

What do YOU think?

Opinions, thoughts and thank you letters from readers

Food Hub ribbon cutting

To the Editor:

On Thursday, July 23 from 6:30 to 7:30 pm, Wowser will host a ribbon-cutting ceremony for the Mendo-Lake Food Hub. We'd like to invite the community to attend and celebrate with us. The Food Hub is accepting orders and delivering local produce to local restaurants, retailers, and schools. The Food Hub manages aggregation, storage and distribution for local farms and connects producers with buyers.

Food producers upload the produce they have available for sale via a web-based system. Buyers select from the available crops and place their order. Farmers drop their produce at their closest available cold storage "node." These refrigerated containers are strategically placed throughout Mendocino and Lake Counties including locations in Ukiah, Willits, the Coast, Lakeport, and Anderson Valley. The Willits node will be stored in a secure location at Wowser. Mendocino Coast Produce will pick up the produce and distribute to buyers.

Wowser, a federally recognized non-profit, with a 20,000-square-foot industrial arts build facility, offers a range of workshops, supplies, and tools for artists, inventors, innovators, and entrepreneurs. Wowser is interested in creating a resilient economy by supporting local entrepreneurs and makers. Tied closely to that vision is the realization that a vibrant local food system is the backbone of strong local economy. In support of that effort, Wowser is conducting custom classes for students from the Grange Farm School. A partnership with the Food Hub is a natural fit, as it helps local farmers reach more customers and increase sales.

During the ribbon-cutting ceremony, there will be short presentations from local farmers and buyers who are participating in the Food Hub. There will also be a meal available. Wowser's Espresso Yourself Café will be open and serving local coffee and tea. In addition, there will be special tours and demonstrations of the various Wowser projects. As a 501(c)3, Wowser is accepting donations to keep worthy projects like this going.

If you're a farmer or a business looking for local produce, or if you're interested in forming a buyer's club for personal use, or if you simply want to support these efforts, please come join us on the evening of July 23 at 330 East Commercial Street in Willits to celebrate building a resilient local economy.

John Bailey, Mendo-Lake Food Hub, Roger Wilson, Wowser, and Cyndee Logan, Wowser

Caltrans to host herbicide meeting

To the Editor:

Caltrans will host a public meeting to discuss the use of herbicides on the Willits Bypass mitigation parcels. The meeting will be held on Thursday, August 13, at the Willits Community Center, 111 East Commercial Street, tentatively from 6 to 8 pm.

More meeting details will be provided over the next few weeks.

Preliminary details of the need for herbicide use can be found in November 25, 2014 blog post at the Willits Bypass Project News website, "Eliminating invasive blackberry on Willits Bypass mitigation parcels."

As they become available, more details will be posted on the project blog and on the "Caltrans District 1" page on Facebook.

Phil Frisbie, Jr., Caltrans public information officer

Breastfeeding Coalition contest

To the Editor:

Are you a working mom who breastfeeds an infant? Do you have an employer who is supportive of this activity? Breastfeeding mothers who are employees of friendly lactation workplaces in Mendocino County have the opportunity to nominate their employers for an award from the Mendocino County Breastfeeding Coalition, and could win a prize for themselves as well.

To nominate your employer, visit breaststart.org for the nomination form and instructions. The due date to nominate is Friday, July 24. Nomination forms may then be faxed or e-mailed as directed on the form. The fax number is (707) 472-2734. The mom that nominates the winning employer will receive a \$50 VISA Gift Card for herself. Any nominated business might expect a site visit from a Breastfeeding Coalition member to acknowledge their accommodations and be included in future press release.

The contest helps highlight the importance of breastfeeding infants and the role an employer can play in helping support the activity. World Breastfeeding Week is August 1-7 this year and is in its 22nd year of recognition. We are using this celebratory week to recognize exemplary employers who are complying with current California state law which requires lactation accommodation and support in the workplace.

(See text of law below.)

In Mendocino County, the Breastfeeding Coalition works to raise the community's awareness of the benefits of breastfeeding, to educate and share resources among breastfeeding advocates and to promote support for mothers who choose to breastfeed. Breastfeeding is proven to prevent disease and is an important component of emotional, mental, social and physical health for both infant and mother.

The coalition is comprised of breastfeeding advocates from numerous different practices and agencies, including Health and Human Services, FIRST 5 Mendocino, Partnership Health Plan of California, MCHC Care for Her, Ukiah Valley Medical Center, Pinoleville Native American Head Start & Early Head Start, Consolidated Tribal Health Project, and La Leche League of Ukiah.

For more information on the Mendocino County Breastfeeding Coalition or if you are interested in attending monthly meetings, you may contact the HHSA Women, Infants and Children Program: Peter Schlichting at 472-2737 or Nicole Pogrud 472-2731. For more information on breastfeeding, visit www.breaststart.org or call a toll-free help line at 1-855-855-MILK (6455).

California State Labor Code 1030-33: Every employer, including the state and any political subdivision, shall provide a reasonable amount of break time to accommodate an employee desiring to express breast milk for the employee's infant child. The break time shall, if possible, run concurrently with any break time already provided to the employee. Break time for an employee that does not run concurrently with the rest time authorized for the employee by the applicable wage order of the Industrial Welfare Commission shall be unpaid. The employer shall make reasonable efforts to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee's work area, for the employee to express milk in private. The room or location may include the place where the employee normally works if it otherwise meets the requirements of this section. An employer is not required to provide break time under this chapter if to do so would seriously disrupt the operations of the employer.

Mendocino County Breastfeeding Coalition

Appeal of Grist Creek permit

To the Editor:

Friends of Outlet Creek filed an appeal with Mendocino County Air Quality Management District on July 2, 2015, to challenge Grist Creek Aggregates ("Authority to Construct") Permit Number 1416-5-01-15-26, pursuant to Health and Safety Code section 42302.1.

The appeal will be heard Friday, July 24 at 10 am at the Ukiah City Council Chambers, 300 Seminary Avenue in Ukiah.

The MCAQMD Authority to Construct permit allows construction of a new parallel flow asphalt plant with baghouse dust collection system for the production of hot

mix and rubberized asphalt, allowing a total production of hot mix asphalt of up to 500,000 tons in each calendar year where no asphalt plant now exists. The property, commonly known as 37342 Covelo Road, is located approximately 2.5 miles east of Highway 101 extending along the north side of State Highway 162 between the highway and Outlet Creek.

It is the belief of the Friends of Outlet Creek that this action is not in compliance with the California Environmental Quality Act and the requirement for a new environmental impact report to assess impacts of this new use (new asphalt plant) on water, endangered species, air quality, traffic and noise.

The project site is located within the flood plain of Outlet Creek, one of the last remaining coho salmon-supporting watersheds in the main stem of the Wild and Scenic-designated Eel River.

The July 2, 2015 appeal of Grist Creek Aggregates ("Authority to Construct") Permit Number 1416-5-01-15-26 issued by MCAQMD on June 2, 2015 contends that the Air District relied on incomplete information in issuing the Authority to Construct and, as a result, violated its own Regulation 1 and state and federal air quality law. In addition, it failed to comply with the California Environmental Quality Act ("CEQA," Pub. Resources Code, section 21000 et seq.) and with its own regulations implementing CEQA. As a result, the Authority to Construct is premature, invalid, and should be revoked.

This appeal follows an earlier April 24th, 2015 petition filed on behalf of the Friends of Outlet Creek in the Superior Court of California, County of Mendocino, seeking to require Mendocino County to comply with its own ordinances and state environmental law, including the California Environmental Quality Act, in the evaluation of a project to allow a new asphalt production plant within the flood plain of Outlet Creek. The April 24 petition is still active and remains to be settled.

The April 24 lawsuit filed against the County of Mendocino and the Mendocino County Board of Supervisors was in response to their approval by "original jurisdiction" of a new asphalt plant within the 100-year flood plain of Outlet Creek, adjacent to Highway 162. Their fast-track approval of this project during the March 17, 2015 board of supervisors meeting circumvented both CEQA and county design review.

The Friends of Outlet Creek believe that the board of supervisors overstepped their authority by their actions on March 17. In response to the lawsuit, the board of supervisors, during their June 16, 2015 meeting, did in fact rescind their March 17 "Original Jurisdiction" fast-track approval (Resolution 15-054). From the BOS 6/16/15 Agenda Item 4(e):

"AGENDA TITLE: Adoption of Resolution Rescinding Resolution 15-054 Related to Asphalt Production on APN 036-190-26

"PREVIOUS BOARD/BOARD COMMITTEE ACTIONS: On March 17, 2015, the Board of Supervisors adopted Resolution 15-054 determining that resumption of asphalt production on APN 036-190-26 is not a new or changed use pursuant to Mendocino County Code Section 20.188.025 requiring additional development review.

"SUMMARY OF REQUEST: The Board's approval of Resolution 15-054 was challenged by the Friends of Outlet Creek, which filed a petition for writ of mandate to set aside the adoption of the Resolution. The petition's prayer for relief asks the Mendocino County Superior Court to void and set aside the approval of the Resolution. The proposed resolution, which is not opposed by the real party in interest, is offered to expedite the conclusion of the lawsuit."

Regardless of the rescission of Resolution 15-054, the April 24th petition is still active and remains to be settled.

The Friends of Outlet Creek believe that the watershed belongs to everyone and should be protected from additional industrial degradation, and that it has intrinsic value as a scenic resource and relatively intact ecosystem which still supports endangered salmon species. By attempting to bypass the current environmental review process, the board of supervisors and the County of Mendocino effectively ensured that the project's impacts on water quality, air quality, threatened salmonid species and traffic safety would not be considered.

For additional information, updates or questions, please contact Glen Colwell with Friends of Outlet Creek at glencolwell.paleographics@junio.com or 707-836-6595.

Glen Colwell, for Friends of Outlet Creek



Roots of Motive Power

Fourth of July Coloring Contest Winners

Congratulations to the winners of the 2015 4th of July coloring contest! Three first-place winners were chosen in three age categories: the 6 & under winner was Harper Olson, who colored in the train picture; 7 to 12 winner was Narianny Bertolino, who drew the picture of a dog and rainbow; and 13 to 18 winner was Savannah Munton, who submitted the drawing of the horse. Winners picked up their prizes at Printing Plus, who helped coordinate the coloring contest. For more information: 459-9401.

Willits Otter Invitational Swim Meet



Being a member on a swim team becomes a family affair, and it is very evident when a team hosts a swim meet. Grampa Ken goes to Rohnert Park early in the week to get timing equipment. Grampa Dan gets up early and barbecues tri-tip for the snack bar and official lunches, and Grampa Jim gets busy hanging wires for the time clocks.

Lucy Kyne (a mom) becomes the meet director, board members – mostly moms (and of course they get their husbands involved) – run the snack bar, awards, clerk of the course, get donations from our generous merchants for silent auctions, and hit the town for sponsors.

Moms and dads set up and take down the shade covers, set up chairs and tables, and hold stop watches all day to time. That doesn't count getting swimmers to practices and to away meets. It's all worth it when the swimmers walk in and see the Willits Pool like you only see it once a year.

All those swimmers – 150 of them! – in the water at the same time warming up is an awesome sight. The pool is surrounded by coaches, fans (mostly

parents), and teammates. Quite a spectacle. The swimmers always seem to be great kids; maybe it's because there's so much family involvement.

Teams participating in the June 20 and June 21 swim meet in Willits were Mendocino Coast Sea Dragons, Ukiah Dolphins, Fort Bragg Aquatics, Lake County Channel Cats, Oakdale Aquatics, Santa Rosa Neptunes, Balboa Sharks, Fog City Hammerheads, Orinda Aquatics and Palo Alto Stanford Aquatics.

How did Willits do? The Willits Otter Swim Team is steadily improving. Last year it seemed as if our swimmers were all in the slow heats. As their times improve, they move into faster heats. The Otters have moved up to the middle of the pack, and some are beginning to move into the upper levels. Kaylen Thom – all first places in the A division – is there.

Five or six other Willits swimmers are getting close. Zannah Sischo Haendle, Shelby Bowen, Farrow Lockwood, Maddy Donahue, Jessie Holland, Kenna Thom, Michael Kane, and Jack Croskey.

Our strength in the very tough 10 and under divisions was showing, in that our relay teams finished second.

As always we have great older swimmers leading by example – Sierra and Delayna Cortis, Trinity Barret and Cami Saia – and there are the new swimmers, Aeden Lockwood and Chloe Nunez being the youngest at 5 and 6.

A complete list of Willits Otters results from the June meet is available by email at willitsweeeky@gmail.com.

– Ken Schleintz for the Willits Otters

Congrats Column



Happy 9th Birthday!

Kaya Starr

For being the light in my life and for all the things that you do for our community. From Papa



High Point Winner!

Lilja Lamkin

Congrats to our hard-working past Sweetheart, Lilja Lamkin, who won high point at the Junior's Horse Show.

Furry Friends Hoping for a Home

Happy Checkers

Checkers is a 2-year-old male mixed breed dog who currently weighs 40 pounds. Give this guy a tennis ball, and he is the happiest dog around! He will happily entertain himself, but if you can spare a few throws, he's in heaven! Checkers also really loves attention for both play time and cuddle time, and would love to be part of a family. He is smart and loyal with a happy disposition that will make him a wonderful addition to his forever home!

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 pm and Wednesday from 10 am to 6 pm. We have many wonderful dogs and cats, awaiting their forever homes here. To view photos and bios of more of our wonderful adoptable animals, please visit our website: www.mendoshelterpets.com or visit our shelter during shelter hours. More info about adoptions: 467-6453.

Photo by Sage Mountainfire

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The Rules: **LETTERS**

Letters & Commentaries: Email letters to willitsweekly@gmail.com. Letters focusing on Willits and 3rd District issues, activities, events and people have priority. Willits Weekly prints letters from residents of Willits and the 3rd District only. To encourage a variety of voices, Willits Weekly limits letter publication from any one writer to once a month.

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.

Willits Weekly

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Competitors Rene Torres, Senit Rojas-Ochoa, Brian Stout, Julya Morganti and Moises Leon hold their trophies from last weekend's bodybuilding event.

Photo by Maureen Moore

Below, far left: Shannon Dumond on stage at the 2015 competition. She placed first in the Novice Figure Tall class.

Photo provided by Shannon Dumond

Below: 2015 competitors show off their hard work, including from left: Julya Morganti, Rene Torres, Senit Rojas-Ochoa and Brian Stout.

Photos by Maureen Moore



Below, left: Moises Leon poses, showcasing his biceps.

Photo by Maureen Moore

Below, right: Shannon Dumond (right) shows her back to the judges at the 2015 competition.

Photo provided by Shannon Dumond

Fitness in Willits

Body Works Gym sends six to body building competition in Sacramento

Willits had a great showing at the 2015 World Natural Bodybuilding Federation's California Muscle Mayhem Natural Bodybuilding Championships in Sacramento last weekend, with six competitors attending – and placing.

The team of Shannon Dumond, Brian Stout, Julya Morganti, Senit Rojas-Ochoa, Moises Leon and Rene Torres was led by veteran bodybuilder and Body Works Gym's personal trainer Angela Noonan.

towards goals and keeps our youth focused on positive activities."

Brian Stout, 25, competed in the Men's Physique class, one that focuses on more of a "beach body" goal. Contestants wear board shorts, and points are given on an overall model look more than a traditional bodybuilder physique. Stout, who was competing for the first time, was proud to take second place in the class and received a trophy for his efforts. He said he trained for about five months preceding the competition and wanted to thank Noonan, fellow competitor and inspiration Moises Leon, and past-bikini contest competitor and now-posing coach Brandi Gamble for their help getting ready for the competition.

Though he had fun during the competition, Stout noted he was ready for a little break, and looks forward to enjoying a slice of pizza. Shannon Dumond, 27, did a great job for her first competition, taking the first-place prize out of six in her class: Novice Figure Tall. As the winner, she competed also in the overall class, where she placed second.

Working hard for about three months with trainer Noonan and doing posing training with Gamble, Dumond noted that the deadline of attending the competition really motivated her to get to the gym.

"I'm really not a gym person," laughed Dumond. "I've always played sports, but now with those over, I was looking for something to do and a new goal. I've always been a competitive person, and this was a fun new challenge."

Though she enjoyed the experience, her attention

has shifted to her quickly approaching wedding.

"I'm ready for a little break, and maybe after the wedding I might do another competition, we'll see!" said Dumond. "I really want to thank Angie and Brandi and my soon-to-be husband for all their support and encouragement, and of course thanks to Body Works Gym, too."

This was also the first competition for Julya Morganti, 21, who took fourth place in the Bikini/Open competition. A "softer" version of the more-intense Figure class, the Bikini class focuses on overall appearance, including hair and makeup.

"I was really nervous; this wasn't the normal kind of competition I am used to," said Morganti. "Usually it's rodeo! But I had a good time and really learned a lot."

Not until the Monday prior to the competition did Morganti actually fully decide to enter, and she noted the time crunch was a great way to get herself focused on achieving the necessary gym time and milestones to get ready.

Morganti also sent out a big thank you to Gamble who helped her with posing practice and also to Noonan for her support and encouragement.

Senit Rojas-Ochoa, 25, was also a first-time competitor and placed third in the Novice Figure Short class. She also had been training for about five months prior with Noonan. Her favorite feature to show off is her abs, and her goal at the next competition is to "win first place!"

Noonan praised Rojas-Ochoa's diet of "no junk!," noting her meals usually consist of veggies and chicken, meaning very clean meals.

Rojas-Ochoa thanked Noonan for her help training and her husband, Brandon Taaffe, who helped her with posing and gave her great support.

Read the rest of **Muscles** | Over on Page 10



Above, from left: Ash the cat. Humane Society volunteers Maddie and Alex Schwede with grandmother Linda Schwede, Brenda and Steve Moynahan, shortly after adopting 7-year-old Emma.

At left: Bill Barksdale and Miracle.

Below, left: Pets waiting and hoping to be adopted.

Photos by Jenny Senter

Pairing up pets & people

Six animals find new homes at Willits Pet Adoption Day

Laughing and barking added to the festive atmosphere Saturday, as six animals found new homes at the Willits Pet Adoption Day at the South Main Street office of Coldwell Banker Mendo Realty.

Bill Barksdale of Coldwell Banker coordinates with the Humane Society of Inland Mendocino County to arrange the Willits Pet Adoption Days, the first of which was held on St. Patrick's Day in March 2012. Barksdale, a long-time animal advocate and promoter of the Humane Society, was quick to acknowledge the compassion and commitment of the Humane Society volunteers.

Steve and Brenda Moynahan of Willits left the Willits Pet Adoption day as the happy owners of 7-year-old Emma, a McNab-Border Collie cross. They found – after losing their 17-year-old fox terrier last month – that they just couldn't be without a dog in their lives. They also understood the needs

of Emma and have a large piece of property for her to roam.

Laytonville resident Maggie Weaver, the board president for the Humane Society of Inland Mendocino County, was on hand to help out with the event. Weaver started volunteering for fostering kittens seven years ago and has served as the board president for four years.

"Coldwell Banker Mendo Realty is one of the more successful places in inland Mendocino County for the pet adoption day," she said. "They even allow space inside the building so that the cats are more comfortable." Weaver went on to say how much she appreciates the generosity of Barksdale and Coldwell Banker for their time and the location.

Adri Vega, the dog kennel supervisor at the Humane Society, noted that they only

bring dogs that are comfortable with the noise inherent to an event held alongside a busy highway. Vega was on hand to answer questions about the available dogs, making sure they go to a suitable home. She asks potential adopters about other animals in the home and encourages people to bring their dogs along to the adoption process so that they can check the dogs for compatibility. She also follows up adoptions by calling the new owners to check on how the dog is doing in their new home.

Both Weaver and Vega say their jobs are much easier thanks to the tireless efforts of all the volunteers, mentioning specifically Taffy Montgomery, who has volunteered at the Inland Humane Society for more than 18 years. Montgomery is currently the cattery

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



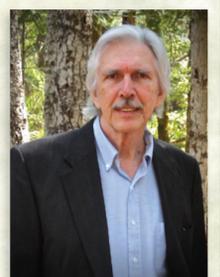
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Roger Paul Hearn

Roger Paul Hearn, born on March 25, 1947, peacefully left our world on June 23, 2015. Roger was born and raised in Mississippi, married the love of his life in 1968, and moved to Willits, California in 1976 with his wife and daughter. As a young man, Roger began a career in pipelining that lasted for more than forty years and was regarded as one of the best office managers in the industry. His work allowed Roger and his family to travel the country while always returning to Willits between jobs. Roger was a devoted husband, father, and grandfather. He retired early from the pipeline industry to provide caregiving for his wife with whom he had countless adventures around the country in their earlier years. For a short time, Roger wrote résumés, work he could do from home while caregiving. He always protected and supported his daughter, and he completely adored his granddaughters, smiling whenever they entered the room.



March 25, 1947-June 23, 2015

Throughout his life, Roger was committed to equal rights and peace. During the Civil Rights Era, he worked alongside his wife to ensure equal rights for all in the South. Opposing war as a resolution to conflict, Roger was granted an honorable discharge from the Air Force as a conscientious objector during Vietnam.

In his earlier days, Roger played trombone and later used his knowledge of music to work as a sound engineer for his wife's band. He won college debate awards and was a lifelong watcher of presidential debates. He believed his most patriotic duty was on Election Day, recognizing the importance of the right to vote in a democracy. Roger had a playful sense of humor and enjoyed watching baseball, always rooting for the New York Yankees. He was an avid reader, keeping a good book or newspaper within reach at all times.

Roger was preceded in death by his father (Mr. Baxter Hearn), brother (Edward Hearn), and niece (Lori Hearn). He is survived by his mother (Mrs. Lavelle Hearn), wife (Ralene Hearn), daughter (Ralanya Smith), son-in-law (Clint Smith), granddaughters (Alisa and Jada Smith), brothers (Kyle and Alfred Hearn), best friends (Kirk Gustafson and Dan Smith), numerous brothers- and sisters-in-law, nieces and nephews, cousins, and friends.

Roger requested a small graveside service be held with close family and friends when he passed from this life. On July 2nd, Roger was laid to rest at Little Lake Cemetery where family and friends spoke of their love and memories of Roger. In lieu of flowers, the family requests donations be made to the American Friends Service Committee at afsc.org, a Quaker organization devoted to service, development, and peace programs throughout the world.

Our world has a lost a gentle and honorable man, but Roger's dedication to equality, peace, and love for family lives on.

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

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Thursday, July 16

'The Cannabis Hour' on KZYX: Mendocino County supervisors John McCowen and Tom Woodhouse, of the county's Marijuana Ad Hoc Committee, will be live in the KZYX 91.5 FM studio, at 9 am on Thursday, July 16. The supervisors will talk with host Jane Futcher about the challenges, opportunities and impacts of marijuana and cannabis farming on local communities. On Thursday, July 30, Jayma Shields Spencer, coordinator of Laytonville's Healthy Start Family Resource Center, will be present in the studio to discuss the cultural, social and family impacts of cannabis on the population her agency serves. Listeners are invited to call 707 895-2448 with questions or comments.

Willits Library Summer Reading Program: The theme of this summer's Summer Reading Program at the Willits Library is "Every Hero Has a Story." Today's program has changed, and now will feature "Community Heroes: A Presentation by the Little Lake Fire Department," which will consist of a fire truck demonstration by our local Willits Fire Department in the parking lot! 11 am to noon. For more info, call the library at 459-5908.

'Occupy the Farm': presented by Little Lake Grange Film and Music Night. Diane Patterson, "mystic acoustic folkdodess," starts off the evening with music at 6:30 pm. "Occupy the Farm" film screens at 7:30 pm, with speaker David Grefrath. Occupy the Farm participant. 291 School Street. "Occupy the Farm" is the story of a community's fight to save public land for urban farming. When 200 farmers march to the gates of the last farmland in the urban East Bay near Oakland, they don't carry signs protesting University of California's plans to build a shopping center. Instead, they carry tents, tools and 15,000 seedlings. They clip the padlock off the gate and march onto the fields. What happens next will change the fate of the land and introduce a new strategy for activism." Suggested donation of \$5 to \$10. Heirloom popcorn and fair trade chocolate on sale. Info: 459-6362.

Shanachie Pub: Jonathan Foster, singer/songwriter. "Trapped somewhere between a hippie and cowboy, singer-songwriter Jonathan Foster brings a roots blend of Americana music as a recording and performing artist.... Brand new album "Help Me Run" (May 2015 Miracle Mile Records) ... showcase[s] Jonathan's artistic taste in music and songwriting where the land, highway and people meet in vibrato." 7 pm. No cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.



... showcase[s] Jonathan's artistic taste in music and songwriting where the land, highway and people meet in vibrato." 7 pm. No cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Friday, July 17

Shanachie Pub: The Insufferables, "continuing the tradition of eccentric San Francisco bands such as The Mutants, the Tubes, Buck Naked ... and evocative of R.E.M., X, and the B52s," opening for Claire on a Dare, "post-modern rock band from the San Francisco Bay Area featuring a powerful female contralto lead – Carla "Claire" Riggi: influences from psychedelic to shoegaze to 90s rock." 9 pm. \$5 cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.



Saturday, July 18

Hazmobile in Laytonville: The HazMobile household hazardous waste collection team will be at the Laytonville Fire Department Parking lot, Willis Avenue, on Saturday, July 18, from 9 am to 1 pm. HazMobile accepts toxic materials like paint, antifreeze, pesticides, herbicides, pool chemicals, gasoline, solvents, acids, bases, toxic cleaners, auto and household batteries, mercury and fluorescent light tubes, that can't go in the trash, for recycling or special disposal. Free to households; 15 gallon limit/per day. Small business waste is also welcome at the collection, but an appointment must be made and a fee will be applied per gallon of waste. Info and schedule, call the Recycling Hotline, 468-9704, or visit www.mendoRecycle.org.

Weekend Plant Sale: to benefit the Willits Center for the Arts. Gardener Devi Chase will be offering 16 varieties of perennial flowers, 16 varieties of annual flowers, 12 varieties of herbs, and also lettuces. 363 Boscabelle Avenue, between San Francisco and East Valley. 10 am to 4 pm.

Eel River Recovery Project's Best Practices Workshop: Free workshop on how to conserve water and prevent water pollution associated with agricultural practices, including cannabis cultivation. 10 am to 2 pm at the Little Lake Grange, 291 School Street. Presentations by ERRP's

Patrick Higgins, on the importance of this project to the future health of the Eel River, plus Larry Desmond of Mendocino Water Works (on how to plan water systems, calculate a water budget, and implement water conservation measures), Anna Birkas of Village Ecosystems (on storing water in your landscape with bioswales, to catching water off your roof, to designing and implementing a graywater system), and Noah Cornel of EERP (on soil building and how to make compost tea). Also, water rights and pollution prevention permitting issues will be explained at the workshop by staff from the North Coast Regional Water Quality Control Board. Plus panel discussion, public comment, light lunch. No admission. Funded by a grant from the State Water Resources Control Board Clean Up and Abatement fund. Info: www.eelriverrecovery.org or see article on page 11 for more details.

Free Bridge Lessons: "Deadly Defense" for students with Basic Bridge skills. Learn strategies to defeat the opponents' contract. 10:15 am to 12:15 pm at the Willits Branch Library, 390 East Commercial Street. Saturdays, starting July 18 through August 22. Library Conference Room. Info: call Donna, 459-9035.

Laytonville Festival in the Park: Laytonville Healthy Start coordinates event at Harwood Park to raise funds for Laytonville's Family Resource Center and programs that benefit the Laytonville community's children and families. There will be a wide variety of fun, family-friendly activities starting at 11 am and wrapping up by 5 pm. Local music by: Mollie Rinaldi, Tai and Sarah with Casey O'Neill, Anne Marie's Armada, Sign 1 Nine, and Ray and The Revelers. To kick off the Festival in the Park, a community co-ed softball game will be held at 11 am on Bud Harwood Field.

Mike Tobin 3rd Invitational Boxing Event: presented by the Sheriff's Activities League's Boxing Program. Willits Community Center, 111 East Commercial Street. 2 pm "until we run out of bouts": about 5 pm. About 25 boxers, ages 5 to 50. Dedicated to hometown hero and youth mentor Todd Jennison. Free admission, but donations gladly accepted, plus food, raffle and a silent auction. With DJ Mikey T. Proceeds divided between Relay for Life and SAL.



'An Evening with Necole and Ed Reinhart'

Vocalist Necole Suttles will join pianist Ed Reinhart in a rare performance of four shows of country, blues, gospel, and jazz classics at Willits Community Theatre starting July 31. "An Evening with Necole and Ed Reinhart" will include Les Tarr on bass, Bruce Hutton on drums and Tim Suttles as backup singer. This quintet of long-time local talent will perform a variety of Patsy Cline classics, old blues numbers including Eric Clapton favorites, a capella gospel tunes and several jazz standards. The four shows will be on Friday, July 31 at 7 pm, Sunday, August 2 at 2 pm, Friday, August 7 at 7 pm and Sunday, August 9 at 2 pm.

A vocalist extraordinaire in Mendocino County for nearly three decades, Suttles brings an amazing quality to her performances, be it putting her voice to hard blues, gospel, or country and rockability. She credits the musical tastes of her parents for her influences, including the

Beatles, Rolling Stones, Bach, Mozart, Janis Joplin, Judy Collins, Traffic and Buffalo Springfield, among others. Suttles says, "I'm so excited to have my 'Dream Trio' behind me, and I'm doing this concert because I very much enjoy how the music makes people feel and how my voice fits others up." Suttles is backed by her husband, Tim Suttles, who has performed with her since 1989. He was also an original member of the Rockabilly Blues Band.

Reinhart is one of the best-known musicians in Mendocino County and has been playing his own brand of boogie blues piano for the past 40 years. He has appeared on stage with Commander Cody, Burl Ives and Bonnie Raitt and has recorded with Michael Osborne and the legendary blues icon John Lee Hooker. In 1993, Reinhart appeared with Spencer Brewer in "Dueling Pianos" at WCT, an old West barroom farce. In

1999, he was the musical director and show pianist in WCT's "Blues in the Night."

Les Tarr has been a professional musician since 1966. He has played bass with such blues and jazz luminaries as Luther Tucker, JJ Malone, Paula Samonte, J.C. Burns, Tommy Tutone, Paul McCandless and L.C. "Lucky Rockin'" Robinson. Tarr has also worked as a radio announcer and disc jockey for the past 25 years at KLLK-Willits, KMFB-Fort Bragg, KTDE-Gualala, and the on-line station KSAV-San Ramon.

Bruce Hutton started playing sax when he was in the fifth grade and then later on took up the drums at the age of 37. A resident of Willits since 1977, Hutton has played with numerous local country bands.

Notably, he was a member of the wildly popular Rockabilly Blues Band that played at packed houses at JP's Club in Willits in 1995. Advance tickets for these four, one-time performances are \$20. The shows are expected to sell out quickly, so patrons are advised to reserve their seats early. Tickets will be available in person at Mazahar, 38 South Main Street; online at brownpapertickets.com; or by phone 24/7 at 1-800-838-3006. A limited number of tickets will also be available at the door in the event of cancellations or no-shows.

– Steve Hellman, for WCT

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July 18 - Willits Little Lake Grange
Saturday - 10 AM - 2 PM
291 School St, Willits

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In Mendocino Call (707) 972-8909

Farm to Table Dinner
to benefit Lovin' Mama Farm

The Lovin' Mama Farm to Table Benefit Dinner is set for Sunday, August 2 at 4:30 pm at the Frey Winery, 14000 Tomki Road in Redwood Valley. Enjoy a delicious, 100 percent

Mendocino Farm to Table dinner created by Olan and Lia Cox of Mendough's Wood Fired

Catering. Music by Way Out West (country swing and bluegrass). All proceeds to help Lovin' Mama Farm move to the Willits area. Tickets are available in Willits at Green Uprising Farm's stand at the Willits Farmers Market and at J.D. Redhouse. For more information, check www.lovingmamafarm.com.

Artists wanted for Laytonville Art Walk

Artists are wanted to participate in The Fourth Annual Laytonville Art Walk, which is set for Saturday, September 26 from 10 am to 5 pm. Registration deadline is August 15. To register email bluecloud52@hotmail.com or call 707-321-8003. "More than 50 fine artists and artisans will be showing their work in various media, throughout the town of Laytonville. There will be an incredible raffle including art from every participating artist. All of the proceeds will be used to support the arts for Laytonville youth! As always, there will be Live Music and Dance, a fabulous Kidz Zone with crafts for all ages, face painting by Jade, and so much more! The Laytonville Art Walk is fun for the whole family & a great time to do some early holiday shopping." Visit the official "Laytonville Art Walk" page on Facebook for more info.

What's Happening Around Town

Monday, July 20

Agape Church's Vacation Bible School – free and open to all kids in Kindergarten through sixth grade – runs from Monday, July 20 to Thursday, July 24 this year, from 9 am to 12:30 pm each day, with a special lunch celebration on Sunday, July 26. During the program, called "Sonforce Kids Sontroopers," the kids will be sent on an outer space mission trip. While hurling through space, we will learn to trust and follow God. During the week we will be raising funds for the Hope Foundation. The Hope Foundation helps local Willits families with children who have major medical needs." For more information, call 459-1905.



Kinetic Carnivale Volunteer Orientation: the Mendocino County Museum's 4th Annual Kinetic Carnivale will be held on August 22 and 23, 2015. "This family-friendly event features music, vendors, handcar races, and exhibits old and new, enlivening history, thoroughly Mendocino County! Volunteers are needed for construction and decorations before the event and for various activities at the event. A Volunteer Orientation is scheduled at the Mendocino County Museum, 400 East Commercial Street, from 2 to 3 pm, Saturday, July 18. If you can't attend, please call 459-2736 or stop by the Museum Wednesday through Sunday, 10 am to 4:30 pm for more information.

Shanachie Pub: Tay & Tey, featuring Shawn Coleman and Jeff Martin of The Fulcrum, plus Adam Manus. 9 pm. No cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Sunday, July 19

Willits Youth Soccer Registration closes: Registration closes July 19 for the 2015 season of Willits Youth Soccer, for children between the ages of 3 and 15. Team selection starts July 20, British Soccer Camp is set for July 27-31, and practice starts August 1. Registration is \$30 for soccer play group (3-year-olds); uniform and cleats are not necessary, meets on Saturdays. Registration for ages 4-15 is \$45 per player (covers insurance, equipment and a trophy). Players age 4-9 play only in Willits. Ages 10-15 travel on Saturdays for games, with only a minimal number of weekday games. Shin guards are required for all age groups. You can register online at www.cysan-wys.sportsaffinity.com or pick up an application at Ace Copy and Shipping (Safeway Plaza) or Imagination Station Preschool, 7 North Marin Street, and mailed to Willits Youth Soccer P.O. Box 1131, Willits, CA 95490. Please present your child's birth certificate to a board member. Info: Willits Youth Soccer page on Facebook, or text or call 354-2539 or email saprinadrodriguez@gmail.com.

Thursday, July 23

Community Hu Song: "In our fast-paced world, are you looking to find more inner peace? Join us for a Community Hu Song, Thursday, July 23, at 6 pm at Willits City Hall, 111 East 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 or visit www.miraclesinyourlife.org.



Book Signing and Poetry Reading

Saturday, August 1

Liam Uicearbhaill's Poetry's Purpose: The poet will be reciting his verse and signing his new collection at 101 Donuts & Burgers. Donuts, Coffee, and Poetry! Saturday August 1, 2015 - 8:30 AM to Noon. 1661 South Main Street, #B.



'Growing Grains in Mendocino County'
Doug Mosel of the Mendocino Grain Project speaks at 8 pm on Thursday, July 23 at the Little Lake Grange, 291 School Street. "Doug is a dynamic speaker who will be talking about his project, the economics of grain production in Mendocino County, and the role of Grange Grains. There will be time for questions and conversation with Doug after the presentation. This event is free and open to the public.

"For several years Doug Mosel has been acting on his belief that sustainably cultivated grains are a key element in the local food economy. Doug's group grows grain at locations in Mendocino County, and their facility in Ukiah includes vitaly important equipment for grain processing, including a seed cleaner, gravity table, spiral separator, horizontal stone mill, and a grinder.

"Doug has been working with Grange Grains to bring a diversity of locally produced grains and legumes to residents of Mendocino County. Grange Grains, a project of Little Lake Grange, provides a reliable market to farmers in our region by supporting the acquisition of seed, buying grain and beans direct from the farmer, and selling grain, beans and flour (milled by MGP) direct to consumers at farmers markets, local bakeries, restaurants and food stores. Grange Grains also stores emergency food supplies of beans and grains in their multi-ton capacity silos in Willits."

Free Summer Meals for Kids

A healthy breakfast and lunch are provided free to children 0-18 years old regardless of income. Available Monday to Friday, through August 14. Blosser Lane Elementary, 1275 Blosser Lane. 8 to 8:30 am for breakfast; 11:30-12 noon for lunch. Questions? Call Willits Unified School District Nutrition Services, 459-7700 ext. 1554.

Weekend Plant Sale

Sale to benefit the Willits Center for the Arts, through July. Gardener Devi Chase will be offering 16 varieties of perennial flowers, 16 varieties of annual flowers, 12 varieties of herbs, and also lettuces. 363 Boscabelle Avenue, between San Francisco and East Valley. 10 am to 4 pm. Dates: Saturday, July 18 and Sunday, July 19; and Saturday, July 25 and Sunday, July 26.

Relay for Life

Relay For Life Willits 2015 is set to start at 10 am Saturday, July 25, and will continue through 10 am Sunday, July 16, at Recreation Grove Park. Registration is free; the public is welcome, and cancer survivors are welcome as our honored guests." Booths, fun, entertainment, raffles, food and beverages. "Come by to be inspired and educated. Remember: Celebrate and fight back!" More info at www.relayforlife.org/willitsca. Or call 1 800-227-2345. All proceeds benefit the American Cancer Society.



Entries for 2015 Redwood Empire Fair

The 2015 Redwood Empire Fair is set for August 6 through 9 at the Ukiah Fairgrounds. This year's theme is Western Round Up. Entry guides are available online and at many local businesses, including J.D. Redhouse, the Willits Chamber of Commerce, the Willits Library and Gateway Realty. They are also available online, along with entry forms, at www.RedwoodEmpireFair.com. Entries into the Floriculture, Agriculture and Horticulture buildings, including flower arrangements and produce, are due by July 17. More information: 462-FAIR or www.RedwoodEmpireFair.com

'Growing Grains in Mendocino County': Doug Mosel of the Mendocino Grain Project speaks at 8 pm at the Little Lake Grange, 291 School Street. "Doug is a dynamic speaker who will be talking about his project, the economics of grain production in Mendocino County, and the role of Grange Grains. There will be time for questions and conversation with Doug after the presentation. This event is free and open to the public." See article elsewhere on Calendar page for more info. Or visit http://mendocinograin.net/.

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



Friday, July 24

Shanachie Pub: Scott Ireland of Bug Guts. 8 pm. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Saturday, July 25

Weekend Plant Sale: to benefit the Willits Center for the Arts. Gardener Devi Chase will be offering 16 varieties of perennial flowers, 16 varieties of annual flowers, 12 varieties of herbs, and also lettuces. 363 Boscabelle Avenue, between San Francisco and East Valley. 10 am to 4 pm. Last two dates: Saturday, July 25 and Sunday, July 26.

Shanachie Pub: Singer/Songwriter Ky Burt, 7 pm, and DJ Podge, 9 pm. No cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Sunday, July 26

Little Lake Grange Pancake Breakfast: every fourth Sunday breakfast at the Little Lake Grange, 8 to 11 am. With live music! Come see the Grange's newly refinished floor! Choose Sourdough Wholegrain or Hank's Famous Buttermilk Pancakes, Beeler's Quality Bacon, organic local farm fresh eggs made to order, real butter, juice, organic coffee or tea. \$7; \$6 seniors; \$4 under 10. Extra sides of organic fruit in season or Amish

Fourth Annual Kinetic Carnivale Gears Up
August 22 and 23

Steampunk returns to Willits with the annual Kinetic Carnivale and Grand Ball, Saturday, August 22 and Sunday, August 23, hosted by the Mendocino County Museum. Tickets are now on sale for the event, which features an expanded lineup of musical performers, entertainment, exhibits and demonstrations, vendors, Kinetic Handcar Races, and the famous Gypsy Time Travelers, who will bring their fully realized land yacht "Florence the Freightliner" with costumed character storytelling and live blacksmithing to the festivities.

During the day Recreation Grove Park, musical acts like French flamenco gypsy rock group, Dgin, are featured, and the Circus Maximus of Sonoma County! will perform feats of daring that promise to wow. Across the street, the Mendocino County Museum will host the ever-popular Victorian Sweatshop exhibit, where guests will be able to view antique sewing machines and learn about life in the Victorian era. Art cars will also bring their quirky style.

Attendees will have the opportunity to peruse goods and attire from as close as downtown Willits and as far as Portland, Oregon, while enjoying music and entertainment. An array of wares will be available, including items from favorites Kick Silver Mint, Frogworks/Faerywhere, and Scarlet Nrg's Baubles, as well as many other new and returning vendors.

The Fair will also feature hands-on demonstrations and workshops. Make & Take stations for all ages will be a creative place to construct steampunk sock squids, fascinator hats, steampunk goggles and clock-face collages. For young steampunk fans, the Whimsy Circus will engage imaginations in an array of enterprises and adventures. The Hubbud Club and the Garberville City Band will provide live marching band music on Saturday and Sunday, respectively, and roaming circus performers will entertain the crowds.

On Saturday from 1 pm to 3 pm, the beloved Kinetic Handcar Races will return to the tracks, as the people-powered vehicles compete for coveted titles. On Sunday, these feats of engineering will also be on display for people to learn more about their construction and hear from the creators of the handcars.

Saturday evening's Grand Ball, hosted by emcees Bryan Arnold and Billy Hetherington, features dancing and an impressive musical lineup starring headliners Diego's Umbrella, as well as El Radio Fantastique, The Crux, and DJ Bryce Bones, along with aerial artists, bellydancers, a performance poet, and fire dancers, plus experience the Tesla Coil and Ghost Rider, a flame spewing motorcycle.

Those seeking comestibles will have a wide array of choices both at the Fair and the Grand Ball, including Hellagood Desserts, The Lemonade Stand, Delish, Tsunami Nacho, Ultimate Souvlaki and Kashaya's Brick Oven Pizza.

Proceeds benefit the Mendocino County Museum. For more information, including a continuously updated list of performers and vendors, or to purchase tickets, please visit www.KineticCarnivale.com.

maple syrup, \$1. 291 School Street (two blocks south of Commercial, 1 block west of 101).

Weekend Plant Sale: to benefit Willits Center for the Arts, at 363 Boscabelle Avenue. See Saturday, July 25 listing for details.

The Fire Scottish Band: a thrilling duo of Rebecca Lomnicky and David Brewer, will perform at the Willits Community Theatre on Sunday, July 26 at 2 pm. The duo presents high-energy pure Scottish music, with world-class fiddling in combination with bagpipes, guitar, bodhran, and whistle. Their show marks the release of their second CD, "The Fire," which showcases their stylistic expertise, technical prowess, and musical passion. Advance tickets are \$15 and available in person at Mazahar, 38 South Main Street; online at brownpapertickets.com; or by phone 24/7 at 1-800-838-3006. Tickets will also be available at the door until sold out.

COLUMN | At the Movies



'Terminator Genisys'

The Story: Kyle Reese gets sent back from the future to 1984 to find Sarah Connor and protect her from the Terminator assassin sent to kill her before she can give birth to John Connor. That makes for a kind of a temporal loop-de-loop ... but that's only the beginning.

My Thoughts: What made the original "The Terminator" and "Terminator 2: Judgment Day" so strong was they both ended on a note of sadness and loss. As a viewer and instant fan, I did not want them to end. Kyle's death and subsequent heartbreak for Sarah, the destruction of his friendly Terminator protector for young John Connor. Their loss makes for a romantic ending ... a haunting ending.

Daniel Essman Columnist

In that sense of the romantic, "Terminator Genisys" falls short. On the other hand, the stunts, the explosions, the somersaulting school bus off the side of the Golden Gate Bridge, they all are spectacular. And I enjoyed the thrills. Heck, the whole movie was a series of cliffhangers and relentless pursuit by single-minded cyborg(ish) assassins, and all of the narrow escapes are a kick. So, why complain about what it isn't? It's a good movie ... a movie movie. Enjoy.



Parents: It's scary. Your kids will want to see it. As a general rule, I'd keep the little ones away from this one. Teens and up.

Note: I had trouble following the time travel paradoxes. I think most people will. Liked the movie anyway ... boom!!!!

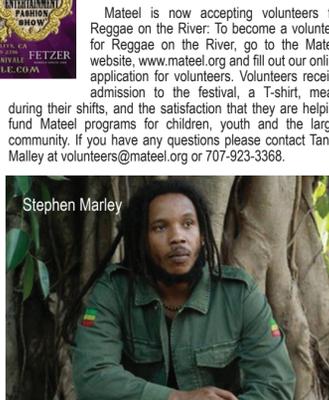
Willitsian Daniel Essman prefers his reality attenuated by the wisdom of the imagination.

31st annual Reggae On The River

July 30 to August 2

This year is the 31st anniversary of Reggae on the River, July 30 to August 2, the longest-running reggae festival in the U.S. The 2015 edition of this iconic gathering features Stephen "Ragga" Marley, Cham, Alborosie & Shengen, Tarrus Riley & Blak Soil, Protoje & The Indignation, Ce'Cile, Collie Buddz, Nahko and Medicine For People, The Culture, Ghetto Youths International featuring Ju Maya, Christopher Ellis, Black-Am-I, & Jerne Marshall; Emmanuel Jal, The Congos, Katchafire, Stick Figure, Exco Levi, Aleria Kamarara, Bassekou Kouyate & Ngoni Ba, Fortunate Youth, Mr. Williamz, Aaradhna, HIREF, Empress Unification, Lior Ben-Hur, and lots more! Also showcasing more than 60 vending and non-profit booths, with every food booth supporting a locally-based non-profit, and the ever-popular KidLandia: Kids 12 and under attend for free and must be accompanied by an adult. Don't wait too long to buy your tickets if you haven't already! Available at all usual outlets, ticket prices go up slightly at the gate. Visit the festival website for the full scoop, and start planning your Reggae On The River pilgrimage today!

Mateel is now accepting volunteers for Reggae on the River: To become a volunteer for Reggae on the River, go to the Mateel website, www.mateel.org and fill out our online application for volunteers. Volunteers receive admission to the festival, a T-shirt, meals during their shifts, and the satisfaction that they are helping fund Mateel programs for children, youth and the larger community. If you have any questions please contact Tanya Malley at volunteers@mateel.org or 707-923-3368.





At top: Campers traverse the course with their horses, including Kiera on Pixie, center, and Zoe on Ruby, right.

Above: 2015 campers included, from left: Samantha, Sylvia on Flower, Keeley, Katelyn on Jill, Elaine holding Buster, Hayden on Count, Lijia, Kiera on Pixie and Heidi. Not pictured: Lily and Ella.

At left, top: Samantha rides Buster over the poles. At left, bottom: Flower takes a quick break from the camp rotation, but keeps listening to the lessons regardless.

At right, top: Hayden finishes the beach park obstacle on Count. At right, bottom: Elaine leads Buster on the course.

Photos by Maureen Moore



Horse Camp 2015

Equestrian Arts holds annual summer camp

Over the last 20 years, Elaine Mancini, owner and instructor of Equestrian Arts, has held a summertime horse camp for new and returning riders, teaching balance and safety to both horse and rider.

This year, eight campers attended the event at San Vicente Ranch in the Willits valley, including Ella, Lily, Zoe, Samantha, Sylvia, Katelyn, Kiera and Hayden.

Helping ensure everyone gets plenty of help and support, four helpers also attended, including Heidi and Keeley Ahders, Nadine Boer and past camper and 2013 Willits Frontier Days Sweetheart, Lijia Lamkin.

Helpers assisted campers through the week-long event with the roster of camp lessons, including lunging with and without reins, course work, leading, tying, roping practice, vaulting, moving through the various gaits (or speeds) of the horse, and the ever-popular horse-and-rider apple bobbing event.

Lunging is very important for riders as it allows many opportunities to fine-tune balance and riding skills. The horse travels around the ring of a circular arena, or round pen. The instructor stands in the center of the ring with a long line running from the instructor's hands to the horse's head. This lunge line allows the instructor to communicate with the horse, allowing the rider to work on other aspects of riding, including keeping balance with their hands in the air while the horse is walking, trotting or cantering around the round pen. Lifting knees, dropping and finding stirrups and other activities will help teach the rider to use their body to balance, not the reins, helping the horse's comfort and the rider's proficiency and horsemanship as they move forward with their riding career.

Vaulting goes hand in hand with lunging; at first, students learn to balance atop "Wild Fire," the 55-gallon

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



Sudoku

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

Level: Intermediate



How To Sudoku:

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



Questions?
Comments?

willitsweekly@gmail.com

COLUMN | Relationship
Ins and Outs

Alcoholism and families

Dear Doris:

I have a niece who started drinking in high school in the '80s. She went through a 12-step program 15 years ago and was sober for approximately five years. She has been steadily drinking since then. Due to her alcoholism, she's been in and out of jail for DUIs but always starts drinking as soon as she gets out. I believe at this point, my niece's brain is so affected by her alcoholism that she has completely lost her capacity for clear thinking, telling the truth and critical judgment.

My sister and I are very close and I have always been there for her. It hurts me to see my only family members suffering and hurting like they are. We've spent endless hours talking to my niece, doing recovery/rehab research, and trying everything we can to help her. It feels like we've lost her, and I have no hope anymore. What can I do to separate myself from all my terrible feelings in connection with my niece (anger, frustration, guilt and sadness) but to be able to still support and comfort my sister?

Dear L.:

My heart goes out to you, and the rest of your family. It must be very distressing to witness how your niece's alcoholism/addiction is destroying her and is bringing suffering to the whole family. I can assure you that all the feelings you are experiencing regarding your niece are normal and common for anyone in your situation. I don't think you need to separate yourself from those feelings. On the contrary, your feelings need to be fully acknowledged and processed. Most people with alcoholism in their families need the help of support groups, friends, family members, and therapists. Do not hesitate to reach out for support and, if necessary, seek out professional help! I recommend the same for your sister.

I am not an expert on alcoholism and addiction, but I know that it is a complex subject and often deeply rooted in the family history. Your niece's alcoholism is not just her problem alone, it is a problem for the whole family as a unit and needs to be handled as such.

I can only imagine how painful it is to watch your niece making the choices she makes. I'm sure you have memories of times in which you feel you failed her or let her down. You may blame yourself for not dealing differently with certain situations involving your niece. Feelings of guilt for having done too much, too little, or the wrong thing will naturally surface, including a sense of helplessness. At the same time, it is never helpful to beat yourself up over things you did in the past. Shame or guilt will not allow you to find solutions, but only more misery. We operate with the knowledge and skills we have at the time. It is good to know **now** what you would have done differently. If it feels right to you, perhaps make amends to your sister and niece for mistakes you feel you made in the past.

You may be correct that on some level you have lost your niece

and that you cannot do much for her at this point. Your niece's body and brain may be so affected by her alcoholism that there may be no going back, as you have mentioned. The best you and your sister can still do is to model healthy behavior for your niece and be honest with her about how you feel. It sounds like she is not able to accept the help she needs in order to heal.

You and your family, including your niece, will have to face some very hard truths if the family is to heal, and that takes a lot of courage. If you try to engage your niece in this process you will need to detach yourself as much as possible from the outcome. Having empathy for her together with clear boundaries for yourself will keep you from hurting emotionally more than you have to.

I can imagine you are all going through waves of grief as things continue to deteriorate. Grieving involves a range of feelings such as anger, disappointment, sadness, hopelessness, disbelief, helplessness, and finally, hopefully, acceptance. Being able to grieve with your sister will make the process easier for both of you.

Acknowledging the difficult truths in your family, the feelings that come with them, and clearly understanding what you can and cannot do for your niece, will promote your own and your family's healing processes. While none of this will completely banish the pain and sadness, it may change your approach and conversations you and your sister may have with your niece in the future.

It is good that you and your sister have each other to process some of this challenging task together.

If you have **any** relationship questions, please send them to doriswier@embraceconflicts.com or to **WW** directly, P.O. Box 1698, Willits, CA 95490. I am happy to answer them anonymously on the third Thursday of the month.

Doris Wier is a certified relationship and life coach who works and lives in Willits. She coaches individuals, couples, families, and professionals. In addition she offers Explore-Shops on conflict resolution and deepening your intimacy and connection in your partnership.

For more information on the process, call 707-456-9246.

www.embraceconflicts.com and www.facebook.com/doriswier

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13		
14			15						16					
17			18					19						
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59	60							61	62				63	
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67								68					69	

CLUES ACROSS

- Fixed hardware memory
- Ancient Greek physician
- US coach Amos Alonzo
- Before
- Hedge
- Musical endings
- Contrary to
- 39th state
- In a way, takes away
- More uncommon
- Hue or shade
- Having no moral failing
- Mauna ____, Hawaiian volcano
- Initials of ALS physicist
- Soluble ribonucleic acid
- Smallest American sandpiper
- Wrote a computer program
- Silver
- A continuous portion of a circle
- To send forth
- Wood sorrel
- Curie
- Curved sword
- Harmon, Wahlberg &

CLUES DOWN

- Medieval fiddle
- W. Bolivian city
- Relating to a metal
- Sires
- Macao monetary units
- Roman household god
- Sun up in New York
- 1st Indian P.M.
- Frighten
- Keepsakes
- Admirer
- Antony
- Break stone
- Doc
- A small demon
- Split up
- Sierra lake
- Micronesian sailboats
- North African desert
- Famous persons
- A worn out horse
- One seeded fruit (alt. sp.)
- DEA officers
- 7th Greek letter
- States of repose
- Related on the mother's side
- Cub Scout group
- Handgun (slang)
- J. G. Low's organization
- Constitution Hall org.
- Presently
- Smallest speech sound
- In-between meal
- Heroic tales
- Healing wound cover
- Paper bags
- Threefold
- River in France
- And in Latin
- Cup used to serve espresso
- One thousandth of an ampere
- Deprived of parents
- E. Asian housemaid
- Mac, gala and pippin
- Mother or father
- Dressing gowns
- Swiss river
- Banteng
- Speak
- MN 55122
- Religious faction
- Auto
- Supplement with difficulty
- Browning of the skin
- Militant Irish organization

Willits Harrah Center
Serving the Seniors of our Community

HELP HARRAH'S!

Harrah's roof has been leaking for the past 5 years, with water pouring into the pantry and the dining room.

It will cost more than \$100,000 to reroof the building. With work to begin mid-July any donations from the community will be appreciated.

— Call for more information —
459-6826 • 1501 Baechtel Road

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SUMMER HOURS:
MONDAY - SATURDAY: 9 AM to 7 PM
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PIXELS in 2D & 3D

ANT-MAN in 2D & 3D

(PG) 13 hr 57 mins

Daily-Thurs:
(2D) 12:30 & 5:50pm
(3D) 3:10 & 8:30pm

MINIONS in 2D

(PG) 1 hr 31 mins

Daily-Thurs:
12noon, 2:00, 4:00, 6:00 & 8:00pm

TED 2

(R) 1 hr 55 mins

Daily-Thurs:
1:15, 3:45, 6:15 & 8:45pm

Movie Times for 7/17 thru 7/23

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

Willits Weekly CLASSIFIEDS

30 Words | \$10 | 2 Weeks

Algebra, Geometry Tutoring, Test Prep

Mac Smith 459-MATH

Computer Help

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

Community HU Song

In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song, Thursday, July 23, 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 or visit www.miraclesinyourlife.org.

For Sale

Mobile home, Grange Mobile Home Park. \$21,000 or B/O. 707-621-1551.

For Sale

For Sale: All items \$100. Black leather couch, Lazyboy recliner, washer & two dryers: 1 gas, 1 electric, dining table w/4 chairs, bar w/4 bar stools, C02 beer refrigerator, entertainment center, 42" flat screen TV, plus more. Call 354-5350 for more information.

For Sale

Seasoned, mixed stove wood. 18 inches or smaller. \$150 per half cord. 707-272-0734. Free delivery in Willits area.

The Fruit Group

Pesticide-free fruit by the field. Tomatoes, \$27 Yellow and white freestone peaches & nectarines, \$25 Next truck July 9, then every other week until fruit runs out. Order by the Sunday before.

Willits: Brenda, 459-9335 Ukiah, Potter & Redwood Valley: Deanna, 391-7736 Laytonville: Heather, 984-7430 Lakeport: Linda, 279-8840 Fort Bragg: Karen, 937-4664 Brooktrails: Toni & Rene, 513-3640 Covelo: Jennifer, 354-0579

Help Wanted

Cahito Tribe Job Openings: FIT GAP Assistant, FIT Police Officer, P/T Janitor, P/T Human Resources, P/T on call ICWA Director, FIT Workforce Laborers (5 positions). Pay DOE. Must pass pre-employment drug screen. Contact Cherie Smith-Gibson @ (707) 984-6197.

Help Wanted

Two retail sales positions available now at Mazahar and The Goods Shoppe. Priority to long term, and experience a must! Apply with resume at Mazahar, 38 South Main Street, Willits.

Help Wanted

Caretaker/handyman position available on 7 acre ranch in Laytonville. Work in exchange for rent and utilities. Housing provided-one bedroom mobile. Responsible, honest, self-starter needed. Love of animals a must! 707-353-0090, 9 am-6 pm.

Help Wanted

HIRING: Waldorf School of Mendocino County. Enrollment and Outreach Coordinator, part-time, 20 hours weekly/42 weeks per year. Business Manager/Bookkeeper, part-time, 25 hours weekly. See www.waldorfmendocino.com/employment for full job descriptions. To apply, email cover letter, resume, and references to Spring Senerchia at admin@mendocinowaldorf.org.

Multi-Family Yard Sale

Saturday, July 18 9 am to 3 pm 297 Redwood Ave

RV/Trailer Space for Rent

Space for RV's and Trailers \$390 per month, includes water & garbage. Close to Safeway in Willits. Call Rhonda (707) 367-6178. See at "http://www.oakvline.net/tp"

SEWING AND ALTERATIONS

Seamstress and Sewing Teacher Barbara Carlson Visit my webpage: Zibergirl.com 707-367-6182, Willits

Volunteers Wanted

Frank Howard Memorial Hospital is looking for positive members of the community to volunteer in various departments of the hospital. Hours: flexible and can include weekends. More info? Call 456-3245.

Volunteers Wanted

The Willits Senior Center has many areas where your expertise and talents are needed. Front Desk, Thrift Store, Dining Room, Sunday Bingo, Sunday Breakfast, Special Dinners, Landscaping, Garden, Firewood. Come join our Team. Call Marjya at 707-459-6826.

Yard Sale

2281 Valley Road, Saturday, July 18th from 9am to 3pm - follow the signs - Hot tub equipment; Yoga Props; dishes; glasses; serving pieces; small kitchen TV w/built-in VCR; books; jewelry; collectibles; Wii; luggage and miscellaneous household items, and some barn "stuff". Please no early birds. 272-0540.

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R	O	M	G	A	L	E	N	S	T	A	G	G
E	R	E	V	A	D	E	C	O	D	A	S	
B	U	T	N	O	R	T	H	D	A	K	O	T
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The rest of Muscles | From Page 4

Moises Leon, 43, entered both the Open and Masters/Men over 40 classes. He placed third in Masters and fifth in Open.

"The Open classes are much harder and have much stiffer competition than the novice classes," explained Noonan. "We are so proud of Moises; he did a great job."

This is the 15th competition for Leon, and he noted his great appreciation for Noonan and the rest of the team who were able to come and compete. Last year, Leon was the only one to attend this competition, and he said having the whole group there was a boost of confidence for everyone and made the experience more relaxing and full of camaraderie. Leon also expressed his appreciation to Noonan for her continued guidance and support and to his training partner, fellow competitor and son(!), Rene Torres.

Rene Torres, 14, another first-time competitor and son of Leon, placed third in the Teenage Bodybuilding class.

"It felt good to be up on stage," said Torres. "I wasn't really even that nervous, even though it was my first time doing a competition."

Noonan noted that Torres received the most applause.

Being the youngest entrant in the whole competition was also inspiring for Torres and all the Willits competitors. Torres noted he hadn't planned on entering yet, but after some debate decided "why not?!" go ahead and gain experience earlier on.

Already excited for another competition, Leon hopes to compete again and continue to learn more each time.

"I really want to thank my dad and Angie for all their help with training and for their support," said Torres.

"I'm so proud of all the competitors," said Noonan. "As long as they're all having fun, it was worth it!"

If anyone is interested in getting involved in future competitions or improving their fitness, contact Noonan at Body Works Gym at 459-0594.



Above: Elaine helps hold the saddle so Sylvia can safely mount. Katelyn makes sure Jill's forelock is fancy.

Photo by Maureen Moore

Below: Katelyn, with no saddle and no reins, balances atop Count, who is attached to the lunge line. This shows that riding comes from the seat, first and foremost.

Photo by Shannon Germann



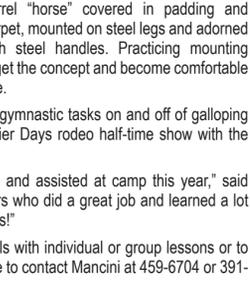
The rest of Camp | From Page 8

barrel "horse" covered in padding and carpet, mounted on steel legs and adorned with steel handles. Practicing mounting and dismounting on Wild Fire helps the students get the concept and become comfortable with moves without the factor of the moving horse.

Advanced vaulters can perform highly difficult gymnastic tasks on and off of galloping horses, like those performed at the Willits Frontier Days rodeo half-time show with the Daredevil Trick Riders.

"I want to really thank the helpers who came and assisted at camp this year," said Mancini. "And of course thanks to all the campers who did a great job and learned a lot improving themselves as Equestrian Arts campers!"

Anyone interested in improving their riding skills with individual or group lessons or to sign their kids up for next year's camp is welcome to contact Mancini at 459-6704 or 391-6457.



Ensuring that special patches, trim, logos and other identifying and significant visual embellishments are included in the finished bear is very important to McCoy.

The rest of Bears | From Page 1

other service families. "It's been my whole life," said McCoy. "That's how we grew up. Always say 'good bye.' Our 'I love you' was 'stay safe.' Though the gifts and bears, I feel fortunate to help new and long-time service families cope with their experience and offer them support through these tough times." McCoy welcomes anyone who might be interested in having a bear made for them to contact her at mkmnjat@aol.com for more information. She noted her willingness to create bears for anyone who might find them comforting and would appreciate nothing more than a donation made to a charity in return. Autism or cancer awareness and, of course, law enforcement support are all causes near and dear to McCoy's heart.

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

Eel River Recovery Project brings its outreach to Willits

The Eel River Recovery Project hosts a free workshop on how to conserve water and prevent water pollution associated with agricultural practices, including cannabis cultivation, starting at 10 am on Saturday, July 18 at the Little Lake Grange in Willits. ERRP is also able to render technical assistance to land owners at their residences on a confidential basis for free, and contractors who are supplying these services will present at the workshop.

ERRP Managing Director Patrick Higgins will welcome the audience and give a brief talk on the importance of the project to the future health of the Eel River and how citizens are helping monitor during this period of extreme drought. Larry Desmond of Mendocino Water Works will then explain how to plan water systems, calculate a water budget, and implement water conservation measures.

Anna Birkas of Village Ecosystems will cover a wide range of topics, from storing water in your landscape with bioswales, to catching water off your roof, to designing and implementing a graywater system. Noah Cornell is the southern outreach coordinator for ERRP's best practices project and has expertise in soil building and organic gardening techniques. In addition to a presentation, Cornell will give a demonstration of how to make compost tea. Many tips offered in the workshop will also have significant value to backyard gardeners in Willits or households that want to reduce water use.

Previous ERRP activities included a June outdoor workshop in the Salmon Creek watershed in Humboldt County at restoration practitioner Kyle Keegan's Fools Farm. Demonstrations there included how to build a graywater system, converting wood from fire-safe activities to biochar, employing bioswales for dry farming, and various methods of making compost teas from plant extracts and other materials. Video of the event was recorded and will be made available via YouTube and the ERRP website.

The rest of Relay | From Page 1

the park for 24 hours, with tents, booths and personal belongings, the Relay area is fenced in, with only one entrance. "I've had people tell me they didn't want to go in because it looked like a private party," Pat Moeller, a cancer survivor for 17 years who's been attending Relay events since the first year she was diagnosed. But although Relay is definitely a party ("It's fun!" was another unanimous comment), the general public is cordially invited to drop by and check out the fundraiser. It's free to get in, although donations are welcome.

"Most people know someone who has cancer," said cancer survivor and Relay Entertainment Committee chair Mike Tobin. "There's a lot of information at Relay, a lot of camaraderie, and a lot of ways to help as caregivers or family support members in their communities."

"Cancer is not a new disease," said survivor Virginia Jorge. "It's 'the C word' that you might not want to deal with until it hits you personally, but cancer is a disease that's affected almost everybody. We would love to have anybody come down and do a lap - maybe in honor of a loved one."

"We all have friends and family who have been impacted for sure," Moeller said. "Research is what we need, and American Cancer Society has a great reputation for that. We want to fight cancer and cure it."

And why should cancer survivors participate in Relay? "To partake in a common goal and fellowship," Tobin said. "To know they're not alone."

Relay for Life honors cancer survivors in many ways: "We have a 'Survivors Walk' and a survivors brunch after the opening ceremony," Kidd said, "and a survivors booth. You get a



Cannabis Grower Best Practices Workshop

Water rights and pollution prevention permitting issues will be explained at the workshop by staff from the North Coast Regional Water Quality Control Board. That agency will be issuing permits to cannabis growers, known as waivers of waste discharge, sometime in the next several months. Many small organic cannabis growers may already comply with waiver requirements, and ERRP contractors can advise them in this regard.

Previous ERRP best practices outreach meetings in Emandal, Fortuna and the Heartwood Institute in eastern Humboldt County have been well received, and rural cannabis farmers are signing up for consultations. These two-hour visits from ERRP contractors provide a check list of things that meet "best practices" standards and identify parts of an operation that might need improvement.

To acquire free technical assistance, come to the Little Lake Grange event and sign up, or call Noah Cornell at 707-972-9503. This project is supported by a grant from the State Water Resources Control Board Clean Up and Abatement fund.

The Saturday, July 18 event will run from 10 am to 2 pm, and will conclude with a panel discussion and an opportunity for the public to comment. For more information, see www.eelriverrecovery.org. The Little Lake Grange is at 291 School Street in Willits. A light lunch will be provided; there is no need for reservations, and no charge for admission.

- submitted by Eel River Recovery Project

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- submitted by Eel River Recovery Project

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Saturday - 10 AM - 2 PM
291 School St, Willits

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Homes For Dogs Project

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Meet Bill

Realtor® Bill Barksdale has a long history of loving dogs, cats and all animals since his first Collie companion at age 4. "I have the greatest respect and affection for the people who operate the Humane Society & other pet adoption organizations like SAFER Equine Rescue. The degree to which we care for these little & (big) ones reflects our own humanity & ability to love." Bill has helped arrange pet adoption events at the Coldwell Banker Mendocino Realty parking lot & office for a number of years and looks forward to bringing the love of these deserving companions to many more homes. "I invite you to consider adopting a shelter animal to share your love", Bill asks.

Meet Dillon

Dillon is a male MacNab mix about a year old. He is full of energy and life and likes to play fetch and take car rides. He knows a few commands but needs some work on his manners like most young dogs. He has lived around dogs and cats with no real problem but may need supervision around goats. He'll learn quickly as he is very smart and friendly, too.

To adopt, or learn more information about "Milo", please contact the Human Society of Inland Mendocino County
707.485.0123

The Humane Society for Inland Mendocino County

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Time to relax

Completely You Massage offers walk-in service and appointments

At top: Relaxing massage and hot stones are different types of treatments available at Completely You Massage.

Above: The friendly faces of Completely You Massage, from left: Renee Priestly, Beth Ferretta, Anna Sommers and Brooke McFadden.

Below: A face mask and heated neck wrap (left) are the ultimate in pampering, and those looking for something a little stronger can enjoy deep tissue massage (right) as well.

Photos by Maureen Moore

The bottom of one of Willits' historic buildings has a new business: Completely You Massage, a studio offering fully integrated massage services to the Willits area.

Four state-certified or nationally certified professionals: owner-masseuse Beth Ferretta and masseurs Renee Priestly, Brooke McFadden and Anna Sommers, are available to offer varying forms of massage, including medical massage, relaxation massage, spa treatments, pain relief, holistic services and many more soothing options.

One of the great differences with Completely You is that walk-in appointments are available. A board on the counter lets customers know masseurs' availability, and the comfortable waiting room and flavored water makes an extra opportunity to prepare for a great treatment. Art by local artist Margaret Pirouette hangs in the reception area

and throughout the salon. The art is also available for sale.

Of course, specific-time appointments are also available and can be scheduled by calling 972-4368.

Treatments vary in length and are grouped under different options.

"Medical massage includes lymphatic drainage, prenatal massage, injury-sensitive, medical complication-sensitive, and customized therapeutic," explained Ferretta. "Relaxation massage lasts from 60 to 120 minutes and includes hot stones and other soothing treatments. The salt scrubs, mud masks, full product line facials, and coconut oil hydration will allow you to enjoy a completely relaxing and indulgent experience from our spa treatments."

On the holistic side, detoxification and alkalization options include ionic detox footbaths with neck and shoulder massage, zeolite mud treatments, and UV heat bands.

"Since the human energy is a sacred light that needs to be maintained, we offer Reiki, craniosacral massage, polarity balancing, and chakra balancing, too," explained Ferretta.

Each masseuse has her own room complete with relaxing lighting, aroma therapy and a comfy and clean heated massage table.

The studio is located at 225 South Main Street in downtown Willits. They are open Monday through Saturday from 10 am to 6 pm. They are closed on Sundays.

— Maureen Moore



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Thank You
 From the heart of the entire family of Henry "Bud" Harms, we want to thank everyone at Howard Memorial Hospital for the loving care, kindness and comfort given to Bud through June 23 to July 2, 2015. Family members were with him around the clock, and he was surrounded with their love. The HMH staff all extended every effort to ensure our needs were met.
 I also want to thank James at Anker Lucier Mortuary for his respectful thoughtfulness towards our family. Also, a thank you and much appreciation to everyone who sent flowers, cards, visited and called. It was so comforting, and we are grateful for all the warm thoughts about Bud's life. He was deeply loved and will be thoroughly missed.
 — Carol Harms

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The rest of Grows | From Page 1

"We are trying to meet their needs with some logical plan, and yet we don't have the money to do everything we want to do.

"I appreciate this discussion and your presentation, and I want to follow up on this. It's a deeper subject about the larger commercial grows. Our county is being destroyed, and there's no consequence for those people. Obviously we can't send Angie out there with a couple of guns and have her straighten it out for us.

"We need to figure out what we are willing to do financially to defend this county that we love," he said.

Woodhouse added he thought part of the anger he was hearing was due to citizens' resentment that while they were "funding the county" with fees and permits, there were no consequences for those who didn't do things legally.

Woodhouse said he knew those in charge of enforcing laws or codes did not want to unequally enforce the rules: "We put you in this position," he said, "so we need to reach in and help you come out of this position. I think we can do it. It's going to take money and determination and discussion

by the board ... about what we're willing to spend on this."

Woodhouse predicted "this destruction out there" would go on for years, "while we talk," and that it would get worse. "The gold rush is on and everything – the wildlife, the water – is being slaughtered."

Woodhouse also criticized how the board's full agenda for each meeting precludes in-depth discussion on important issues. "It bothers me to do all these huge things every meeting and do all this stuff," he said. "There's not enough time to talk. There's no time for deeper issues like this."

Woodhouse's comments did not elicit any response from other board members.

During her presentation to the board, Building and Planning's Hamilton said the county only has three code enforcement officers: herself, one officer on the coast, and one officer in training.

Despite this lack of staff, between January 2014 and June of 2015, Planning and Building Services has closed 708 cases, filed 61 liens on properties, and opened 138 new cases, whittling down its backlog to only 398 cases.

Planning and Building Director Steve Dunicliff told supervisors the department was doing well, considering its small staff size. "The number of outstanding code violations

is always going to be more than the number of staff we have to deal with the problems," Dunicliff said.

Following Hamilton's presentation, Fifth District Supervisor Dan Hamburg praised her work and the work of the other code enforcement staff. "I'm impressed with your numbers. You used to have a real high backlog, and it appears now you have rationalized your system, so you are keeping the backlog down."

Dunicliff asked what types of enforcement issues the board wanted Hamilton and the two other code enforcement officers to focus on. Supervisor John McCowen suggested code enforcement should focus on environmental crimes, such as unpermitted ponds and land clearing, unpermitted construction, and highly visible code violations.

Asked later how the board's direction might change what the code enforcement wing does, Dunicliff said his code enforcement staff "will continue to do everything all at once, but now we are going to emphasize issues that touch on the directors supervisors gave us – where possible.

"For example, we have a backlog of cases. When it comes time to work on that backlog, we will work on those cases that come under the direction given to us by the board," he said.

The rest of Main Street | From Page 1

would prefer not to start those projects until the bypass has taken traffic off Main Street, but working at night is an option if work starts sooner.

The area to be handed over runs from Highway 20 north to the city limit.

Sidewalks at corners will be made to meet Americans with Disabilities Act requirements, said Frisbie.

The relinquishment document outlines who will assess the street before the state transfers its road to the city.

In the agreement, the State Office of Materials Engineering Testing Service examines pavement, a Caltrans hydraulic engineer looks at drainage above and below ground, and a Caltrans bridge maintenance engineer looks at the bridges.

A remake of the Sherwood Road intersection is a project linked to completion of the bypass.

The project is referred to in the relinquishment agreement, but Frisbie said it is a separate project. Sidewalk work near the high school will also be included, he said.

Caltrans released a study on the Sherwood Road project in June.

The \$3.8 million project is named "The Sherwood Road Geometric Upgrade." In the current lay of the land at the Sherwood intersection, drivers and occasional pedestrians and bicyclists navigate a 12 percent grade with no shoulder and cramped turning lanes that meet Main Street at an angle.

The project aims to build a 4-foot shoulder and an 8-foot pullout on the east side, to reduce Sherwood Road to a 10 percent grade, and to create 200 feet of turning lane up the hill, with a retaining wall on the west slope.

A common concern from the public in letters and written comments Caltrans gathered at a meeting last summer was the retaining wall.

A rendition of the intersection shows a brown sandstone-colored retaining wall. One commenter referred to it as "ugly."

In response to comments and concerns about the wall, Caltrans later stated the color and appearance of the wall will match the terrain and natural stone as much as possible.

Willits High School, Willits Unified School District's bus yard, the American Legion Memorial Building, Village Market Liquor and Gas, and nearby residences are the closest neighbors to the intersection.

Morning rush hour backs cars up Sherwood Road, and congestion in the turning lane for northbound drivers complicates access for Bittenbender Lane and the busy Village Market.

Jim King wrote Caltrans to comment on the congestion in the turn lane and for cars entering and exiting the market driveway.

The timing of traffic signals is the cause, Caltrans responded to King. Caltrans stated it would solve those timing issues at completion of the upgrade.

A roundabout was suggested by some, but Caltrans said it required acquisition of more property – including Village Market – and would cost about \$6.9 million.

Josephine Silva wrote Caltrans to suggest a roundabout and a new street to the east, passing through the school bus yard and connecting into a parking lot serving the Skunk Train depot.

Doing what Silva suggested could not be done by the state, Caltrans responded.

The rest of John's Place | From Page 1

The bar's former home was leveled to bare dirt in the cleanup of the November 2014 fire. Flames that torched John's Place also closed the Kwik Stop store and forced the Imagination Station preschool into a building across Commercial Street.

The use permit planning process included a checklist of considerations like aesthetics, noise, land use/planning issues and police concerns that were addressed in an initial study for the permit, the notice stated.

The closest businesses or neighboring places across the street or down a block include the closed-up Vassar's, Village Gas and Liquor, the Veterans Memorial Building, Willits High School and San Hedrin High School.

City code does not require a bar to be any certain distance from schools or churches, for example, but the state Department of Alcoholic Beverage Control has distance requirements, according to a report from the city planner.

The ABC may deny moving the liquor license to that location, but all other permits must be in order first, the report notes.

Planning Department documents show the city began soliciting input in January from the fire department, city building department, the school district and others to analyze in the planning process.

Farther along in the review process, the city's technical advisory

committee found the site was not ideal for a bar, but that the city could support the application, if conditions were met.

A report from the city planner stated the project was described as a temporary location for John's Place until decisions are made for the rebuilding on the property that previously housed the bar.

Hours of operation at the bar would be from 9 am to 2 am daily.

The city council, acting as the planning commission, will hear the use permit application at its July 22 meeting next week.

Community members may comment on the permit at the hearing or submit comments in writing to the Willits Community Development Department, 111 East Commercial Street, no later than 5 pm on Monday, July 20.

Some conditions of approval

Source: City staff report

Some of the 26 conditions for the John's Place permit include: Downcast or shielded lighting to prevent glare, adequate drainage, protection and maintenance of plants, keep doors and windows closed, adequate ventilation, list of voluntary measures should noise complaints occur, meet fire code and fire water flow requirements, install fencing, notify police for big events, police-approved video surveillance, and installation of a bicycle rack.

The rest of Assaults | From Page 1

Neumeyer was located and arrested in Willits without incident on suspicion of rape by force or violence, rape by intoxication, sexual penetration with a foreign object by force or violence, and sexual penetration with a foreign object accompanied by intoxication, Dewey said.

He was taken to county jail, where he is being held on \$300,000 bail.

Police are continuing their investigation into the incidents, Dewey noted.

This report was based on a press release from the Ukiah Police Department.



Jonathan Mark Neumeyer

The rest of Hospital | From Page 1

"After getting the Certificate of Occupancy, the hospital will be able to apply with the California Department of Public Health for a license to operate the health facility," Winger said. "That process will take additional time as we will need to train and orient staff in the new facility and stock the building as well."

Her comments largely echoed those of Eric Reflock, assistant director for legislative and public affairs for OSHPD. When asked how the hospital fared during the recent inspections, Reflock checked with his ground personnel, who actually did the testing, then told Willits Weekly the inspectors said the hospital did OK on the inspection.

"There was nothing negative," Reflock said. "The building is close to staff and stocking. It is right before the point of getting its Certificate of Occupancy."

Winger said the unknowns of getting the Certificate of Occupancy make it impossible to declare a definitive opening date. "Until the Certificate of Occupancy is issued by OSHPD, we are unable to set a target opening date," she said.

The rest of Lunches | From Page 1

pm, Monday through Thursday.

According to those making sandwiches on Monday afternoon, both Our Daily Bread and the Episcopal Church are happy with the new arrangement.

"I am grateful to the church for being so generous to us and for being willing to take us in, so that we can keep the thread going, until we can start up again as a soup kitchen," said Our Daily Bread volunteer Sally Rohlicek.

"The church as a group was very into it," said church Mission Committee member Shirley Schott. "Our Daily Bread is well organized. They have their own janitor. They have 20 years of experience, so it's pretty easy to let them come and use the facilities."

Our Daily Bread has a 20-year history of serving hot meals at St. Anthony's Catholic Church on West San Francisco Street. Their lease expired on June 30, and they started serving bag dinners at the fellowship hall on Monday, July 6.

The meals are given to the public at the back door of the fellowship hall, the smaller building just east of the new church building. To get there, walk north past the church building, turn right into the long parking lot, and walk to the end of the lot.

The agreement between the church and Our Daily Bread is a temporary arrangement, designed to keep meals flowing into the needy portion of the community until Our Daily Bread can find long-term accommodations with a large commercial kitchen.

"Anyone in the community who might have a long-term home for Our Daily Bread is encouraged to come forward and tell us, because I know that this is not what Our Daily Bread wants to do forever," said Schott.

People with ideas for a new, long-term home for Our Daily Bread may call Program Director Cindy Savage at 459-2579.

The rest of Pets | From Page 5

supervisor, where she volunteers eight to nine hours almost every day.

Maddie Schwede, 14-year-old Humane Society volunteer, enjoyed volunteering at the pet adoption. Maddie and her younger brother Alex have travelled from Boston the past two summers to spend time with their grandmother Linda Schwede. Linda, who is a volunteer "cuddler of cats" at the Humane Society, encouraged her grandchildren to volunteer as dog walkers during their visits. Maddie and Alex were both enthusiastic about their experience as volunteers with the Humane Society.

July is a good month to adopt a pet as it is "Name Your Price" month. With a minimum donation of \$30 per animal (puppies and kittens not included), you can obtain a pet that is neutered, micro-chipped, with flea control in place and with age-appropriate inoculations. Dogs have been heartworm-tested, and cats have been tested for feline leukemia.

Volunteers are needed not only with the animals, but with laundry, office work, fundraisers, pet adoption days, and so much more. For information about pet adoptions or how you can help with the Humane Society's work, please call 485-0123.

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Mendocino College Foundation awards \$80,000

in new student scholarships



Above: Willits High School graduates who received the new Mendocino College scholarships, from left: Victoria Lynch, Jill Donaldson, Izabel Hageman, Damon Neisen, Patrick Orr, Brandon Slater and Dara Collicott.

In a sweeping decision at their June meeting, the Mendocino College Foundation board of directors unanimously approved spending \$80,000 from reserve funds to provide financial support for 2015 high school graduates in Lake and Mendocino counties to enroll at Mendocino College in the upcoming academic year.

"Forty 2015 high school graduates representing Ukiah, Willits, Lakeport, Kelseyville and Fort Bragg high schools have each received a \$2,000 scholarship to attend Mendocino College in the fall and spring," said Richard Cooper, Mendocino College Foundation president.

The two new scholarships are aptly called the "Achieve" and the "Believe" scholarships. Recipients of the Believe scholarship are students with a demonstrated financial need who do not qualify for financial aid or other assistance. The Achieve scholarships are for students who have completed their A-G, California State University or University of California transfer requirements.

"The foundation board found themselves in a wonderful position to spend some reserve funds in support of student success," said Charley Myers, foundation vice president. "The foundation's mission is to support Mendocino College in educating leaders, fostering intellectual growth, and enriching lives by creating opportunities to invest in a better future for our students and communities."

The scholarship winners are: Victoria Erickson, Nate England, Noelani Borecky, Maria Ceja Valencia, Sophia Montez, Kursten Rhynes, Emily Ullrich, Allison Waddington, Rylie Loflin and Traci Hunt from Ukiah High School; Dara Collicott, Jill Donaldson, Izabel Hageman, Victori Lynch, Damon Neisen, Patrick Orr, Kaylee Seaton, Brandon Slater, Brandon Thiel, Kira Wear, Tori Troum and Hailey Riley from Willits High School; Shaylee Welsh, Kayla Maines, Herminio Espinoza, Elena Goss and Mary Bosse from Kelseyville High School; Crystal Zepeda, Joshua Henderson, Taylor Woodruff, Alyssa Ceja and Madison Wynacht from Clear Lake High School; and Devon Escola Morgan, Travis Loomis, Nathalia Santana, Travis Franco, Yamilet Garcia, Magdalena Manzano and Motherwell Morgan from Fort Bragg High School.

For more information about the Mendocino College Foundation, or to donate towards any of their programs, call the foundation office at 467-1018, or visit <http://foundation.mendocino.edu>.

– Katie Fairbairn, executive director, Mendocino College Foundation

Howard Hospital's free sports physicals

give kids a chance to play local sports

Summer is in full swing and for many parents – and kids for that matter – going back to school is probably the last thing on their minds. But to fully participate in school activities, a sports physical needs to be done.

Fifteen-year old Jocey Thieman from Round Valley is on her game. This young athlete, who plays basketball and volleyball, is doing her part now to make sure that she meets the requirements to play when school opens in the fall. And she is thankful to Frank R. Howard Memorial Hospital for offering free sports physicals to young athletes in Mendocino County.

Kristi Thieman, Jocey's mother – the pair came to the first free sports physical day on June 28 – says it is a great service to the community. "We learned about it last year, but we missed it. So this year, we made it a point to go. Even though we have private insurance, our deductible is pretty high. So getting this for free definitely helps."

As a parent, Thieman recognizes the importance of keeping kids active and giving them every chance to participate in sports. But sometimes the costs associated with sports can be pretty high, with uniforms and all the other equipment added up.

Michael Medvin, MD, the emergency room physician at HMH who conducts sports physicals, agrees. "The idea to provide free sports physicals really came from the fact that I know how important physical activity is for our kids. Expenses associated with playing sports can sometimes be prohibitive to kids being able to participate. By providing free sports physicals, we are helping reduce the barriers that parents may face to keep their kids active and healthy in our community."

In California, sports physicals are required for all students participating in sports. Dr. Medvin underscores the importance of getting a sports physical, not just to participate in sports, but also for overall health. "It's important to get a physical done prior to involvement in sports, because we are doing a physical exam to make sure you don't have any issues that would create problems while you are playing sports. We also ask a lot of screening

questions to help us identify potential health issues that may preclude you from playing sports or make you more prone to accidents or injuries when you're playing. And sometimes we discover conditions that would have

never been diagnosed otherwise," he explains.

The return to school is still weeks away, so scheduling a sports physical probably isn't high on your list right now, but if you follow the Thieman's lead, your athlete will be well ahead of the game.

"There's always a big rush at the end of summer. But parents should get them done as soon as possible, because a sports physical done now will get you through the entire school year," said Dr. Medvin.

Sports physicals don't necessarily make your kids better athletes, but they will definitely ensure they are healthy and lessen the potential for injury. Last year, HMH staff performed 249 free physicals during the three weekend events. HMH hopes to give every student athlete an opportunity to play by offering these free sports physicals in the years to come.

"We've made a commitment to improve the health of our

Kristi Thieman, from Round Valley, and her daughter, Jocey, who had her sports physical done early this year.



community, and this is just one of the ways we are fulfilling this promise. And with our new hospital coming soon, it can only get better," concludes Rick Bockmann, HMH president and CEO.

Free sports physical exams are open to all children in elementary and high school participating in a sports program. The next back-to-school sports physicals are scheduled for July 19 and August 9. To register, please call 456-3185.

– Cecilia Winiger, for Frank R. Howard Memorial Hospital

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