekly. I have received several phone calls about this letter, which I did not write and do not agree with.

My name is Max Meyer. I have lived in Mendocino County since 1939. I was involved in or associated with the lumber industry my entire working career. We still have a lumber industry in this county which employs people with good-paying jobs.

My understanding is that Jackson Demonstration State Forest was set up for good logging practices and sustained forestry.

The biggest environmental problem in the county now is the pollution and environmental degradation caused by illegal marijuana grows. I wish environmentalists would focus on this.

Max Meyer, Willits

Quantum Level Health Open House

To the Editor:

Hello everyone, we are inviting you to come to an Open House on May 1 from 11 to 2 pm, at Quantum Level Health, in the Little Lake Grange in Willits, 291 School Street, room 4.

I am looking forward to seeing you, and introducing you to the studio under its new name, "Quantum Level Health," and to my two fellow natural healthcare practitioners Earlene Gleisner and Rosa Pena. After many beautiful years of collaboration with Michelle Champion, I am restructuring, since Michelle moved to Lakeport.

We would like to see you, physically distanced, at our "Meet and Greet Open House." Mask-wearing will be required, and we have certain limits with occupancy, but we would like to mark these new beginnings. Please come say hello, bring your questions! You can call for more info: 707-371-6103. See you there!

Quantum Level Health is your central natural healthcare studio, at the Little Lake Grange; all services are by appointment only, including telehealth appointments. I will continue to offer specials for local services.

Claudia Wenning, Willits

Cannabis Program Information Session April 27

From the County of Mendocino Cannabis Program

The County of Mendocino Cannabis Program will be holding an informational session for the public on Thursday, April 27, from 3:30 to 5 pm. We will be covering the following topics:

- Communications with MCP
- Application Resubmittals
- Appendix G Checklist
- Sensitive Species Habitat Review & Contiguous Expansion Affidavit
- Compliance & Correction Notices.

To join via Zoom please use the following link: <https://mendocinocounty.zoom.us/j/81839117937>

Blue Zones Project meeting May 3

From Adventist Health Howard Memorial

Adventist Health Howard Memorial invites you to learn more about a potential Blue Zones Project in Mendocino County. Blue Zones Project is a community well-being initiative designed to unite our worksites, grocery stores, restaurants, schools, city leaders, and residents toward one common goal: making healthy choices easier.

Join us on Monday, May 3 at 4 pm to hear national speaker, Nick Buettner, share the history of Blue Zones and how the research of the world's longest-lived cultures is creating a blueprint for well-being across North America. Other opportunities to learn more and contribute your ideas and input are available from May 4 through May 7. Visit go.bluezonesproject.com/mendocinocounty to learn more and RSVP. All events are virtual.

CalFire helicopter training underway

Submitted by CalFire Mendocino Unit

The Department of Forestry and Fire Protection Mendocino Unit will be conducting Basic Helicopter Operations and Safety and Air Rescue training in the areas of Lake Mendocino and Ridgewood Ranch. Training will be conducted periodically between the dates of April 26 and August 1, 2021.

The aircraft will be training in the Lake Mendocino, Ukiah Valley, and Ridgewood Ranch (Golden Rule) and surrounding areas, at various days and times of the day.

This training for CalFire MEU Helicopter 101 firefighters will include a combination of classroom training and operational exercise with a focus on safety. They will learn and practice the skills needed to work specifically as a firefighter assigned to a helicopter.

CalFire will be conducting this training with the cooperation of the U.S. Army Corps of Engineers. Every effort will be made to not impact the public's use of Lake Mendocino, the trails around the lake, or any impacts to nearby residences. All water pulled from the lake for training will be dropped back in due to low water levels.

The training will be conducted under very tight restrictions for the personal safety of firefighters and area residents. CalFire reminds all residents that their safety is of the utmost concern. To learn more about CalFire aircraft visit: <https://www.fire.ca.gov/programs/fireprotection/aviation-program/> and view the CalFire Firefighting Aircraft Recognition Guide: <https://www.fire.ca.gov/media/4950/aviation-guide-2019-access.pdf>

For more information about how you and your family can prepare for wildfire visit www.ReadyForWildfire.org.



Cannabis Culture Emerald City Museum explains how marijuana has shaped the history of the region

The modern history of Little Lake Valley is inextricably tied to the cannabis culture and industry. This was very much in evidence at the recent opening of the Emerald City Museum. The museum is dedicated to the preservation and understanding of the manner in which the plant has played a part in shaping the ethos of the city of Willits, and of the Emerald Triangle: Mendocino, Humboldt and Trinity counties.

Richard "RJ" Jergenson, along with other archivists, artists, manufacturers, attorneys, and well-known cannabis activists, have created a wonderland of memories and exhibits, which can be viewed on Saturdays and Sundays, 1 to 5 pm. The Emerald City Museum is located in the old Rexall store at 90 South Main Street. The space was donated by local entrepreneurs Pete Swanton and Steve Marsden of Shanachie Pub and Flying Dog Pizza. It will be set up until the end of June, and then hopefully travel to various locations and act as a catalyst for the understanding of the history of the region and its relationship to cannabis.

"I've been working on this for about 50 years," explained Jergenson. "I came of age in the '60s. The late '60s was a very exciting, turbulent time. Everything seemed to be kind of exploding on the scene. Our country was involved in a very unpopular war, the Vietnam Conflict. If you weren't in college or university, you stood the chance of getting drafted and becoming cannon fodder."

"I was one of the lucky ones," he said. "When my lottery number was drawn, it was 365, the last one. I dropped out of a local college. I wanted to have some experiences first before settling into learning a vocation."

A soft opening on April 18 was for invited guests and included a talk from legendary

Read the rest of **Museum** Over on Page 10



At left: Invited guests listen to a speaker at the Sunday opening of the Emerald City Museum. Above, left: Cannabis icon Pebbles Trippet introduces crusading attorney Ed Denson. Above, right: Author Wendy Reed reads from one of her soon-to-be-published works.



Above: Richard Jergenson, Pebbles Trippet, and Mickey the Clown are friends of many years. Below, left: Laura Muzzy, a worker at Proto Pipe, lets people know that they are having their 50th anniversary. Below, right: Swami attends the opening on Tuesday to support Amy Fisher.



At left: Some of the art by Lilianna Susskind is on display. Below, left: Mosaic artist Elizabeth Raybee shows two of her creations. Below: A recreation of a typical hippie crash pad is set up inside the museum.

Photos by Mathew Caine



Do you want to submit a letter to the editor?

It's easy.

We print letters from residents of the 3rd District!

just email us yours: willitsweekly@gmail.com

Questions: 707-459-2633

The Rules: **LETTERS**

Letters & Commentaries: Email letters to willitsweekly@gmail.com. Letters focusing on Willits and Third District issues, activities, events and people have priority. Willits Weekly prints letters from residents of Willits and the Third District only. To encourage a variety of voices, Willits Weekly limits letter publication from any one writer to once every four weeks.

Typed letters can be sent to Willits Weekly, P.O. Box 1698, Willits, CA 95490, but email is preferred. Letters and commentaries must be submitted with a name, address and phone number, although only the author's name and city of residence will be published. No letters from an anonymous source will be published, although a request to withhold the writer's name will be considered.

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Willits Weekly's Puzzle Page

Sudoku, Word Search & Crossword

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



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!

POPCORN WORD SEARCH

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

- | | | | |
|------------|-----------|---------|---------|
| BAG | EXPLODE | MOVIE | SALT |
| BALL | FAIR | OIL | SNACKS |
| BUTTERY | FLUFFY | PAN | SPICES |
| CARAMEL | KERNELS | POPCORN | STEAM |
| COB | KETTLE | POPPER | STORAGE |
| CONCESSION | MICROWAVE | POT | STRINGS |

	1	2	3	4	5	6	7	8	9				
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48					49						50		
51											52		
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- CLUES ACROSS**
- Hair care product
 - Looped
 - It's present in all living cells
 - Choose
 - South Dakota
 - Cash machine
 - Of the pia mater
 - Ancient Egyptian documents
 - Layers at the back of the eyeballs
 - Not perceived
 - Look over
 - Improve a tire
 - Time zone
 - Main branch of Islam
 - Bark of the mulberry tree
 - Sea eagles
 - Records heart muscle activity (abbr.)
 - Famed Hollywood producer
 - Yuck!
 - Reject outright and bluntly
 - 500, car race
- CLUES DOWN**
- More cloudy
 - Main course
 - Protect with plastic
 - Equally
 - Rebuked
 - Friend to a salesman
 - Warms up
 - Overshadow
 - Interior lineman in football
 - San Antonio hoopster
 - Comedian Cook
 - Time zone
 - First PM of India
 - Performing perfectly
 - A way to hide
 - Former NBA commissioner
 - Peter's last name
 - Outlying suburb of London
 - Used to cut steak
 - Deep inlets
 - Type of tree
 - Done openly and unashamedly
 - Indigenous person of N. Africa
 - Confessed openly
 - A way to separate with an instrument
 - Influential journalist
 - Tarbell
 - Manning and Roth are two
 - One who cares for horses in India
 - Something to believe in
 - Form of 'to be'
 - Atomic #73

WILLITS POLICE DEPARTMENT POLICE LOG

April 19 to April 25
By Danya Davis, Willits Weekly

The officers of the Willits Police Department handled **185 incidents** in this seven-day reporting period.

Summary of Active Investigations and Arrests

April 19
 12:39 am: Officers responded to a disturbance in the 1700 block of South Main Street.
 3:44 pm: Officers responded to a report of illegal camping in the 100 block of North Main Street.
 4:47 pm: Officers responded to a report of illegal camping near the intersection of East Van Lane and South Main Street and issued a warning.

9:25 pm: Officers responded to a report of a suspicious vehicle in the 300 block of Robert Drive.

April 20
 2:07 am: Officers responded to a disturbance in the 800 block of South Main Street.

11:43 am: Officers responded to a domestic disturbance in the 1600 block of South Main Street.

4:13 pm: Officers responded to a report of illegal camping in the 1700 block of South Main Street and issued a warning.

4:52 pm: Officers responded to a report of trespassing near the intersection of Muir Lane and West Van Lane and issued a warning.

6:00 pm: Officers responded to a report of an unwanted subject in the 800 block of South Main Street.

6:32 pm: Officers initiated a theft investigation in the 200 block of Pine Street.

7:25 pm: Officers initiated a missing person investigation in the 300 block of Creekside Drive.

9:36 pm: Officers responded to a report of illegal camping in the 300 block of South Main Street.

April 21
 10:03 am: Officers responded to a report of suspicious activity in the 200 block of South Main Street.

12:35 pm: Officers initiated a missing person investigation in the 100 block of South Street.

9:13 pm: Officers responded to a report of illegal camping in the 200 block of Shell Lane.

April 22
 10:09 am: Officers initiated a vehicle theft investigation in the 300 block of North Lenore Avenue.

11:17 am: Officers responded to a report of a sexual assault in the 100 block of East Oak Street.

8:45 pm: FRANKS, William Eugene (20) of Redwood Valley was contacted in the 1400 block of South Main Street. He was arrested pursuant to 647 (F) PC (Public Intoxication) and on misdemeanor charges of disorderly conduct (alcohol).

9:50 pm: Officers responded to a disturbance in the 1700 block of South Main Street.

April 23
 12:01 pm: Officers responded to a report of suspicious activity near the intersection of Railroad Avenue and Barbara Lane.

5:27 pm: LOOMIS, Wendy Dee (57) of Fort Bragg was contacted in the 1600 block of South Main Street. She was arrested pursuant to 647 (F) PC (Public Intoxication) and on misdemeanor charges of disorderly conduct (alcohol).

April 24
 12:31 am: Officers responded to a report of a suspicious person in the 100 block of Franklin Avenue.

4:38 pm: Officers responded to a report of vandalism in the 300 block of Creekside Drive.

10:21 pm: Officers responded to a disturbance in the 200 block of Pine Street.

10:51 pm: Officers responded to a disturbance near the intersection of Pepperwood Way and Highway 20.

11:27 pm: Officers responded to a disturbance near the intersection of Madden Lane and East Mendocino Avenue.

April 25
 12:43 am: Officers responded to a report of a suspicious vehicle in the 100 block of East Commercial Street.

2:22 am: Officers responded to a disturbance in the 22000 block of Pepperwood Way.

12:55 pm: Officers responded to a report of suspicious activity in the 100 block of West Van Lane.

4:19 pm: Officers responded to a report of suspicious activity in the 800 block of South Main Street.

5:32 pm: Officers initiated a hit-and-run vehicle collision investigation in the 1700 block of South Main Street.

9:01 pm: Officers responded to a disturbance in the 300 block of Robert Drive and issued a warning.

9:06 pm: Officers responded to a report of a suspicious vehicle in the 1700 block of South Main Street.

The rest of Arrest

charges in connection with the discovery:

187(a) PC - Murder
 12022.53(d) PC - Use of firearm during serious felony

Gamble was previously arrested on April 25 in association with this investigation and booked into the Mendocino County Jail on the following charges:

166.4 PC - Misdemeanor Arrest Warrant for court order violation
 853.7 PC - Misdemeanor Arrest Warrant for failure to appear in court

When further information becomes available for release it will be disseminated by a subsequent Sheriff's Office press release.

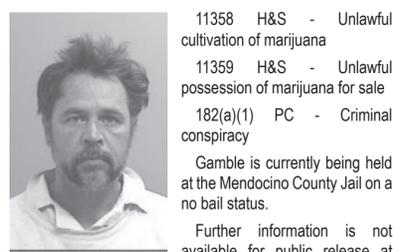
The rest of Arson

Judge Keith Faulder denied McCormack's bid for a sentence of supervised probation after having reviewed the Probation Department's background study and sentencing recommendation, which recommended a state-prison commitment be imposed.

The court also received a state-prison recommendation following a diagnostic review by the staff at the California Department of Corrections and Rehabilitation. The focus was on whether the defendant posed an unreasonable threat and danger to the community on evaluation.

McCormack was sentenced to 108 months in the state penitentiary, the maximum allowed by law.

Because arson of an inhabited dwelling is characterized as a violent felony in the



Christopher Gamble, 46, of Willits.

11358 H&S - Unlawful cultivation of marijuana

11359 H&S - Unlawful possession of marijuana for sale

182(a)(1) PC - Criminal conspiracy

Gamble is currently being held at the Mendocino County Jail on a no bail status.

Further information is not available for public release at this time because this remains an active ongoing investigation.

When further information becomes available for release it will be disseminated by a subsequent Sheriff's Office press release.



Above, from left: Each Sober Grad Drive-Thru dinner comes with a stunning rose from Flowers by Annette. The tri tips are cooked and ready to go. Tasty-looking salads with dressing provided by The Peg House.



At far left: The production line is set up inside the new barn at the Ag Farm.
 At left: Willits Police Chief Fabian Lizarraaga presents Sober Grad President Davina Sentak with a check for \$2,000 from the department.

Below: Volunteers construct the salads from components donated by Safeway.

Photos by Mathew Caine

Sober Grad Drive-Thru

Tri tip dinner raises \$8,800 to make sure graduating seniors have an amazing and safe celebration

The show goes on. Sober Grad, the life-saving alternative party for graduating seniors, will be happening this year, barring any unforeseen circumstances. June 11, at 9 pm, the seniors will converge on the grounds of the Agriculture Farm, behind Willits High School, to party the night away, this year until 1 am, in a sober and fun night full of games and prizes. Of course, all outdoor protocols will be observed to provide a safe outlet for the seniors to say goodbye without alcohol.

In order to obtain the money to fund this annual venture, the Sober Grad parents, board of directors, and students staged one of their well-received tri tip drive-thru dinners, netting approximately \$8,800, more than in the past due to the generous amount of donations from the local merchants.

As usual, the dinner consisted of enough food for a family of four: a sizable tri tip, salad, baked potatoes, rolls, cookie, and a rose. This year, Safeway provided the salads in pre-mixed, pre-washed bags, so the crew had only to add tomatoes and garbanzo beans. The Loose Caboose donated the containers for the salads. The salad dressing came from The Peg House of Leggett. Emandal - A Farm on a River, as usual, baked over 200 loaves of their delicious bread. Kay Moen, parent of a graduating senior, donated all the cookies. The roses were from Flowers by Annette. The Sheriff's Department gifted Sober Grad with the foil, the butter, and sour cream. Fabian Lizarraaga, Willits police chief, brought a check for \$2,000 to support the organization.

This year, 210 dinners-for-four were sold through the efforts of Linda Matz, of Cat's Meow, who also took on the responsibility of calling those on the waiting list in the case that someone did not show up for their dinners.

As life inches back to "normal" for the town of Willits, people are beginning to emerge from their COVID-induced solitude and are getting back to the pleasurable business of helping one another to create a friendlier, safer, and more fun environment for its citizens. The Sober Grad party is one of the biggest and best of these efforts. It is good to see it happening in person once again.

To find out more about Sober Grad, visit www.facebook.com/Willits-Sober-Grad.

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Photos by Mathew Caine



Above, from left: Beth Riedel talks about the identification and preparation of herbs found in the Par Course. Fetid adder's tongue is for wound healing and skin ulcers. Female horsetail can be used for healthy hair, fingernails and bones. At right: Beth Riedel explains the identification and use of one of the plants at the Par Course.



At top: Water cress is good for use in salads.

Above: Western colt's foot is good for coughs, asthma, and lung congestion.

Below: Manzanita can be chewed as a treatment for stomach ache and cramps, or for colds and diarrhea.



Above, from left: Six fish on stands by Robert Rhoades. "Afghan Princess" by Robert Rhoades. "Poseidon" by Robert Rhoades. Below, from left: "Wild Azaleas" by Sandy Strong. "Swallowtail Butterfly" by Sandy Strong.

Herb Walk

Learn the many benefits of consuming wild herbs while exploring local trails with expert Beth Riedel

Mathew Caine
Features Writer
mathew@willitsweekly.com

"I've been teaching and leading herb walks since 1985," explained Riedel. "I still have much to learn about. There are plants I don't know and plants I only know a little about and don't use much, but I can sort of tell how to use them, but you only need so many plants in your life. Most of the weeds that we hate are useful herbally. I once took an integrated pest-management class at Santa Rosa Junior College. I was supposed to learn 50 'hated weeds.' At least 35 to 40 of them were medicinal for liver and kidneys and others. I was a pest in that class.

"Science tends to take plants apart and go for specific constituents in them," said Riedel. "Valerian contains valeric acid, which does nothing by itself, but if used herbally, it is useful as a sedative and helps with pain. Sometimes, I get excited because science has found out that a plant is actually useful. Some plants are toxic but in minuscule doses can be useful. Plants also have energy. I get a lot of information from other herbalists."

The walk on Saturday, April 24, took place at the Par Course in Brooktrails, an easy one-mile loop through the redwoods, tan oaks and madrones, with tons of green plants that normally rest unnoticed by the hikers and bikers that frequent the trail.

Riedel, though an expert on the use and identification of herbs and other beneficial plants, is not opposed to "normal" Western medicine. "I'm not saying that I don't like allopathic (modern Western) medicine," she assured, "because war medicine is one of the best things we have. They can do wonderful things, but also there are things that herbs can do that they can't. What makes the difference is the quality of the practitioner, their knowledge, their experience, their understanding of the workings of the body. Herbalists also specialize in different things."

Riedel explained that "way back when, within 60 feet of your backyard was everything that you needed." Historically, herbalists have either been considered the healers or have been reviled as anti-church, even burned as witches. According to Riedel, much of the ancient knowledge of herbs was destroyed when the library at Alexandria burned.

There are many ways to prepare herbs for use as medicines or salves.

Some herbs are used as a tea and prepared as such. Some are made by a process of "decoction," when you take an herb, usually a thick leaf, such as a manzanita leaf, or a root or a bark," explained Riedel. "You put the herb in cold water in a pot that's stainless steel or Pyrex or enamel, cover it and bring it to a slight simmer for 30 to 40 minutes. Then you strain off the herb and the liquid is your decoction. For an infusion or a regular tea, because it's an herbal tea and you want to get all the qualities from it, you bring water to a boil, especially for things like rose hips. You pour the water over it just like you would a normal tea and then cover it to preserve the aromatic qualities."

No matter how they are processed, many plants found in the area have qualities which create many benefits for people, other than the aesthetic beauty of the natural growth. Bark from redwoods and madrones can be used in decoctions for their aromatic and soothing qualities.

Walking up the trail, the group encountered such plants as miner's lettuce, which can be utilized in salads; poison oak, which, although one needs to avoid touching the plant, is "good for people who have trouble keeping boundaries, people who can't say 'no' to others," horsetail, which has male and female genders and is good for hair growth, fingernails, bones and osteoporosis in their young states.

Dock leaves can be steamed or used with other greens in salads to help the body absorb and reuse iron. Dock roots "are good for people who are anemic and for fat digestion. I use it if I'm going to eat fatty foods or meats." Tan oak can be used to seal up oozing wounds. California wild ginger works with the digestion and is "good for hot, dry bronchial problems and head colds."

Cleaver is a lymphatic cleanser and can be used for swollen glands. Dandelion is "one of the best liver cleansers. Very gentle. Can be used in small doses for kidney problems and hepatitis." California bay leaves have several uses; they're "good for drawing out poisons like in bee stings. Put them under where pets sleep, for flea eradication or as a flea wash. Good for headaches when used as a tea. Put in a porous bag in the bath for sore muscles or arthritis."

These are just a few of the beneficial plants that can be found, just in one section in Brooktrails. There are many more that can be identified and utilized, plants that most people might not even give a second glance to. It takes knowledge and the desire to learn. Riedel, with her years of experience and experimentation, is able to impart much of this knowledge to her students on her herb walks. Two more walks are scheduled for this year: Sunday, May 23 and Saturday, June 5, 10 am to 12 pm. Call 459-1810 for more info.

SPIRITUAL PATHWAYS

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Father Aaron Bandanadam
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Confessions by appointment:
459-2252
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10:30 a.m. Spanish
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St. John Lutheran Church

Karl Bliese, Pastor
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following the service.
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Worship Service 3 p.m.
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If you want to be included in this column please call:
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BIKE MONTH MENDOCINO COUNTY MAY 2021

UKIAH

Fix a Flat! Bike Repair Clinics
Thursday, May 20, 5 - 6pm
Saturday, May 22, 1 - 3pm
*Meet at the NCO Parking Lot on N Main Street across from Jan Hayman Studio

Community Bike Rides
Earth Day Ride
Saturday April 24, 1:30 - 2:30pm
*Meet at the Rail Depot @ Perkins

Thursday, May 13, 5 - 6pm
*Meet at the fountain in front of Ukiah Civic Center, 300 Seminary Ave.

Bike from Work Day
Friday, May 21, 5 - 6pm
*Meet at the fountain in front of Ukiah Civic Center, 300 Seminary Ave.

Outreach Booth
City of Ukiah Bike and Pedestrian Plan
Community Input Booth
Saturday, May 8, 9am - 12pm
*Visit our booth at the Ukiah Farmers Market

Riders that are under 18 and in need of a helmet will be provided one following instruction on helmet fitting.

WILLITS

Fix a Flat: Bike Repair Clinic
Saturday, May 15, 11am - 12:30pm
*Meet at Willits City Park on E Commercial across from City Hall

Community Bike Ride
Saturday, May 1, 10am - 11am
*Meet at Willits City Park on E Commercial across from City Hall

Limited attendance for events. Please sign-up in advance: contact Sonja at Walk & Bike Mendocino: sburjal@ncinc.org or call 707-467-3217

WALK & BIKE MENDOCINO NCO NORTH COAST OPPORTUNITIES public health GO SAFELY CALIFORNIA City of Ukiah

Funding for this bicycle and pedestrian safety education program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.
MCCO Walk & Bike Mendocino supports the new CTS public awareness campaign, "Go Safely, California." To find out more about ways to go safely, visit: gosafelyca.org.

Playful Tigg

Tigg here loves to play. He is very social and wants to be friends with everyone. Tigg is playful with other cats and we think he would do well in a home with children and / or other cats. He is only 1 year old and is a neutered domestic short hair cat.



For more about Tigg or to see the Mendocino County Animal Shelter's canine and feline guests, and for information about services, programs, events and updates about COVID-19 and the inland shelter, located at 298 Plant Road in Ukiah, visit: www.mendoanimalshelter.com. For information about adoptions, please call 707-467-6453



Social Sheba

Life is all fun and games with Sheba! A happy, social girl with a wagging tail, Sheba weighs 80 pounds. She is affectionate, eager and friendly with everyone except chickens, cats, and other small animals, although she is fine with small dogs in the home. She has not met any children yet but she certainly seems like she would be fine with kids.

Sheba is playful and likes to play ball. She is athletic and fairly graceful. She needs a yard and would love a companion dog to spend time with if she is going to be alone, away from her people. Sheba does not love to be crated and will cry, whine or bark if she knows you are in the house.

To find out more about Sheba, who is currently living at the Milo Foundation Sanctuary in Willits, or to view other adoptable animals, visit www.milofoundation.org or the Milo Foundation Sanctuary Facebook page. The sanctuary is currently doing pet adoptions by appointment only due to COVID-19. Please complete a pet-adoption application before requesting an appointment. You can reach the Milo Foundation at 510-900-2275.

Spunky Chrissy

Have you met our chocolate sweetness that goes by the name of Chrissy? This girl is a spunky, sassy, outgoing ball of fun who is just 9 months old. She is dog-social and would love some friends who can keep up with her. She will for sure keep a smile on your face! She is also a little love bug who does not mind giving you some kisses while you give her a good pat down. Chrissy will be getting spayed soon then she will be ready to go to her forever home! Is that with you? You may apply to love Chrissy at www.mendohumanesociety.com.



The Humane Society for Inland Mendocino County, 9700 Uva Drive in Redwood Valley, is open Wednesday through Friday from 1 to 5 pm, and Saturday and Sunday from 11 am to 3 pm, by appointment only, for intakes, adoptions and fostering. For information or any questions, call 707-485-0123 or, for cats, you may email catteam@hsmc.org and, for dogs, you may email dogteam@hsmc.org. Visit www.petfinder.com or the "Humane Society for Mendocino County" page on Facebook to see available dogs and cats, visit www.mendohumanesociety.com to learn more.

Celebrate Bike Month

NCOs Walk & Bike Mendocino announces community bike rides and bike-repair clinics

Submitted by **Walk & Bike Mendocino**

To celebrate National Bike Month, NCOs Walk & Bike Mendocino will provide community bike rides and bike-repair clinics throughout the month of May. Community bike rides will include a short review on safe biking techniques and will be at least five miles long. Kids eight and up with on-road biking experience are welcome to join. Riders that are under 18 and in need of a helmet will be provided one, following instruction on helmet fitting.

"We are hosting these community bike rides to share safety tips when riding. That includes how to share the road with cars, how to cross intersections with high traffic volume, and address any other safety concerns that make it challenging for people to ride confidently and more often," said Sonja Bursal, program coordinator for NCOs Walk & Bike Mendocino.

Bike-repair clinics will teach participants how to fix a flat tire, also, safely lube and clean a chain. Participants are encouraged to sign up in advance for both rides and repair clinics as attendance is limited. Please contact Sonja Bursal to make a reservation: sbursal@ncoinc.org or call 707-467-3217.

Safety tips for drivers and bicyclists

Drivers should provide at least three feet of space when passing bicyclists, as required by law. Bicyclists must travel in the same direction of traffic and have the same requirements as any slow-moving vehicle. Parked drivers, opening a car door or pulling out of a parking space, should be on the lookout for bicyclists. Drivers should also yield to bicyclists at intersections and as directed by signs and signals. Drivers and bicyclists should avoid any distractions, like using their cell phone.

Bicyclists need to use lights from dusk to dawn, with a front white light and rear red-flashing light or reflectors, as well as wear a helmet. Wearing a helmet is required, by law for anyone under 18.

"I always recommend that bicyclists develop a habit (when riding on a street) to make eye contact with drivers. Especially when they are at an intersection that looks busy. Eye contact ensures that the driver's

attention is on the road and the bicyclists' safety," said Bursal.

Fix a Flat! Bike Repair Clinics

UKIAH: Thursday, May 20, 5 to 6 pm and Saturday, May 22, 1 to 3 pm "Meet at the NCO Parking Lot on North Main Street across from Jan Hoyman Studio

WILLITS: Saturday, May 15, 11 am to 12:30 pm "Meet at Willits City Park on East Commercial Street across from City Hall

Community Bike Rides

WILLITS: Saturday, May 1, 10 am to 11 am "Meet at Willits City Park on East Commercial Street across from City Hall

UKIAH: Community Bike Ride, Thursday, May 13, 5 to 6 pm "Meet at the fountain in front of Ukiah Civic Center, 300 Seminary Avenue

UKIAH: Bike from Work Day, Friday, May 21, 5 to 6 pm "Meet at the fountain in front of Ukiah Civic Center, 300 Seminary Avenue

Outreach booth:

UKIAH: City of Ukiah Bike and Pedestrian Plan Community Input Booth, Saturday, May 8, 9 am to 12 pm

Learn more about Walk & Bike Mendocino and potential updates to the bike and pedestrian plan and share your input.

Visit the Walk & Bike Mendocino booth at the Ukiah Farmers Market.

Funding for this bicycle and pedestrian safety education program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. NCOs Walk & Bike Mendocino supports the new OTS public awareness campaign, "Go Safely, California."

To find out more about ways to go safely, visit www.gosafelyca.org. NCO is the Community Action Agency that serves Lake and Mendocino Counties, as well as parts of Humboldt, Sonoma, Del Norte, and Solano counties. NCO reacts and adjusts to community needs, including disaster response and recovery. For more information, visit www.ncoinc.org or call (707) 467-3200.

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

young professionals in our community dealing with student debt.

He formed a Student Debt Assistance Program committee to join him in researching and implementing a project to address this issue. The members then did informal research of friends and family in the area and found many people who knew someone who was struggling to pay off their student loans. Further research showed the committee just how serious the problem of student debt is.

The committee decided to create a grant program targeting community members who have completed their education and are employed in healthcare, the school system, or technical careers, as well as first responders. Most importantly, potential applicants should show a commitment to staying in Willits and engaging with the community beyond their work requirements. In other words, people who understand one of Rotary's models: "Service above self."

To start off the project, an anonymous donor contributed \$10,000, and an application was created and posted online in mid-December 2020. By the time the application process closed, 20 applications had been received. The amount of debt for the 20 applicants was over \$1,200,000 or an average of over \$60,000. The committee was stunned and began to worry about how to choose which applicants to help when so many were in need.

After additional generous donations were received, the committee was able to choose 10 applicants that fit the criteria. To offset their loan payments, they will each be awarded with a monthly check of \$300 for one year.

The recipients, who will remain anonymous due to the sensitive nature of their situations, were notified that they would receive help from the Willits Rotary Club, beginning May 1, 2021. There are seven recipients employed in local education, one in healthcare, one in accounting, and one in career technology. Willits Rotary Club is proud to help to keep Willits the vibrant city we all love.

The Student Debt Assistance Program committee, which includes Ann Alumbaugh, Joe Bratt, Alexander Rich, Holly Madrigal, Alisha Rigano and Jenny Senter, realizes that there is a huge need in this community and plans to make this a yearly project. The committee is brainstorming ways to earn money for the future. If you would like to be a part of supporting this endeavor, donations are greatly appreciated. Checks should be made out and sent to Willits Rotary Club, P.O. Box 787, Willits, CA 95490. Please indicate this donation is for the Student Debt Assistance Program. Willits Rotary Club is an IRS 501(c) (3) charitable foundation.

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

welcome news, county Health Officer Dr. Andy Coren cautions there is a continued need to control this pandemic. The emergence of more viral variants here in California and increased transmission in other states could set us backwards if we do not continue to wear our masks in public settings and private gatherings, he explained. While certain events and gatherings can now reopen or expand capacity, it is important to continue to gather outdoors or in well-ventilated areas, whenever possible.

"Our high vaccination rates and attention to wearing masks, washing hands, social distancing and limiting indoor activities have all contributed to Mendocino County moving to this yellow tier – the least restrictive tier!" Dr. Coren said. "We as a community have come together to accomplish this goal. As we move towards the June 15 date established by the Governor's Office (for the state to fully reopen), we do need to improve our testing (even after vaccinations) to guard against a surge of variants. But if we keep this up we can move back to living normally."

In alignment with the Minimal (yellow) tier, the following industries are now expanded in Mendocino County:

- Places of worship and cultural ceremonies (such as wedding or funeral ceremonies) may continue to be open indoors with indoor services recommended to operate at 50 percent capacity;
- Attendance to outdoor seated live events (e.g., racetracks) and entertainment with audiences (in-state visitors only) is permitted with advanced reservations required and limited to 67 percent capacity, in-seat concessions only among other specific restrictions, See <https://files.covid19.ca.gov/pdf/guidance-live-performances--en.pdf>
- Attendance to Indoor Seated Live Events and Performances guidance <https://files.covid19.ca.gov/pdf/guidance-live-performances-indoor--en.pdf> allows audiences (in-state visitors only) at 25 percent capacity or 300 people in venues serving up to 1,500 (or 50 percent if all guests show recent negative test or full vaccination), with weekly worker testing, digital advanced purchase tickets only (no eating/drinking allowed in seats), among other restrictions; Private Gatherings guidance (for informal social gatherings) allows a maximum of 100 people outdoors with indoor gatherings strongly discouraged but allowed (up to 50 people or 50 percent capacity whichever is fewer) with modifications (no food/drink except when following certain standards)

- Private Events guidance (for meetings/wedding receptions/conferences), allows a maximum of 200 people outdoors (increased capacity to 400 with proof of recent negative test within three days/ or full vaccination) and indoors (only if all guests up to a maximum of 200 have proof of recent negative test within three days or full vaccination), and requiring certain mitigation measures including purchased tickets/defined guest list, seating chart/assigned seating, no intermingling of multiple private events;
- Restaurants can open indoors with 50 percent maximum capacity, increased to 75 percent if all guests show proof of recent negative test or full vaccination;
- Bars (where no meals are provided) can open indoors



'With this extra money I will be able to pay a larger portion of my debt off faster, as without it I haven't had any extra money to commit.'

'This assistance will allow me to move my financial plan forward by a few years as far as putting money towards establishing a permanent residence here locally, making it easier for me to remain working in the area, and further developing more longterm plans for establishing myself as an involved member of the community.'

More thanks to Willits Rotary

"First, I would like to say thank you, I am sincerely honored to be selected to receive the financial help. I commit to continuing to provide the best opportunities for a positive educational experience for our students. I am proud to be an alumnus that can pay forward the encouragement and time that was offered to me through my years in Willits Unified. Through your generous support, I will use this money to help pay down my student loan debt. Thank you so very much."

"I am so grateful to be one of the lucky people chosen to receive this student debt assistance from our local Rotary Club. One of the greatest blessings that I have received was gaining my college education. Which I have in turn used in my chosen profession to serve the community that raised me. I unfortunately accrued a large debt to achieve this goal. I can honestly say that this is an answer to many prayers, as I have struggled in the past year and must get my finances in order to afford housing in our community. This gift will help ease my financial burden for the next year. Thank you to the generous donors for helping some of us that are greatly in need of assistance in paying towards our student loan debt. A special thank you to the members of Willits Rotary SDAP committee that took on this extra duty. Your service and commitment to our community is greatly appreciated! I am beyond grateful to be selected."

"I feel so lucky to have had the opportunity to leave Willits and pursue higher education. Despite many scholarships and wonderful work opportunities, I have only managed to pay the minimum amount due on my student loans. I have had to defer payments during difficult financial times. The Willits Rotary Club Student Debt Assistance Program will allow me to make aggressive payments on my loans and lower my debt, while I work towards getting certified to further my career here in Willits. The WRCSADP student loan assistance will be a huge help in making my dreams attainable."

"This assistance is greatly appreciated; it has been difficult paying down the debt despite landing a job in the field of my matriculation. That is because the amount of debt accumulated to get the education for that job can be high. This assistance will go a long way towards helping by adding it to my normal payments so that I can pay off the debt sooner. Thank you, Willits Rotary Club for the help! I have been a volunteer in this community for 10 years, and I can tell you that your organization is valued highly in our community."

"This award will help me immensely to better pay down my loans so I can continue to give back in any capacity I can, including working in Willits to support health care needs as well as shopping local. Thank you for this opportunity."

The rest of **Expansion** | From Page 9

greenhouses that are professionally built and in locations that are not visible to the public. Each cannabis cultivator and each site is so unique and dynamic that I really want to give these businesses an opportunity to be successful, just as I would any other business in our county.... I think that the flexibility of making sure that the site is appropriate, that it has enough water, is protecting the environment, could again be done with a major use permit."

Eventually the main direction given regarding greenhouse use were the zoning changes and enforcing the square footage limits on mixed light operations, though McGourty did say he would work on the language for something to possibly add other restrictions.

The supervisors also came to agreement about a requirement recommended by the planning commission that new indoor cultivation and mixed light both use renewable energy sources such as solar energy panels, or sign up for the "Evergreen" option with Sonoma Clean Power which uses local solar and geothermal sources.

The supervisors talked for a while about potentially banning the use of water trucks on new Phase 3 farms, meaning they would have to have on-site water only, except in the case of certain types of emergencies.

The supervisors eventually directed the Planning & Building Department staff to come back at a future meeting with a "tentative solution" to enforce against and "phase out" water trucking for cultivators in all phases of the cannabis ordinances, including Phase 1.

The county has cited June 30 as the target deadline for approving and enacting this new ordinance.

At that point, based on the current version of the ordinance, Phase 1 and 2 applicants will have a 60-day window to apply to transition to Phase 3 before any other new applicants will be accepted.

When discussing drought concerns, County Counsel Curtis said he believed it will take applicants at least six months to fully be approved and become operational, thus avoiding this year's "drought season."

Cannabis Facilities Ordinance

More than 9 hours into the Tuesday special meeting, the board decided to formally "continue" the meeting at another special meeting Wednesday morning, leaving the public hearing and discussion of proposed changes to the "Cannabis Facilities Ordinance" until then. After another 2 hours plus of discussion, the board approved, 5-0, the recommended changes, with some changes to the cannabis farm tour rules.

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The rest of **Museum** | From Page 3

cannabis crusading attorney Tony Serra, who began by reading a poem by Dylan Thomas: "Do not go gentle into that good night. Old age should burn and rave at close of day; Rage, rage against the dying of the light ..." He utilized the poem to exhort the listeners to continue the fight against injustice and intolerance. "We still have ideological foes to fight, battles to win," added Serra.

At the public opening, appropriately on April 20, or 4/20, the day recognized universally as "Weed Day," due to the old police code for "marijuana smoking in progress," much of the crowd had to wait outside for a time because of the COVID crowd-size restrictions. Those in attendance were able to meet with Mickey the Clown, a Circus Vargas entertainer and cannabis activist; Pebbles Trippet, a pioneer defendant in medical-marijuana cases; mosaic artist, Elizabeth Raybee; cannabis artist, Lilianna Susskind with her dog, Dank; and many other such luminaries of the culture.

The featured speaker, attorney Ed Denson, gave an account of his battle

to overturn cannabis tax law and to get funds returned to growers. Additionally, author Wendy Reed read from a recent unpublished book. Amy Fisher, with her Traveling Hemp Museum, was in attendance both days and her exhibit can be found at the Emerald City for the duration.

"Our mission," said Jergenson, "is to continue to collect, preserve and exhibit memorabilia detailing the story of cannabis and the culture of peace and integrity that grew alongside the sacred plant, not only in Mendocino County, the home of the Emerald Triangle but beyond, through the use of exhibits, educational lectures, film, writings, and oral histories. The Cannabis Culture Museum will assist the public in understanding the diverse and complex roles cannabis has played in our culture and history. We need to help lift the stigma of prohibition and the demonization. It was an 80-year demonization and it's going to take some time to shift that perception."

To find out more, visit <http://cannabismuseum.us>.



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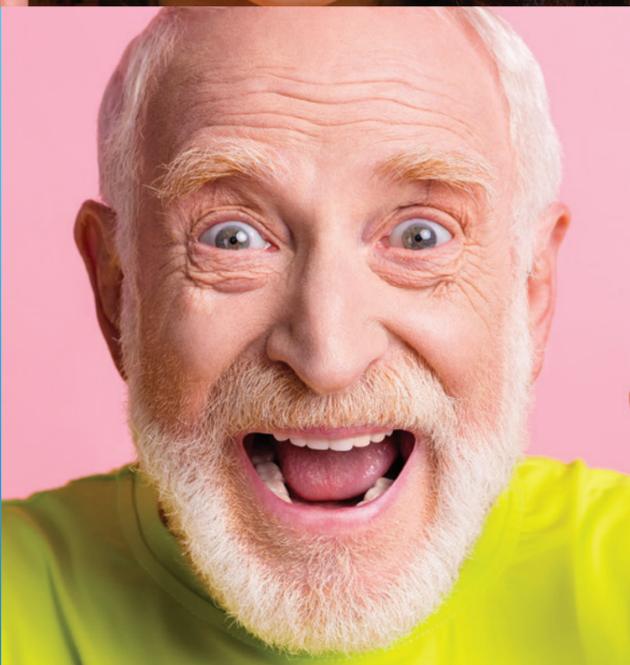
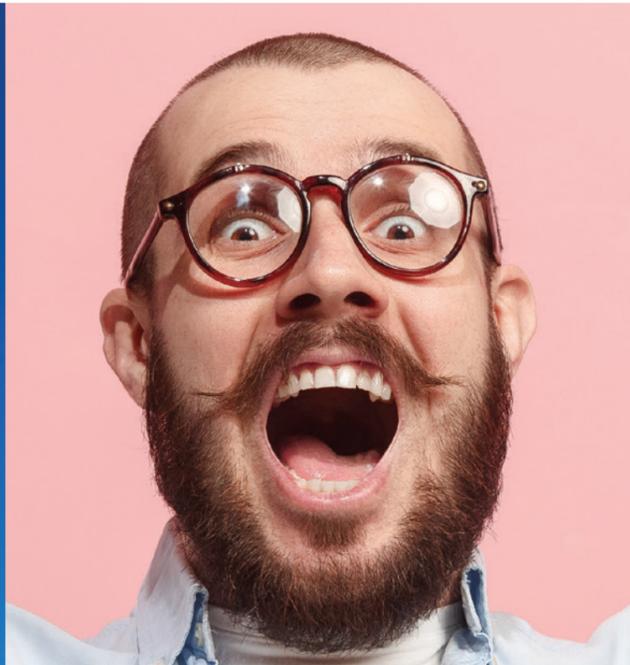
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