

## Thursday, November 7, 2019

## A close-up photograph of a fried, cross-shaped food item, likely a fried fish or vegetable, resting on a dark, textured surface. The food is golden-brown and appears to be made of multiple strips joined at the center.



**Mendocino College to host Veterans Resource Fair November 13**

*Submitted by Mendocino College*

Mendocino College's 2019 Veterans Day event will feature a Resource Fair, the grand opening of the new Career Hub, and a grand re-opening of the Veterans Resource Center.

The event is open to all and will be held Wednesday, November 13, from 11:30 am to 2:30 pm. The focus of the event will be overall wellness: physical, emotional, financial, and social. There will be a wide variety of community partners present in support of overall wellness, veteran services, and career opportunities.

The day will include a Veterans Day ceremony, student veteran panel, a free lunch prepared by the Mendocino College Culinary Arts Department, the Resource Fair, and a chance to win prizes for those who attend and actively participate.

The Veterans Resource Center offers a space for veterans to connect with other veterans over a cup of coffee, conduct small study groups, access computers for completion of homework, receive information about educational benefits to which they may be entitled, and assistance in applying for educational benefits.

The events will all be held at the Ukiah campus, starting with the ceremony and student veteran panel in the Little Theatre, followed by the resource fair and lunch in the Lowery Student Center, Career Hub in room 1250, and Veterans Resource Center in room 1240.

**New College Career Hub**

The goal of the new Mendocino College Career Hub is to help students and community members learn how to choose a career that aligns with their individual interests. Visitors have access to computers, get advice about how to create a resume or dress for interviews, and practice for upcoming job interviews through mock interviews. The Career Hub also connects community businesses to job seekers in the area by hosting presentations by local employers and posting current employment opportunities.

The Ukiah campus of Mendocino College is located at 1000 Hensley Creek Road. For information about this event, contact Lauren Simmonds, Career Center specialist, at lsimmonds@mendocino.edu or 707-468-3044.

**Sherwood Firewise meeting November 14**

The next Sherwood Firewise Communities general meeting is Thursday, November 14, from 6 to 8 pm at the Brooktrails Community Center. This meeting will be preceded at 5 pm by a Soup Supper hosted by the Brooktrails Women's Club. Four or five types of soup, bread, beverage and dessert will be provided for a \$5 donation. This fundraiser will benefit the scholarship committee.

During the SFC meeting, we will move ahead with planning utilizing the California Fire Safe Council grant for chipping 75 to 150 different properties plus the 2 to 3 miles of roadside clearing.

The recent fires and power outage also taught many of us additional ways we can be better prepared in an emergency. A brief discussion of this as well as outstanding projects and grants will be discussed. Contact info@sherwoodfirewise.org for more information.

– *Submitted by Sherwood Firewise Communities*

**The Rules: LETTERS**

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

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

**Willits Weekly**

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**Rotary Clubs come together to help Kincade Fire victims**

*Submitted by Jenny Senter, president of Willits Rotary Club*

Even as the Kincade Fire still burns, Rotarians are reaching out to help. The 47 Rotary clubs of Rotary District 5130 – with clubs in Del Norte, Humboldt, Mendocino, Lake, Napa and Sonoma counties – are coming together to facilitate club, member and community donations to help the victims of fires that continue to devastate Sonoma County.

With tens of thousands of people coping with the aftermath of mandatory evacuations and evacuation warnings, hundreds of buildings destroyed and hundreds more threatened, and almost 80,000 ac burned by fires that are still not completely contained, the need is real and immediate, according to Rotary District 5130 District Governor Kathy Flamson.

“Rotary District 5130 is dedicated to helping people and communities in need,” Flamson said. “As our families and friends return home after the Kincade Fire, our first thoughts are with their recovery and bringing normalcy back to their lives. We can do this with your help.”

Rotarians have a history of coming together to help those displaced and damaged by Northern California fires. More than \$1 million was raised and distributed by Rotarians to support communities devastated by the Lake County Valley Fire in 2015 and the Sonoma, Lake and Napa counties' 2017 Tubbs Fire, according to Flamson.

Now District 5130 Rotary clubs have organized a collective effort to help those hurt by the Kincade Fire by joining together to encourage their members and the District 5130 communities to contribute to this effort.

In a joint statement, Rotary presidents said: “We all have personal, business and professional ties to the people and places that have been damaged and endangered by these fires. We are a connected community in District 5130. We want to help, we can help and we are committed to helping.”

To make cash, credit card, PayPal, or check donations, contributors are advised to go to the Rotary District 5130 website: www.rotary5130.org. Contributions are tax-deductible.

**Did the PSPS affect your small business?**

*Submitted by the Economic Development and Financing Corporation*

PG&E's recent public safety power shutoff has been very hard on small local businesses. In order to support Mendocino County Economic Development and Financing Corporation has established a disaster assistance loan program.

If your business was negatively impacted by the recent PSPS event in Mendocino or Lake county, you may be eligible for a loan for up to \$50,000 at as low as 3 percent APR.

Additionally, depending on the size and location of your business, EDFC may be able to waive application fees and closing costs.

Funds can be used to support working capital, replacing inventory, and/or purchasing equipment for resiliency in the future, i.e., generators.

For more information, contact EDFC Lending Relations Manager Robert Gernert at robert@edfc.org or 707-234-5705. Visit www.edfc.org to find out more about EDFC's lending programs.

**EDFC** Economic Development & Financing Corporation

**Willits Weekly**

EST. 2013

A Nostalgic & Modern Record of Community and Life in Willits

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**What do YOU think?**

Opinions, thoughts and thank you letters from our readers

**County collecting comments on PG&E shutoff**

To the Editor:

The PG&E public safety power shutoff lasted for five days in the Third District. With the fires happening in Mendocino and Sonoma counties, it was a very scary time. With no rain and unseasonably warm weather in the forecast, we need to learn from the last outage so that we can prepare for the next one.

Mendocino County will be sharing comments, concerns and suggestions with the California Public Utilities Commission, the entity that oversees PG&E. People have communicated with me about many different power shutoff problems.

The county has opened up a complaint line to hear your issues. The number is 707-234-6300 or email ceo@mendocinocounty.org. My number is 707-972-4214 and email is haschak@mendocinocounty.org.

Feel free to communicate with me or the county hotline if you have any comments. We need to hear from you to ensure that we are all better prepared for the next event

Third District Supervisor John Haschak

**Backup power for the Willits Library**

To the Editor:

I'm in agreement with the Willits Weekly article which recounted the many good deeds of folks during our recent five-day blackout. My primary transportation is a bicycle, so I happily toured Willits on a number of days and thought I'd share a few observations. Fuel. I haven't seen 50 cars waiting in a line to pump gas since the '70s! Some of them had their engines on and idling, too! I saw no rise in the number of people on bicycles, but there was a lot less traffic.

Library. Open! Alas, the computers, wi-fi, and internet were down. With so many computers about, I had expected a UPS (un-interruptable power supply) or a generator tucked away somewhere to just kick in. Oops, I'm thinkin' offices. Gotta fix this, folks. Our library is a special place and, in a blackout, working computers help kids do homework and adults can gather to share info and recharge phones.

If the local service provider itself is online, a tiny amount of electricity (less than 100 watts) enables both the internet and wi-fi to work at any site. Or to recharge a dozen phones. At the library, if we allow 600 watts for computers and monitors and 300 watts for lighting, a 1,000-watt inverter powered by a modest battery pack will handle these loads.

Add as many 100-watt PV modules to a rooftop or pole-mounted array as you need or can budget, and the backup system becomes sustainable, replenishing itself daily. Minimize use of copiers and printers. Switch hot water or heating to natural gas.

Eating places. Most eating establishments in town use natural gas to fuel their cookstoves and have good natural lighting so I was puzzled to see so few of them open. Maybe they had to transfer everything in the refrigerators and freezers to other cold storage. Or didn't have a generator. Or maybe don't know how to connect it into the electrical system.

Ahh, one owner enlightened me: "It's the exhaust blowers for the stoves. They run on electricity." Wow. By itself, that uses very little power. Of course, eateries and markets also need power for refrigerators and freezers, lighting, and many appliances. This is a much bigger load than found at the library and will cost more. Some folks figured something out – Brown's Corner and Mariposa Market were open. I'd bet their higher revenues paid for their system, too.

I'm writing a new article with drawings to show how to design and fabricate a backup energy system – inverter, battery pack and charger – and elements of their design so that you can "roll your own."

Michael Hackleman, Willits

Read the rest of **Letters** | Over on page 11



Above: Industrial chilling equipment is used to cool the mixtures down to negative 40 degrees in 15 minutes. At left: Gary Vandenberghe stands in the winterization room.



Below, from left: Chillers are used to keep the process alcohol in liquid form. Employee Ashton Korc cleans some of the trays. A LEEF CBD salve is great for sore muscles and joints.

## Canna Park

### State-of-the-art cannabis manufacturing and extraction facility creates quality products with precision

If Canna Park co-founders Gary Vandenberghe and Del Potter have their way, Willits, California will become a center of legal cannabis with subsidiaries reaching to many parts of the globe, a lofty goal which they approach with scientific precision, caution, experience and backing.

"This is our flagship and we're going to do this all over the world," stated Vandenberghe, head of manufacturing. "We want to be able to produce a number of quality medicines and keep that quality level higher than anyone else. We want to prove that these products really work and that they really address the problems that we're trying to solve."

To this end, their new \$12,000,000 work-in-progress situated in a Willits industrial complex, which they have named "Canna Park," houses state-of-the-art extraction and manufacturing facilities that will soon be joined by a large greenhouse "light-dep" growing area, a third-party testing facility, and a dispensary.

Canna Park is owned by parent company LEEF Holdings Inc., under which operate several entities, including 707 Manufacturing, doing business as Boxcar Manufacturing, and Payne's Distribution, responsible for placing the products in stores, dispensaries and online. LEEF Organics makes all the CBD and medicinal lines. Another entity, Paleo Paw, creates pet products, treats and some topicals, derived from hemp.

At every step of LEEF Holding's efforts, they say they have gone the extra mile to ensure their facilities and methods are safe, healthful, and have the ability to produce the highest quality product possible. Vandenberghe and Potter, who is chief science officer, believe that



At top: Gary Vandenberghe and Del Potter, co-founders of Canna Park in Willits, test and record a silicon carbide purification system. Above: This field is the future site of the Canna Park greenhouse.

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**Happy Veteran's Day Monday, November 11, 2019**

Remembering those who have served

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protecting our city's water sources."

"Partnering with a non-profit conservation group to purchase an easement may give the city consistent funding to maintain the land and make improvements to the property consistent with good forest management and consistent with maintaining high water quality," she said. "It will also protect the land from development inconsistent with these principals."

NCRM Vice President Todd McMahon explained at the council meeting on October 23 that if the city successfully obtained an easement, it would serve the dual purpose of establishing permanent protected status of the watershed property while also bringing in money for the city. And given that the city would already like to protect the watershed, he felt that a successful easement would really be a win-win.

"The idea of a good conservation easement is that you're giving up a right to something that you don't really want to do anyway," he said. "And if we do it right then somebody will pay you not to do what you don't want to do. And that's what we're trying to do here."

As described in a letter from NCRM to the city, an easement is "an agreement between the grantor (the City of Willits) and the grantee (a conservation partner) to constrain the execution of rights otherwise held by the city, with the goal of achieving specific conservation objectives."

The easement would be "held and maintained in perpetuity making it applicable to both present and future owners of the land."

The city council approved \$30,000 for the first 2 of 5 phases outlined by NCRM, with \$20,000 coming from the water enterprise fund and \$10,000 from the general fund.

Garrabrant-Sierra said in her report that the idea for the easement "was discussed and met with approval by council during the budget process in June 2019."

McMahon said that the initial phases will include assessing what the "high conservation values" are on the watershed property – such as water quality, wildlife benefits and forestry.

In addition, NCRM will need to assess what potential value the land has, related to environmentally impactful activities the city could relinquish rights to in order to receive money in return – the biggest of which McMahon believes would be development.

NCRM would then seek out non-profits "with similar conservation values" to the city to partner with who would find funding for the easement.

McMahon noted that giving up the rights to subdivide and develop the property alone could potentially bring the city "a couple million dollars," though that would be dependent on what NCRM finds in their assessment of the land and their success in finding one or more partners.

"There are different organizations out there that would like to team with us," he said, "to protect those things in perpetuity so that the next council doesn't come in and say, 'Hey, we have an opportunity to make a bunch of money – let's sell the watershed, let's subdivide it, let's put a bunch of McMansions up there.'"

Other possible easement restrictions McMahon mentioned as worth considering included prohibiting timber harvesting and cattle grazing on the property. He emphasized that in the end it would be up to the city what they would strive for and agree to.

Phases 3 through 5 of the easement process would include drafting and finalizing the easement, as well as creating a forest management plan.

McMahon warned that overall it would be a lengthy undertaking, and estimated

that the first two phases would take four or five months. He said that NCRM will report regularly to the city on their progress, including bi-monthly invoices, and update the council on any delays or issues.

"If we go forward, we will be talking about this for multiple years before we get to the end of this thing," said McMahon.

"It's a fun process, it really is," he added. "People feel good about these when they're done. You've set these properties on a good track."

Councilmember Larry Stranske asked about the possibility that the city would need to spend more than the allotted \$30,000 in pursuit of the easement.

McMahon responded that it was difficult to know exactly how the process would go before beginning it, but that he would be continually coming to the council for direction prior to any additional spending or major decisions.

He noted that he had successfully worked with several others in Mendocino County in obtaining easements, though primarily with private landowners rather than city jurisdictions.

"I've worked with four or five of these organizations that are doing conservation easements, and people would love to hold an easement on [the Willits watershed property]," he said. "The idea is that if we get the right one, they will pay for the work going forward and you won't. So I'm trying to get us to that point as quick as possible, but I can't tell you the exact dollar amount."

He said the most common funding source he's found for easements in the county was through the California Wildlife Conservation Board, though there were many other possibilities as well.

According to Garrabrant-Sierra's report, McMahon approached the city earlier this year about the watershed easement idea.

NCRM has already been working for the city on the watershed property during the last couple years to salvage the burned timber and restore the land following damage it incurred in the 2017 Redwood Fire.

McMahon said that any easement proposal would allow for good fire protection practices.

"Every practice that allows for fire prevention and hazard reduction we would want to keep on the table," he said. "That's something we don't want to give up."

He added there would also be language in place to allow for flexibility in forest management in the future.

"We will update based on the inventory and how the forest is growing and new technology, and it will allow us to change things within that document to allow us to change practices," He said. "It's not like we have to predict today how you're going to manage that forest for 300 years."

Willits Mayor Gerry Gonzalez said he was inclined to support the easement resolution because of NCRM's good reputation and the importance of the watershed.

"I've been real happy with the fact that you're realistic in your forest practices, and folks that are environmentalists in the community seem to have a lot of respect for you and your company," said Gonzalez. "And my hope for the watershed is that it stay pristine. If we log it, I want to make sure it's for the good of the forest, and not for making a quick buck."

"I'm looking at the value of the water we have in town and the fact that we're one of the only cities that has its own water source," Gonzalez added.

The resolution passed 4-1 with Councilmember Saprina Rodriguez voting against, saying that the "risk versus return" was too high for her to support spending city money on the endeavor.

PG&E staff capacity to allow faster response times to counties, provide adequately equipped Community Resource Centers, and to plan for and meet the needs of your vulnerable and medically fragile customers," the letter said.

The letter, which was three pages long, criticized PG&E for its poor communication abilities, alleging that its press releases were incomplete, inaccurate, not timely, and filtered to remove real and important information.

The letter stated the terminology in the PG&E press releases was "not universal throughout the events" and also that the "areas of impact were often convoluted and unclear."

"The county was listed in multiple time periods in several events, but there was no clear delineation of geographic locations," the letter stated. As an example, the letter noted PG&E's use of "Mendocino South versus Mendocino North versus Supplemental A," which were not defined, and which, the letter claimed, "negated any usefulness of reported data."

The letter claimed that the power shutdown put "an undue burden on vulnerable populations, particularly on oxygen-dependent and senior populations." The letter stated these populations had "difficulty obtaining life-sustaining oxygen supplies, particularly in our assisted senior facilities and in-home care patients. Rural patients had difficulty accessing charging stations to charge medical equipment, flooding hospital emergency rooms."

Without electricity, many people in the county were subject to "extreme cold, putting the elderly and homeless at risk for hypothermia, necessitating the county to open a cold weather shelter for our residents."

The so-called public safety power shutoff had an impact on local hospitals and emergency services providers. These impacts included a patient surge from the medically fragile community, an inability to get oxygen, delays in service and transfers, thus risking patients' lives due to "unnecessary delays," and reducing the number of open, functioning dialysis clinics in this county to one, which forced patients to either go to that clinic, or to stay in other area hospitals for extended periods, so that they could receive the benefit of life-sustaining dialysis equipment.

The letter detailed some of the impacts to communities in the county, including school closures, long lines at gas stations, fuel supplies depleted, lots of food thrown out, loss of revenue to local businesses, crippled communication systems which left residents "without internet, land lines, and emergency communications."

In addition, the power outage compromised water districts and sewer districts. "Numerous water districts did not have generator power to pump water," the letter stated, and there was "sewage backup in multiple locations."

The lack of light on city streets put pedestrians at risk. According to the letter, there was "an increase in crime, particularly theft and vandalism. The county had four vehicles vandalized, and many businesses had generators destroyed or vandalized."

Summing up, the letter stated: "The county has acted to the best of its ability in the public's interest to mitigate harm, particularly to vulnerable populations, reduce the economic impact of the PSPS, and ensure that the public is informed and aware of the impacts and consequences of your PSPS decision."

"Unfortunately," the letter continued, "the county is dependent on PG&E to provide accurate, updated information that can be shared with the public, and PG&E failed to fulfill their responsibility."

In discussing the letter, the board of supervisors also heard reports from county staff about county activities during the power-down event.

County CEO Carmel Angelo said the county's Department of Environmental Health kept a list of gas stations that were open and that had gasoline to sell, and that the county put that list on its website. Health and Human Services Director Tammy Moss Chandler said the Department of Environmental Health also kept a list of pharmacies that were open during the PSPS – that list, too, was published on the county's website. Angelo acknowledged that the list was likely not beneficial to those residents who were not able to access the internet.

Angelo said Deputy CEO Steve Dunicliff was instrumental in helping to bring gasoline to certain gas stations on the coast, and Dunicliff was praised by Fifth District Supervisor Ted Williams, who said that Dunicliff "went over the hill and went face to face and had conversations and really got the fuel moving in the right direction."

Chandler said she had created a Public Health Emergency Preparedness Team, which was in close communication with county medical facilities, including hospitals, clinics, dialysis stations and skilled nursing facilities. The

team monitored the surge in calls and the trends in movement of patients. She said the most difficult aspect of the power outage that she was aware of was the lack of oxygen.

"They had enough for the first 24 hours, but then, once it went to three days, people ran out and they went to emergency rooms. Even though the companies were able to get oxygen that was needed, it was so difficult to deliver it to homes at the pace that was needed," Chandler said.

Supervisor Williams asked if it would be possible or advisable to have local fire departments fill oxygen tanks during a power shutoff. He said he has experience with small, independent fire departments, and that he knows they are capable of performing that function. Chandler said she believed that it would be outside of normal medical protocols for fire departments to do that, but added that she would look into the matter further.

In addition to unanimously voting to send the letter, the board also took two associated actions. It voted unanimously to declare a local emergency as a result of the PSPS, and it also unanimously passed an ordinance prohibiting price gouging in the aftermath of the recent PSPS event.

According to the ordinance, "Specifically, it shall be unlawful for any person to offer for rent or lease a dwelling unit in the unincorporated areas of the County of Mendocino for more than 10 percent above the dwelling units' housing price prior to the October 23, 2019 wind events, unless such person can prove that the excess is directly attributable to additional costs resulting from the labor or materials used to rent or lease the dwelling unit. In such instances, only the actual cost increase may be added to the prior housing price."

"For purposes of this ordinance, 'prior housing price' shall be the rental price for the dwelling unit during the 30-day period immediately preceding the state of emergency."

"(E) The prohibitions of this ordinance shall remain in effect until January 5, 2019."

The ordinance significantly raised the penalties associated with price gouging. "A violation of this ordinance is a misdemeanor punishable by imprisonment in the county jail for a period not to exceed one year, or by a fine of up to \$20,000, or both," the ordinance states.

"Additionally, a violation may be subject to a civil enforcement action as an unlawful business practice and an act of unfair competition which includes penalties of up to \$5,000 per violation, injunctive relief, and mandatory restitution."

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## November: Winter survival strategies

Our first frost did more damage than usual, partly because temperatures went lower than expected, and partly because the air was so dry. Usually in fall, there is enough moisture in the air, to create a coating of frost that protects plants to some extent. In very dry cold, plants often die from desiccation. Freeze-dry, in fact. Spraying with some water as temperatures drop can give plants a measure of protection. Vineyards do this routinely.

Cold is not the whole story. While some trees and shrubs are ironclad hardy in our zone, most plants need the right combination of temperature, moisture and soil conditions to do well. Even kale, which is cold-hardy to below zero, will die in flooded soil or extreme fluctuations of heat and cold. Here is a checklist of ways to help your plants survive and thrive this winter:

**Choose hardy varieties of vegetables and winter flowers:** Not all broccoli or all lettuce is meant for winter. Even kale varieties vary in hardiness, with dinosaur kale the least hardy and Siberian types the most. "White Russian" is most resistant to both cold and soggy soil.

**Choose the right spot:** Cold air runs downhill and pools like water. Avoid low spots where cold air collects, areas the low winter sun can't reach, and areas that get waterlogged. If that means your site is windy, provide some shelter, like bamboo fencing, branches, or even cardboard. And try to have some greens in a container near the door, where you can get to them easily in the dark.

**Feed for winter:** The more compost in the soil, the better the drainage. Seaweed or other sources of potassium make plant tissue more resistant to freezing.

**Mulch:** A layer of fallen leaves, straw, or other organic mulch gives several advantages. It moderates temperature fluctuations, so that the roots have a more stable environment. It prevents frost heaving, which actually rips and tears the roots. It prevents the compaction and erosion that bare soil would suffer when pounded by millions of raindrops all winter. And maybe most important, it feeds earthworms and beneficial bacteria that make the soil more fertile, fast-draining and fluffy.

**Give protection when needed:** Turning on the sprinklers, as noted above, can prevent winterkill when conditions are very dry and cold. Roses, fruit trees, and most permanent plantings can benefit from this strategy when humidity is very low. For vegetables and other small plants, consider layering protection like your clothes. The first layer would be a light fabric that drapes over the plants. I use a bedsheet, but Reemay and Agribon are common brands at the garden store. Next would be a row cover or cold frame that makes an air space around the plants to hold the sun's heat. A greenhouse is the same kind of space, but big enough to walk inside. In extreme cold, or with more tender plants, these can be combined.

This recent window of mild weather is a second chance for those of us who were too busy to plant cover crops or winter vegetables earlier. This is the best time of all to plant garlic, as well as flower bulbs like daffodils. This year, the fallen leaves are light and dry enough to handle easily for mulching or compost. It is well worth trying to start some vegetables, plant wildflowers in time for the overdue fall rains, and sow hardy cover crops like fava beans or rye. Enjoy these days in the garden!

*Jamie Chevalier lives and gardens near Willits. She has gardened professionally in Alaska and California and taught gardening in schools, as well as living in a remote cabin and commercial fishing. She wrote the Bountiful Gardens catalog from 2009 to 2017, and is now the proprietor of Quail Seeds, [www.quailseeds.com](http://www.quailseeds.com).*

*At right: Cold weather brings out the colors in hardy vegetables. This explosion of color is "Pink Passion" chard.*



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*Above, left: Fava beans sprout well in cold soil, and make an excellent edible cover crop. In spring they produce these dramatic black-and-white flowers, followed by pods of large beans. Above, right: Quinces are probably the easiest fruit tree of all to grow in Willits. They produce big crops even in poor soil, are tolerant of flooding and drought, and are naturally small so they don't take over the yard. The fruit is shaped like a pear, fuzzy like a peach, and hard like an apple. They are ready to pick now, in time for Thanksgiving pies and sauces. The flavor is superlative when cooked.*

*Above, left: Want something fresh and fast? Consider turnips. The fast-growing Japanese types will sprout during sunny spells, and are sweeter than radishes. Their greens cook quickly too. Above, right: Breadseed poppies like a fall sowing, any time the ground is not frozen. They come with single to very double petals, and in colors from white through pink and lavender to red and deep purple. It is easy to grow enough seeds for muffins. This is "Hungarian Blue."*

*Above, left: Perennial herbs make a garden that is satisfying year-round. In spite of the freezes, rosemary has started its winter bloom. Above, right: Winter squash aren't fussy about storage, as long as it is dry and doesn't freeze. These were picked just before first frost and will provide lots of sweet winter comfort food from now 'til spring.*

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**FEATURED PROPERTY**  
Presented by: Christopher Martin



This is a sweet, light-filled 3 bedroom, 2 bath home on a sunny level lot. Featuring custom cabinetry and trim throughout and custom tile work in the bathroom. Extra wide doors and hallway give a feeling of spaciousness (and wheelchair accessibility). Not just cute, but energy efficient as well! (includes a 3kw grid tied solar array) Good size lot is fully fenced, sunny and surprisingly private. The layout of the house and the generous decks make it great for entertaining friends. Move-in ready. Truly a house you will be glad to come home to.

**Offered at \$273,000**

Pg. 4 Phone: 707-459-2633, 707-972-7047

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Pg. 5



Thursday, November 7

**Willits Farmers Market:** Market moves indoors this week, to the Little Lake Grange, 271 School Street. Thursday, November 7, 3 to 5:30 pm. Veggies, fresh salad greens, local meats, sausage and eggs, local grains, savory and sweet baked goods, including handcrafted bread. More: gift items, jams and jellies and savory preserves, olive oil and balsamic vinegar, fair trade chocolates, Willits-roasted coffee, tea, fire cider, crafts, knitted goods and jewelry, live music, free herb talks, the new edition of Willits Weekly, and more.

**Willits Community Bike Ride:** Thursday, November 7, at 4 pm. Meet at Rec Grove Park for a 5 to 8 mile ride. Bring bright colors, helmets and water. Family-friendly event. Info: 707-467-3217 or sburgal@ncoinc.org.

**Sierra Club Mendocino Group:** The Mendocino chapter of the Sierra Club meets Thursday, November 7, 6 pm, Willits Environmental Center, 630 South Main Street.

**“Twelfth Night”:** Willits Community Theatre presents William Shakespeare’s comedy about love and mistaken identity. Opening night Thursday, November 7 (delayed from last weekend) and plays through November 24. Opening night is a benefit for the Willits PEO (Philanthropic Educational Organization). Tickets are \$20 and include appetizers and desserts. Call Kay Wright, 456-1094 for tickets (also available at the door). As adapted by director Billy Hetherington, the play is shifted to America in the 1920s, and staged at Mr. Duke’s, a faded nightclub featuring a house band with musical director Craig Mountain. 7:30 pm, Willits High School, 299 Main Street. Plays Thursdays at 7:30 pm, \$15; Fridays and Saturdays at 7:30 pm, \$20; and Sundays, November 9 and 20 at 2 pm, \$15. Tickets: www.brownpapertickets.com or 1-800-838-3006.

Friday, November 8

**Senior Center Baked Potato Bar:** The Harrah Senior Center presents a Baked Potato Bar: Friday, November 8, from 5:30 to 7 pm, 1501 Baechtel Road. \$10; \$9 members; \$5 kids under 10. Enjoy a giant baked potato with all the fixins’ of your choice. Proceeds to benefit the Senior Center Outreach Program. Senior Center will also announce all the winners of its big FUNDing Raffle. And a Potato Decorating Contest: “Whoever decorates the best potatoes wins a free ticket to the fundraiser” – early entries accepted. Info: 459-6826.

**“Paris to Pittsburgh”:** This climate film shows how Americans are demanding and developing real solutions in the face of climate change. Friday, November 8, 6:30 pm. The Book Room, 200 Branscomb Road, Laytonville.

**Mushroom Art Exhibit & Auction:** Enjoy a mushroom-themed exhibit as part of Mushroom Mania in Willits this weekend (also including the Skunk Train’s Mushroom Train) and get a chance to bring home a one-of-a-kind piece from a local artist. Wine reception

with delicious appetizers. A benefit for the Willits Center for the Arts, 71 East Commercial Street. Friday, November 8, 7 to 9 pm.

**“Twelfth Night”:** Friday, November 8, 7:30 pm. See November 7 listing for details.

**Shanachie Pub:** Partial Cell and The Syllables, “Partial Cell is dedicated to keeping rock music relevant in the 21st century. The Syllables are a multi-instrumentalist polymorphous genre-fluid folk-punk-disco war-machine.” Friday, November 8, 9 pm at Shanachie Pub, 50B South Main Street.

Saturday, November 9

**Seabiscuit Therapeutic Riding Center Volunteer Training:** 16200 Highway 101, Saturday, November 9, 9 am to 12 pm. 3 hour training class for new volunteers. “Learn about the many tasks that our volunteers can choose to participate in. Learn our safety protocol while working around the horses and students. Choose to be a head or side walker during sessions or maybe help keep the stables clean or feed animals. We can use the help wherever your comfort level is. Come for a fun and informative training session. Love to have you join our team.”

**“Natural Expressions”:** This exhibit of art inspired by Mendocino County’s natural beauty is opening Saturday, November 9 (delayed due to the power shutoff), 12 to 4 pm, Mendocino County Museum, 400 East Commercial Street. From the museum’s permanent collection, the exhibit features arts and crafts showcasing the beauty and diversity of Mendocino County’s landscapes and resources. Includes paintings, fiber art, and various crafts made from Mendocino County’s rich natural resources such as mushrooms, driftwood, shells, redwood, and leather. On exhibit through March 15. Free admission on opening day, November 9. Museum is open Wednesday to Friday, 10 am to 5 pm, Saturday and Sunday, 12 to 4 pm. Info: www.mendocinocounty.org/museum, 459-2736.

**“Afternoon Crafting”:** As part of the “Natural Expressions” exhibit, Mendocino County Museum, 400 East Commercial Street, presents a free workshop on “Jeweled Acorn Caps,” on Saturday, November 9, 1 to 3 pm. “Join us for this afternoon crafting program celebrating the natural beauty of Mendocino County. Brief walk to gather acorn caps, to be used to create acorn jewels. While supplies last; all decorative materials will be provided.”

**Sit n Sew:** Saturday, November 9, 1 to 5 pm, Willits Library, 390 East Commercial Street. Bring a project to work on, sewing machine, and tools. Free event. Info: Rachel 707-354-0605.

**Willits Family Dance:** Saturday, November 9, 3 to 4:30 pm, Willits Charter School, 1431 South Main Street. Free to the public. Caller: Kalia Kliban. All ages. “Learn fun dances for the whole family!” Sponsored by Willits Folk Dancers. www.willitsdance.com.

**Auditions for “Doubt”:** The Willits Community Theatre is holding auditions for the John Patrick

Shanley play, directed by Steve Marston, Saturday, and pet-friendly. Tickets: www.skunktrain.com/ mushroom-train, 707-964-6371. Sunday, November 10, 10 am to 1 pm. \$69 – ask for the special “locals” price.

**Spaghetti Dinner Fundraiser for Jordon Byrns:** Saturday, November 9, 5 to 9 pm, Willits Community Center, 111 East Commercial Street. \$15; \$10 for 12 and under; free for 2 and under. Food, music, raffle and more. Jordon Byrns was in a car accident on September 24 and sustained a major spinal injury which has left him paralyzed from the chest down. Jordon grew up in Ukiah, and his mom is a math teacher at Willits High School. Your contribution at this fundraiser helps to provide needed accessibility and other resources for him.

**Tickets at Ace Copy, Immigration Station, or by texting Saprina at 707-354-2539.**

**“An Autumn Evening in Willits”:** Food, friends and music, a fundraiser for the Cancer Resource Centers, “a local, grassroots nonprofit that provides information, advocacy and support to cancer patients in our county, free of charge.” Saturday, November 9, 6 to 9 pm, at the Little Lake Grange, 291 School Street. Folksy trio Just Enough will bring smooth harmonies and acoustic guitars. \$40, includes dinner catered by the Good Earth Kitchen, featuring rosemary roasted chicken, autumn salad with sweet potatoes, wild rice, apples and kale, and butternut lasagna with mushrooms and sage, plus dessert and beverages. Tickets available at Cat’s Meow, 29 South Main Street, or call 707-937-3833 or visit https://cromendocino.org for more info or reservations. Tickets for just the music (after 7 pm) are \$10.

**“Twelfth Night”:** Saturday, November 9, 7:30 pm. See November 7 listing for details.

**Shanachie Pub: Raveis Kole Music, a guitar / songwriter duo out of Bellingham, Washington plays eclectic Americana folk, featuring Laure Raveis and Dennis Kole. Saturday, November 9, 9 pm at Shanachie Pub, 50B South Main Street.**

**LocalLights:OpenMic++ presents The Back Porch Project:** “Hailing from Ukiah and rising up on the indie folk scene, The Back Porch Project combines a variety of musical styles. Their unique sound features a sweet blend of vocal harmonies as well as tasteful instrumentation.” Sunday, November 10, 5 pm, Willits Center for the Arts, 71 East Commercial Street. Some open mic slots before and after the featured group: To sign up in advance contact 459-7054 or locallights@theSighting.com

**Auditions:** “Den of Thieves” by Pulitzer Prize-winning author, Stephen Adley Gurgis. This will be a semi-staged reading with minimal rehearsals for two performances, December 14 and 15 at the Willits Community Theatre. Auditions will be at the Willits High School Auditorium, Sunday, November 10 and Tuesday, November 12, both at 7 pm. Three men age 20 to 40, three women age 20 to 40, and one man age 40 to 60. Scripts available at Willits Library. Info: director Mathew Caine, 310-691-2559.

**“Twelfth Night”:** Sunday, November 10, 2 pm. See November 7 listing for details.

**Monday, November 11**  
**Veterans Day Breakfast:** Willits American Legion Post 174’s annual Veterans Day Breakfast, Memorial Building, 191 North Main Street. Free to all veterans, military and emergency response personnel, firefighters, law enforcement officers, Boy Scouts and Girl Scouts.

**Willits Garden Club Meeting:** Holly Madrigal, publisher and managing editor of Word of Mouth magazine will speak on “From Seed to Flower.” A question and answer period follows. Willits Garden Club meets at 12:30 pm on the second Monday of each month, November 11 this month, beginning with potluck refreshments and introductions. Guests

Sunday, November 10

**Pancake Breakfast:** Sunday, November 10, 8 to 11 am. Harrah Senior Center, 1501 Baechtel Road. All you can eat pancakes, real maple syrup (available at extra charge), eggs any style, bacon or sausage, sugar free syrup, or Grandma’s biscuits and gravy. Peet’s Coffee. Adults \$8, Senior Center members \$7, children \$6.

**Mushroom Train:** “Journey deep into the redwoods aboard the Skunk Train, while enjoying a mushroom quiche from Kemmy’s Pies with a glass of local bubbly.” Easter egg-style mushroom hunt. Kid

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**Willits Community Theatre**  
**“Doubt”:** Monday, November 11, 6 pm at the Willits High School Auditorium. See November 9 listing for details.

**Tuesday, November 12**  
**Tightwad Tuesdays:** Select films in their 2nd or subsequent weeks are discounted to \$6 on Tuesdays at the Noyo Theatre for all ages, all showings. This week’s Tightwad Tuesday movies are “Terminator,” “Arctic Dogs,” and “Zombieland 2.” Visit www.noyotheatre.com, call 459-6696 or check the ad in Willits Weekly for show times. 57 East Commercial Street.

**Auditions:** “Den of Thieves.” Tuesday, November 12, 7 pm. See November 9 listing for details.

**Wednesday, November 13**  
**‘A Conversation about Lyme Disease’:** Empowerment Events presents Michelle Cummins, speaking about Lyme disease. We now have multi-tiered approaches to deal with this condition. Admission free. Donations will be shared with the speaker. Wednesday, November 13, Cultivate Wellness Studio, Little

**Chamber Mixer at Mendocino College:** Willits Chamber of Commerce hosts a mixer at the Mendocino College, North County Center, 372 East Commercial Street, Friday, November 15, 5 to 7 pm. Co-hosted by the North County Friends of Mendocino College. “Join us as we celebrate the installation of a new outdoor bulletin board.” Hors d’oeuvres, libations and raffle prizes.

Thursday, November 14

**Willits Farmers Market:** Winter market at the Little Lake Grange, 271 School Street. Thursday, November 14, 3 to 5:30 pm. Veggies, fresh salad greens, local meats, sausage and eggs, local grains, savory and sweet baked goods, including handcrafted bread. More: gift items, jams and jellies and savory preserves, olive oil and balsamic vinegar, fair trade chocolates, Willits-roasted coffee, tea, fire cider, crafts, knitted goods and jewelry, live music, free herb talks, the new edition of Willits Weekly, and more.

**Sherwood Firewise General Meeting:** Thursday, November 14, 6 to 8 pm, Brooktrails Community Center. Preceded at 5 pm by the Brooktrails Women’s Club’s Soup Supper with four or five types of soup, bread, beverage and dessert for a \$5 donation to benefit the scholarship committee. We will plan the utilization of the CA Fire Safe Council grant for chipping 75 to 150 different properties plus the 2 to 3 miles of roadside clearing. Discussion of what was learned from the recent fires as well as outstanding projects and grants. Info: info@Sherwoodfirewise.org.

**Porangui:** Positive energy, live world music. Porangui is coming to the Willits Center for the Arts on Thursday, November 14, doors at 7 pm. Featuring an array of instruments and sounds woven together in a live, improvisational set. A conscious dance event featuring a barefoot,

conversation-free dance floor, and sober, good vibe. Tea, massage, and yummy treats available. \$25 in advance: Brown Paper Tickets or Mazahar, 38 South Main Street. \$30 at the door until sold out. Hosted by Ecstatic Dance Mendo. Info: Om Shanti Productions page on Facebook or 347-831-3645, Chantal.Simonietri@gmail.com, www.porangui.com

Friday, November 15

**Soup and Dessert Lunch:** St. John Lutheran Church annual event on Friday, November 15, 11 am to 2 pm. At the Fellowship Hall, 24 Mill Creek Drive. Lunch Includes a variety of homemade soups, bread, and desserts for \$8 at the door. Craft items available for sale. A raffle with prizes, including a one-night stay at Benbow Inn, Thanksgiving and Family Fun baskets, art print by Peggy Hebrard, and award-winning crocheted afghan.



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Saturday, November 16

**“Cultivating Edible Mushrooms”:** Mendocino County Museum, 400 East Commercial Street. Saturday, November 16, 1 to 3 pm. Free materials while supplies last. Info: www.mendocinocounty.org

**\*\*\*\*2nd Annual Harvest Dinner:** To benefit the Mendocino County Herb Guild. Saturday, November 16, 5 to 9 pm. Enjoy a four-course, local farm-to-table meal, with options for everyone. Your ticket includes soup, salad, entree, dessert and a hot cup of herbal digestive tea. Meal is entirely gluten-free, with an option for Eliot’s bread. Omnivore dinner \$45; vegan \$40; kids omnivore or vegan (10 and under) \$15. No-host bar. Silent auction, local vendors, speakers, and more. Little Lake Grange, 291 School Street. Info@mendocinoherbguild.com.

Sunday, November 17

**Afternoon Crafting:** Autumn Weaths. Mendocino County Museum, 400 East Commercial Street. Sunday, November 17, 1 to 3 pm. Free craft while supplies last. Info: www.mendocinocounty.org

**WELL (Willits Economic Localization) Fall Gathering:** Sunday, November 17, 4 pm, Willits Environmental Hub, 630 South Main Street. Celebrate WELL’s 15th year of working to build a thriving, sustainable Willits community, including the Paint the Town projects! Presentation by Ellen Drell on the County Climate Advisory Committee and brainstorming ideas for local actions. Plus music, poetry and potluck (optional). Brief WELL meeting to elect Coordinating Committee members. Info: Madge at 459-1493 or mstong@willitsonline.com.

**Drop-In Knitting Circle:** Saturdays from 2:30 to 4:30 pm at the Willits Branch Library, 390 East Commercial Street. “Bring your own projects or your yarn and needles; we have people who should be able to help solve problems and/or help you learn to knit the crochets. Sign-ups are not necessary – everyone is welcome to drop in.” Info: Lotus Baker at 456-9037, or lotusb@earthlink.net.

**Soroptimist International of Willits:** Women’s service club aimed at the betterment of girls and women. Meets the second Tuesday at 4 pm and the third Tuesday at noon each month at St John’s Lutheran Church Hall, 24 Mill Creek Drive. Women interested in community service are welcome; new members are encouraged to join at any time.

**Weekly Life Changes Discussion and Support Group:** Wednesdays from 10 to 11:30 am. In the Conference Room at Harrah Senior Center, 1501 Baechtel Road.

**Smoking Cessation Program:** Free “Freedom from Smoking” class sponsored by Adventist Health Howard Memorial. Every Wednesday at AHM’s Roots Restaurant, 1 Marcela Drive, 6 to 7 pm. Register today: 540-4208. Walk-ins are always welcome.

**Free Sheriff’s Activity League programs:** at Body Works Gym, 1511 South Main Street. Teen gym: Monday, Wednesday and Friday from 3 to 5 pm. Karate: Thursday, Little Dragons-ages 3 to 6, 5:15 to 6 pm. Youth Karate-ages 6 to 11, 6 to 7 pm; Teens to Adults-ages 11 and up, 7 to 8:30 pm. All SAL programs free to the public. Info: “Mendocino Sheriff’s Activities League” on Facebook or Mike Tobin: 354-0555.

**Shanachie Pub:** Mondays, 7 pm. “Monday Blues & Beyond” with Blue Luke & Special Guests. Tuesdays, 8 pm: “Wabi Sabi” with host Mitchell Holman, formerly of It’s A Beautiful Day (“Whitebird”) features different artists every week. Singer-songwriter Aaron Ford every first Thursday at 7:30 pm. No cover. Jazz Night every second and fourth Thursday, 8 pm. “Local musicians ... take jazz standards and infuse them with funk, hip hop, world, and free form jamming. The outcome is unexplainable.” Open Mic Night every Wednesday. Sign up for the lottery for 20 minute time slots from 8 pm, when the Pub opens, to 7:30 pm. Music starts at 3 pm. “An eclectic array of local musicians and performers from around the world, often turning into an evening full of unexpected surprises.” Shanachie Pub, 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

**Laytonville Farmers Market:** Mondays, from 2:30 to 5:30 pm at Harwood Hall, 44400 Willis Avenue, Laytonville. Local fresh fruits and vegetables, artisan goat cheeses, ranch meats, eggs, handcrafted clothing, live music and much more.

Ongoing Events

**Friday Night Live:** Vendors, food and entertainment. 1722 South Main Street (Evergreen Shopping Center). Starts at 5 to 8 pm.

**Linda Posner’s “Word Buffet”:** KLLG-LP, 97.9, “Poems and Sayings to Start Your Day.” Sunday, 10 to 10:30 am.

**Flowers and Sleepwalkers:** Local artist Margaret Pirouette’s latest show, “Flowers & Sleepwalkers” in oils and watercolors at Brickhouse Coffee, 3 South Main Street.

**Meatless Mondays:** at Roots Restaurant at Adventist Health Howard Memorial, 1 Marcela Drive. “Serving delicious plant-based options every Monday.” 7 am to 5 pm.

**Collective Care:** A Holistic Support Group: Fridays, 10 to 11:15 am. 44650 Highway 101, Laytonville. Holistic community support and information. Children welcome. By donation. www.ninesistersbotanicals.com.

**Eight to the Bar with Les Tarr:** Radio active blues programming for tragically hip and twisted, Fridays, 9 pm to midnight. 97.9 FM, KLLG.

**Willits International Folk Dancing:** Class meets every Thursday, 7 to 8 pm, Willits Charter High School. New dances taught 7 to 8 pm. \$0 - \$5 sliding scale. Info: megster1989@yahoo.com.

**Willits Frontier Twirlers Square Dance Club:** Mondays, 7 pm, upstairs gallery of the Willits Center for Arts, 71 East Commercial Street. Sliding scale \$0 to \$5/class. 707-844-3365 for info.

**Little John’s Place:** Every Thursday Pool Tournament, 6 pm. \$5 buy-in. “We’ll buy the pizza, you buy the beer.” 383 South Main Street. 459-5636. facebook.com/littlejohnspool.

**Free Herb Talks:** by the Mendocino Herb Guild. Every Thursday, 4 pm, at the Willits Farmers Market, indoors for the winter at Little Lake Grange, 291 School Street.

**Roots Engine House Tours:** Docent-led tour of the Engine House most Wednesdays and Saturdays, 10 am to 4:30 pm. Join a Roots of Motive Power docent to view classic motorcars, a steam train engine, and more – up close.

**Marijuana Anonymous 12 Step Meeting:** Every Tuesday at 6 pm. Meeting place is the Back Alley building in Catherine Lane, directly behind the United Methodist Church, which is at the corner of School and Pine, right across from the Grange.

**Brown Bag Lunch Program:** Lunch served to the hungry in the City Park across from the Willits Police Station every Saturday at 1 pm, served by various community-minded organizations. For information, call the Food Bank at 459-3333.

**Boomer’s Friday Night Karaoke:** 1st, 3rd & 5th Friday of every month. Boomer’s Saloon, 45200 Highway 101, Laytonville. 9 pm to 1 am. No Cover. 21+ Please bring I.D. Hosted by DJ-Ken Steely Entertainment with KJ/DJ-Ken Steely & Anna. Come for dinner, stay for the fun.

**Willits Farmers Market:** Winter Market starts at the Little Lake Grange, 271 School Street, from 3 to 5:30 pm, on Thursday, November 7. The last of the summer veggies, fresh salad greens, local meats, sausage and eggs, local grains, savory and sweet baked goods, including handcrafted bread. More: gift items, jams and jellies and savory preserves, olive oil and balsamic vinegar, fair trade chocolates, Willits-roasted coffee, tea, fire cider, crafts, knitted goods and jewelry, live music, free herb talks, the new edition of Willits Weekly, and more.

**Emandal Choral:** The Choral is open to all who wish to sing a cappella songs of peace and justice. Every Wednesday from 5 to 6:30 pm at the Little Lake Grange, 291 School Street. Info: 367-1573.

**Friday Potluck Bingo:** Harrah Senior Center presents Potluck Bingo on Friday nights. Doors open at 5 pm; games begin at 5:30 pm. Minimum bingo buy-in \$5. 1501 Baechtel Road. Info: 459-6826.

**Weekly Parkinson’s Discussion and Support Group:** Every Thursday, 10:30 to 11:45 am. In the Conference Room at Willits Senior Center, 1501 Baechtel Road. Info: 459-1941.

**Tibetan Buddhist Meditation Group:** Meets every Tuesday at 6:30 am, at the Museum, 31 East San Francisco Avenue. Info: 456-9425 or honeman@yahoo.com.

**Willits Community Drum Circle:** 7 to 10 pm at the Saint Francis in the Redwoods Episcopal Church, 66 East Commercial Street. Every 2nd and 4th Friday. Free. Everyone is welcome. Info: 459-4932.

**Willits Library Activities:** Wednesdays: 3:30 to 4:30 pm “Lego Club” (bring your imagination and start building); 11 to 11:45 am “Play Group” (Self-directed playtime, with toys, ages 0 to 4); 2:30 to 3 pm “Storytime” (Books, songs, rhymes and movement, ages 3 to 6); 5 to 6:30 pm “Stamp Club” (Bring your collection); Thursdays: 11:00 to 11:30 am “Wiggle Time” (Explore movement and self-expression. Ages 4 to 7); 2:30 to 3:30 pm “Storytime and More” (with coloring and board games); Fridays: 3:30 to 4:30 pm “Therapeutic Coloring” (Bring a friend and relax with a coloring book); 5:30 to 5:50 pm “Calming Stretches”; Saturdays, 11 am to 12 pm “Write Live” (We provide a prompt and a space to create writing); 2:30 to 4:30 pm “Drop-In Knitting” All skill levels. Willits Library, 390 East Commercial Street. Info: 459-5908.

**Willits Seed Lending Library:** Offering information on seed saving and gardening. Seeds of flowers, herbs, and vegetables are free to seed library members, and seed donations are gladly accepted.

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**Soroptimist International of Willits:** Women’s service club aimed at the betterment of girls and women. Meets the second Tuesday at 4 pm and the third Tuesday at noon each month at St John’s Lutheran Church Hall, 24 Mill Creek Drive. Women interested in community service are welcome; new members are encouraged to join at any time.

**Weekly Life Changes Discussion and Support Group:** Wednesdays from 10 to 11:30 am. In the Conference Room at Harrah Senior Center, 1501 Baechtel Road.

**Smoking Cessation Program:** Free “Freedom from Smoking” class sponsored by Adventist Health Howard Memorial. Every Wednesday at AHM’s Roots Restaurant, 1 Marcela Drive, 6 to 7 pm. Register today: 540-4208. Walk-ins are always welcome.

**Free Sheriff’s Activity League programs:** at Body Works Gym, 1511 South Main Street. Teen gym: Monday, Wednesday and Friday from 3 to 5 pm. Karate: Thursday, Little Dragons-ages 3 to 6, 5:15 to 6 pm. Youth Karate-ages 6 to 11, 6 to 7 pm; Teens to Adults-ages 11 and up, 7 to 8:30 pm. All SAL programs free to the public. Info: “Mendocino Sheriff’s Activities League” on Facebook or Mike Tobin: 354-0555.

**Shanachie Pub:** Mondays, 7 pm. “Monday Blues & Beyond” with Blue Luke & Special Guests. Tuesdays, 8 pm: “Wabi Sabi” with host Mitchell Holman, formerly of It’s A Beautiful Day (“Whitebird”) features different artists every week. Singer-songwriter Aaron Ford every first Thursday at 7:30 pm. No cover. Jazz Night every second and fourth Thursday, 8 pm. “Local musicians ... take jazz standards and infuse them with funk, hip hop, world, and free form jamming. The outcome is unexplainable.” Open Mic Night every Wednesday. Sign up for the lottery for 20 minute time slots from 8 pm, when the Pub opens, to 7:30 pm. Music starts at 3 pm. “An eclectic array of local musicians and performers from around the world, often turning into an evening full of unexpected surprises.” Shanachie Pub, 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

**Laytonville Farmers Market:** Mondays, from 2:30 to 5:30 pm at Harwood Hall, 44400 Willis Avenue, Laytonville. Local fresh fruits and vegetables, artisan goat cheeses, ranch meats, eggs, handcrafted clothing, live music and much more.





Above, from left: Guitarist Blue Luke of Covelo jams with his group. Master Brewer Daniel Harreschou of Hare in the Forest Brewing Company explains his methods to interested attendees. Margery painted during Hopland Hop on both days.

At right: The colorful vendor tents are set up on the grass.

At right, below: Donovan “Haweh” Cunningham rocks the house. Even chickens dance at the Hopland Hop. An attendee listens in style.



Above: The light shines on Poor Man’s Whiskey. Below: Christy Lee, organizer of the Taste of Harvest, smiles with Cindy Sanborn and Chastity Yvonne Wells of Mariposa Market, who serve up their butternut squash apple soup with silken nut cream. At bottom: Marbury Sipila of Bergin-Sipila Vineyards answers questions.



Photos by Mathew Caine



## Hopland Hop

### EcoTerra Center hosts local music and culinary delights amidst power blackout

On a weekend replete with major fires in the area, highway closures, and a power shutdown affecting millions of people, the Hopland Hop managed to create an oasis of love and superior entertainment that allowed the few that were able to attend, to forget the current troubles and find a respite of sensual pleasures.

The festival featured some of the cream of the Willits music scene, even though it was staged 40 miles south, in the beautiful environs of the EcoTerra Center (formerly the Solar Living Center) to the south of downtown Hopland.

The event, starting at 11 am on Saturday, attracted an ever-increasing crowd toward the evening, when people did not yet know if their electric power would be turned off. By the time Poor Man’s Whiskey and Hot Buttered Rum played, people were dancing and crowding the front of the stage as they listened to the hard-driving country sounds.

Sunday, people had a taste of reality when they returned home the previous evening to find they had to contend with road closures, fire evacuations, and no power to run their refrigerators. The few hardy people that attended the Hopland Hop on Sunday expressed their gratitude that there was a place to go to taste great food, listen and dance to excellent music, and just be away from the reality of their currently difficulties. “What am I going to do, sit home in the dark all day?” mused one of the dancers.

Despite the sparse attendance, this event was a qualified success. People and resources gleaned from San Francisco to Humboldt came together to create a moment in time that was magical. Promoter Da Grand Pooba was able to showcase his abilities to organize a beautiful event on a shoestring, with the help of only six volunteers who worked tirelessly to make their musical Eden a reality. The event was funded by cannabis entrepreneurs, Flow Kana and the dispensary, Emerald Pharms and others.

In addition to the music, there was some creative and healthy food for every taste. Several of the food vendors participated in the Taste of Harvest, a tradition started at the Wild Willits Fest two years ago, competing with their eclectic selections of culinary delights. By the end of the day, the winner was declared to be Krista Pickens of Shewolf Coffee in Willits. Her totally vegan

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

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Noyo Theatre  
Willits, CA

**DOCTOR SLEEP**  
(R) 2 hrs 32 mins  
Fri:  
4:45 & 8:00pm  
Sat/Sun:  
1:30, 4:45 & 8:00pm  
Mon-Thurs:  
3:45 & 7:00pm

DOCTOR SLEEP

**TERMINATOR: DARK FATE**  
(R) 2 hrs 8 mins  
Fri:  
5:25 & 8:15pm  
Sat/Sun:  
2:35, 5:25 & 8:15pm  
Mon-Thurs:  
4:45 & 7:15pm

TERMINATOR

**ARCTIC DOGS**  
(PG) 1 hr 32 mins  
Fri:  
4:15pm  
Sat/Sun:  
2:00 & 4:15pm  
Mon-Thurs:  
3:15pm

ARCTIC DOGS

**ZOMBIELAND: DOUBLE TAP**  
★ONE WEEK ONLY★  
(R) 1 hr 39 mins  
Fri-Sun:  
6:30 & 8:45pm  
Mon-Thurs:  
5:30 & 7:45pm

ZOMBIELAND

Movie Times for 11/8 thru 11/14

Tightwad Tuesday Titles for Nov. 12th are in RED - All tickets now: \$6

The rest of  
**Ballot** From Page 1

to vote on the measure.

The board agreed there will be an advisory that will accompany the ballot measure, stating that the revenue derived from the tax will go to the county’s 21 fire districts.

As agreed upon by the supervisors, 75 percent of the tax revenues will be divided among the county’s 21 fire districts. The other 25 percent will be allocated in a manner to be determined by a vote of the Mendocino County Fire Chiefs Association, which will vote on the matter annually.

The board agreed the measure will be put to the voters as a general tax, which means that it will need a yes vote from 50 percent of those who vote on the measure, plus one yes vote.

Fourth District Supervisor Dan Gjerde said he thought the measure should be put before the voters as a special tax, which would mean that it would require a two-thirds yes vote, plus one additional yes vote. Gjerde said he preferred that, because of the provision that the money would go to the fire districts.

But Williams said the advisory portion of the ballot measure would indicate where the money would go, but that, since it was advisory, it would be non-binding. Therefore the prospective ballot measure would qualify as a general tax measure, and would only need 50 percent plus one vote, to pass.

The rest of  
**Coast** From Page 1

that pertained to the coast. One of them was reviewing and approving an amendment to the Mendocino County Coastal Zoning code that governed the cultivation of cannabis within the coastal zone.

Another was reviewing and approving a Coastal Cannabis Facilities ordinance, which would govern the processing, manufacturing, testing, dispensing, retailing and distribution of cannabis in facilities located within the coastal zone.

Although the supervisors approved both the cultivation ordinance and the facilities ordinance, neither of them will become law unless and until they are approved by the California Coastal Commission.

The most salient point of the cultivation ordinance is that people seeking to cultivate cannabis in the coastal zone, except those types of cultivation which are exempted under 10A.17.030 (qualified patients, persons with an identification card, or primary caregivers) and those who are growing no more than 6 cannabis plants with a plant canopy of less than 100 square feet, must secure either a coastal development permit or a coastal development use permit, prior to securing a cultivation permit from the county.

With either a coastal development permit, or a coastal development use permit, cultivation will be allowed in the following zoning districts within the coastal zone: ag, forestland, timber production zone, rangeland, rural residential and remote residential.

Cultivation of adult use cannabis on any legal parcel less than 10 acres in size shall only be allowed indoors.

The rest of  
**Plan** From Page 1

strategic plan, includes goals and strategies for expanding opportunities for cannabis cultivation and manufacturing, increasing cannabis-related tourism in the county, and expanding advocacy for cannabis in Sacramento and Washington, D.C.

Taken together, each of the components of the plan are unique in that they propose commitments from both government and industry.

For example, under the heading of optimizing cultivation opportunities, the ad hoc committee recommendations say that the county will: 1.) continue to identify areas for streamlining permit processing and permit renewals; 2.) review CEQA cost reimbursement for cultivation expansion in Phase One and Phase Three; 3.) look at sites and zoning districts where cultivators could “scale up” their cultivation areas, within current mitigated negative declaration restrictions; and 4.) annually review fee and tax structure.

The same documents states that the cannabis industry will 1.) fund an environmental impact report that would consider the impacts of “expansion and potentially co-locating existing operators”; 2.) create processes for developing cannabis appellations; 3.) assist applicants with completing applications accurately; 4.) hold workshops and otherwise educate the cannabis-producing public on the application process; 5.) lead on deciding legal market data metrics regarding pounds produced; 6.) lead on data regarding the development of the larger cannabis market; and 7.) lead on developing data to describe the so-called “black market” in cannabis and provide same to county.

The document also suggested ways in which the county and industry could collaborate, including: 1.) that industry would lead on data collection and would share data with the county; 2.) that industry would identify sites that could be used for Phase Three cultivation and also for cannabis innovation zones; while the county would assess what a CEQA analysis for this would cost; 3.) that industry would make recommendations for improving the permit process; and 4.) that industry will report to county how much flower and other products are purchased in-county from local cultivators, versus out of county.

During discussion on the item, Third District Supervisor John Haschak said that he felt the efforts of supervisors Gjerde and Williams lacked one essential element, which he identified as focusing on cooperative approaches to participating in the cannabis industry.

“I’ve been working with Dr. Keith Taylor, who is an economic development expert at U.C. Davis, along with about 15 other cannabis industry representatives, who believe that a cooperative model of economic development will best serve the needs of our small cannabis farmers, our local communities, and the economy of our entire region, as a whole,” Haschak said.

“Cooperatives that are owned and operated by local producers keep money circulating in our local economy, rather than being sent off as dividends to corporate shareholders, who live outside our area. Keeping local money local, in this way, has a tremendous multiplier effect that lifts all businesses in our communities.

“Dr. Taylor believes that, due to our unique cannabis culture, recognized around the world, we in the Emerald Triangle already have an established brand that is perfectly suited for

agricultural cooperatives, organized by the very people who actually developed this cultural branding in the first place,” Haschak continued.... “Large corporate mega-grows that churn out ersatz products are no substitute for the real thing. I believe that we should be doing everything we can to promote this approach, if we are truly trying to develop a local economy that takes advantage of our unique agricultural character and that works for everyone.

“To this end, I propose that we hold off on the corporate innovation zone before us today, until we have fully explored this practical and superior alternative proposal, and have heard from the public in each supervisorial district,” Haschak said.

“I too support the cooperative model,” Williams said. “My understanding is the co-ops for cultivation are blocked because of state policy, the 4 acre cap. And so part of the work here, for this ad hoc, was to work within the constraints of what’s legal today. I think we identified some pain points where we would sure like the state to make changes, and we should be, through our legislative platform and outreach, trying to propel that, but we didn’t want to create a strategic plan that relied on state changes that may or may not come.”

Haschak continued to push for the cooperative model. “My feeling is that we went forward with this innovation zone thing, and we are pushing that. But we also need to be proactive and pushing forward with this collaborative model. And we need to do what we can, because this could help thousands of small growers. You know, this innovation zone could help 10 large entities.”

“Supervisor Haschak, I think there is a misunderstanding,” Williams said. “This is not a proposal to have 10 innovation zones. The innovation zone is a way to have less regulation and to bring together processing, cultivation, distribution, on appropriate land. Some expenses could be reduced by having multiple cultivators work together on a single parcel, or on adjoining parcels, so they can have one processing center versus multiple.

“But this plan doesn’t have a limit. There isn’t a finite count of innovation zones. And so, if you have small farmers in Covelo who want an innovation zone, have them talk to our planning director. I think we are using different words, but we are describing the exact same thing. It’s not about bringing in large corporations to do a finite count of 10 acre grows, it’s about letting people join together, and it’s about putting cannabis in appropriate places, so that it’s not in residential zones,” Williams said.

Haschak moved that the board adopt the Gjerde-Williams plan, with an important addition from himself. “I move we accept this plan, but we do everything we can to promote cooperative enterprises,” Haschak said. His motion received no second. Williams then moved essentially the same thing.

“I move we direct staff to continue pursuing the opportunities presented by the Cannabis Economic Development Ad Hoc Committee, following the strategic plan [put forward by the ad hoc committee], the addendum provided by Mendocino Cannabis Alliance, with an additional focus on facilitating collectives,” Williams said. Haschak seconded the motion, and it was approved unanimously.

The rest of  
**Hopland** From Page 8

cheesecake was a popular favorite, created without electricity.

Roxanne Hampl of Hopland’s Rock Seas restaurant brought a delicious dish of roasted beets with vinaigrette, mixed greens with chevre, and a winter squash puree. Adrianna Lopez of Hopland’s The Golden Pig offered apple pie bars with butternut squash. Jaynene Johnson’s Zocalo Collective was also vending her creative healthy fare including Bliss Balls and bowls of rice, arugula, mushrooms or beef, with tasty spices.

Mariposa Market offered a tasty squash apple soup. Turtle Island Tacos and Fairall’s Farm brought their food trucks as did The Ice Box, which offered all sorts of frozen delights. 20PH07, an authentic pho soup maker presented in spectacular fashion with a huge boiling cauldron of pho heated over a blazing fire.

Craft beers, including Willits’ new Northspur Brewing Co. IPAs, wines from Bergin-Sipila Vineyards, Tamar Distillery and Low Gap spirits, including rum, bourbon, rye, vodka and absinthe were available for tasting.

But, in the end, it was all about the music. Even though some of the headline acts could not get to the location due to evacuations and road closures and illness, the substitutes and the rest of the regularly scheduled acts made both days a symphony of mostly local talent.

The smaller stage on the pond behind the main building hosted percussionists Mystic Sol and Willits’ own Mitchell Holman, who made the water ripple with his low bass notes. On Saturday, the main stage began with Dennis Chrisp and the Eclectic Coyotes of Laytonville, followed by Willits’ favorite socio-political subversive duo, Bug Guts, who also performed an intimate acoustic set on Sunday.

After the extremely tight sounds of Bug Guts, the mood turned spiritual and philosophical as tribal elder Ron Lincoln and his family provided tales of the sacredness of the location and native teachings in spoken word and song.

“Every time humans come together,” said Lincoln, “it’s a ceremony. The world is spinning fast. When you notice the world is spinning fast, it shakes out the negative element. Every day we wake up it’s a new day. Our life here is just a drop in the bucket, so we

grazing,” Haschak said, reading from the letter.

Haschak tried to convey the sense that he got from reading the 17 -page letter. “You know, its just page after page of concerns about what we’re trying to do here,” he said. “It seems to me that there are a lot of counties that are doing more restrictive ordinances, they are limiting the number of sites.

“Such as, if greenhouses are built, and then the site is abandoned, then who has the responsibility of taking it down?” Haschak continued. “There are some counties that are requiring that greenhouses be built upon existing structures. It’s just – there’s a lot of considerations, and I want to make sure that the environment is taken care of when we look at this ordinance.”

Haschak said he would be interested in continuing the item and rescheduling it for another meeting, but county CEO Carmel Angelo said there were only a few more meetings scheduled for this year, and that the agendas for those meetings were full.

Planning and Building Services Director Brent Schultz reminded the board that the coastal development permit process was extensive and detailed.

Fourth District supervisor Dan Gjerde, who has been waiting for a cultivation ordinance for the coast for 2.5 years, wanted to proceed. Before the vote was taken, Haschak repeated that he had concerns about how this ordinance would impact the coastal environment, but said that he was willing to support the two ordinances – cultivation and facilities. The vote to support was unanimous.

try to make it as fruitful as possible.” Lincoln’s words brought a sense of something bigger than just the music and the fun.

Schindig, another well-known Willits band, played a set that showed why their popularity is rising. Their tight compositions of standards and originals brought the attendees to dance. They were joined by solo cello artist, Sarah Rose, formerly of The Real Sarahs, and by Blue Luke, guitarist extraordinaire.

After Schindig, Covelo artist Blue Luke took the stage with his own band of accomplished musicians, playing their hard-driving rock and jazz. Blue Luke is currently in residence on Monday nights at Shanachie Pub in Willits.

As the night fell, Poor Man’s Whiskey rocked the area with superior musicianship that got the crowd dancing to the front of the stage. Next up was headliners Hot Buttered Rum, a Mendo favorite bluegrass band. They were joined by members of Poor Man’s Whiskey for a jam.

On Sunday, Willits resident Shovelman played with his homemade shovel-based guitar and Robin Trower-like riffs. Cherie Sheraque and Funkacillin pounded out their own brand of funk. Afro Funk, SambaDa, and the drummers for Higher Movement African dance troupe couldn’t get to the venue, so Pooba found a more-than-able substitute, a Jamaican reggae singer, Donovan “I-laweh” Cunningham with a complement of other well-established Jamaican musicians who rocked the house for almost two hours.

At the end of the evening, Pooba formed everyone into a circle and had them pinky-pledge to pay attention to their physical and spiritual footprint in the world and to try and work together, even with people they don’t agree with, to create a common goal. He also exhorted them to always remember the child inside them, the creative spark of their humanity.

Although the promoters lost money due to circumstances beyond their control, with the help of experts in sound (Marcos DeFluri of Ancestor Radio Productions) and lighting and many other volunteers, they created an event that worked for all involved and all attending. They plan to try it again next year. Hopefully, the gods of weather, fire and electricity will smile upon them the next time.

**Willits Weekly is locally owned and operated!**





Above, left: The medical team from Project Helping Hand on the bus in Nepal. Above, right: Adventist Health Howard Memorial nurses Aphrae Lupfer, left, and Trisha McKeon take a selfie in the famed city of Katmandu, in Nepal. At right: Nurses and doctors from Project Helping Hand "act goofy" with some Nepalese children.

## SPIRITUAL PATHWAYS

**Agape Bible Church**  
290 S. Lenore Ave.  
Willits, CA 95490  
Where love is first and the Bible is central.  
Sunday Services:  
9:15 a.m. - Bible Class, adult & children  
11:00 a.m. - Worship  
Awana: Tuesday, 6:15 p.m.  
Info? 707-459-1905  
www.agapebiblechurch.com

**Amazing Grace Assembly of God Church**  
803 Coast Street  
P.O. Box 489, Willits  
Sunday School - 9:30 a.m.  
Morning Worship - 10:30 a.m.  
Pastor, Bill Nobles  
Information: 456-9668  
EVERYBODY IS WELCOME

**The Church of Jesus Christ of Latter-day Saints**  
265 Margie Drive  
Willits, CA 95490  
ALL ARE WELCOME  
Sacrament Meeting  
Sundays at 10:00 a.m.  
**Eckankar: The Path of Spiritual Freedom**  
•Sound of Soul events  
•Membership Discourses  
•Spiritual Discussions  
•ECK Light & Sound Services  
More information?  
Call 707-456-9934  
www.eckankar.org

**Grace Community Church**  
Celebrating Life In Christ  
25 Hazel Street, Willits  
Adult Sunday School - 9:30 a.m.  
Coffee Fellowship - 10:30 a.m.  
Worship Service & Children's Church - 11 a.m.  
Mid-week Bible Studies  
Potluck every 2nd Sunday  
Alan Klier, Lead Pastor  
459-3106

**St. Anthony of Padua Catholic Church**  
61 W. San Francisco Ave.  
Willits, CA 95490  
Father Aaron Bandanadam  
Mass times:  
Saturday confessions - 4:45 p.m.  
Saturday Vigil - 5:30 p.m.  
Sunday Mass - 9:00 a.m. English  
10:30 a.m. Spanish  
We welcome All Walks of Faith!

**St. Francis Episcopal Church**  
1 North Main Street, Willits  
707-459-3066  
Church Services / Communion & Sunday School - 10:45 a.m.  
Healing Prayer 3rd Sunday  
ALL ARE WELCOME  
The Rev. Betsy Bruneau

**St. John Lutheran Church**  
Karl Bliese, Pastor  
Church Service:  
Sunday 10:00 to 11:00  
Bible Study / Sunday School following the service.  
(707) 459-2988  
24 Mill Creek Drive  
ALL ARE WELCOME

**Willits Seventh-Day Adventist Church**  
399 W. Mendocino Avenue  
707-459-5714  
Sabbath School - 9:15 a.m.  
Worship Service - 10:45 a.m.  
4th Sabbath of every month family potluck at the school.  
22751 Bray Road, Willits

**Willits United Methodist**  
A Christ centered, progressive church  
ALL ARE WELCOME  
286 School St. (at Pine)  
Rev. Rosemary Landry, pastor  
Worship Celebration  
Sundays - 10:30 a.m.  
Children's Sunday School - 10:45 a.m.  
459-2855  
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If you want to be included in this column please call:  
**April Tweddell**  
(707) 972-2475  
april@willitsweekly.com



## Adventist Health Howard Memorial receives highest honor for 'Excellence in Person-Centered Care'

By Cici Winiger, for Adventist Health Howard Memorial

Adventist Health Howard Memorial Hospital has been awarded Gold Certification for Excellence in Person-Centered Care by Planetree International. This Person-Centered Care Certification® recognizes the organization's achievement and innovation in the delivery of person-centered care. Adventist Health Howard Memorial Hospital is one of only 96 healthcare organizations worldwide to earn this prestigious award.

Gold Certification for Excellence in Person-Centered Care represents the highest level of achievement in person-centered care, based on evidence and standards. Person-centered healthcare prioritizes the active participation of patients, residents, and their families throughout the healthcare process with an emphasis on partnership, compassion, transparency, inclusion and quality.

"The Planetree Certification is the only award that recognizes excellence in person-centeredness across the continuum of care," said Susan Frampton, president of Planetree International, a not-for-profit organization that has been at the forefront of the movement to transform healthcare from the perspective of patients for more than 40 years.

"This Gold Certification signals to its patients and community that Adventist Health Howard Memorial Hospital is an organization where staff partner with patients and families, and where patient and family comfort, dignity, empowerment and well-being are prioritized as key elements of providing top-quality clinical care," Frampton said.

This certification recognizes AHHM's excellence in patient-centered care. This makes the hospital one of only 96 organizations worldwide, one of 27 in the nation and the only hospital in the North Bay to receive the Patient-Centered Hospital Designation since the program's launch in 2007.

"I believe being person-centered has always been part of our culture," said Jason Wells, president of Adventist Health Howard Memorial. "The Planetree philosophy has become so ingrained, it's just who we are.

"As a community hospital, we've always had a culture of accountability because the people we care for are our own friends and neighbors. Planetree has helped us build on that culture event more and added structure and milestones for us to achieve. This certification signifies our commitment to this community to give them the very best care on so many levels. This is a result of the hard work and input of not just our team, but also our physicians

Read the rest of **Planetree** | Over on Page 11

The rest of **Planetree** | From Page 10

and providers, volunteers and our community who shared opportunities for improvement," he added.

AHHM has been on a journey to improve quality and patient experience for quite some time. In 2014, the hospital was recognized with the "bronze" recognition, to celebrate their progress along the culture change journey. "We know our community deserves the very best care," Becky Hope, experience manager for the hospital, said. "So our team was determined to skip the silver recognition and go for the gold. Because of our culture of excellence and caring for our patients like family, there were already so many things we were doing that were part of the Planetree criteria to get the gold certification."

To achieve the Planetree certification, healthcare organizations must rank high in national measures of quality and patient satisfaction and meet more than 60 specific criteria that support a patient-centered healthcare experience. The standards were developed based on the results of focus groups with patients, family members and healthcare professionals around the country.

As part of the certification process, Planetree representatives visited AHHM earlier this year to speak directly with patients, family members, hospital leadership, caregivers and others. Focus group participants candidly shared their experiences at Howard. The site visit team found that patients feel listened to, respected and well-cared for, and that caregivers feel informed, empowered and appropriately recognized.

To help celebrate this prestigious achievement, the hospital invites the community for a "golden" event at the hospital on Tuesday, November 12, from 4:30 to 5:30 pm. There will be appetizers and booths showcasing the elements of Planetree that the hospital has implemented that helped them earn this recognition.

"Our community is what inspired us to work hard to get this recognition, and they will be the one who will benefit the most. Our success is their success, so we want to celebrate with them," CEO Wells concluded.

Planetree Inc. was founded in 1978 by a patient in San Francisco. Today, the Planetree membership network is a global community of more than 250 acute care hospitals, continuing care facilities, outpatient clinics, and consumer health libraries. The Planetree model has been implemented in a variety of settings, ranging from 25-bed critical access hospitals to large urban medical centers with more than 2,000 beds.

Adventist Health Howard Memorial is part of Adventist Health, a faith-based, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii. Founded on Seventh-day Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies and joint-venture retirement centers in both rural and urban communities. Visit [www.adventisthealth.org/howard-memorial](http://www.adventisthealth.org/howard-memorial) for more information.

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

### Help for William and Judith Ray

To the Editor:

As many people in the community know, a fire broke out at the home of William and Judith Ray, on East Side Road in Willits, during the afternoon of Monday, October 28, while there was a regional power outage. As a result, the Rays lost their home and all their possessions.

People who want to make a donation to the Rays may do so at either the Ukiah or the Willits branch of the Savings Bank of Mendocino County. One can approach a teller in person, and say that he or she would like to donate to the account of William Ray, or one can mail a donation to the account of William Ray to the Savings Bank of Mendocino County, 145 South Main Street in Willits, or 200 North School Street in Ukiah. William and Judith extend their thanks to all.

Mike A'Dair, Willits

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

extraction process that "utilizes hydrocarbon gases like propane or butane for extraction." The first step of the process is to produce a distillate, a distilled cannabis oil.

He runs through the ethanol extraction method first. At each step along the way, there are redundant safety and recovery systems. They have doubled up on all their equipment so as to ensure a steady production and a safe work environment. He shows the "chillers" which cool the mixture down to negative 40 or 100 degrees in order to preserve terpenoids and to help in the extraction of chlorophyll and plant waxes which are not used in most of the final products.

However, nothing gets wasted, and they are constantly testing and looking for ways to utilize the materials that are extracted. Plant waxes can be used in the production of creams and beneficial skin products. The extracted biomass can be utilized for animal feed or composting.

Safety is of ultimate concern. Canna Park has worked closely with Little Lake Fire Chief Chris Wilkes to ensure that at each step all efforts are made to mitigate potential problems, spending tens of thousands of dollars to create systems that are above industry standards.

"Our alcohol storage system is explosion-proof," explains Potter. "It's climate-controlled and done in such a way that we are able to store more on premises than usual." They have created a closed system where all materials travel through ducts from one process to the next, minimizing exposure. They only lose 5 percent of the alcohol in the process. Eventually, the entire process will be controlled through iPad-like PLC (programmable logic controller) screens, Wi-Fi-enabled to allow monitoring and regulating from anywhere in the plant or even at home.

Compressed air is used to "drive pumps and



Above, right: Science Officer Del Potter works at Canna Park, a cannabis extraction and manufacturing facility in Willits.

Photo by Mathew Caine

motors so you don't create a spark," Potter says. "We also have a filter that separates out nitrogen. We store that nitrogen and pump it to our extraction rooms as well, to prevent oxidation, to push fluids from place to place, and to provide an insulating blanket for some of our processes."

At each step, great thought has been given to efficiency as well as safety. None of the gases or liquids utilized escape their closed systems. The process includes testing at each step for purity or for the potency of the materials.

Boxcar Manufacturing and the parent company LEEF Holdings pay the cannabis producers on a scale commensurate with the potency and purity of their product. In order to retain their "super-legal" status, they will only buy product from fully compliant growing facilities that are required to produce all of the needed paperwork. They have worked out deals to buy flowers at a premium and shake (the cast-off materials) at a much lower price to utilize all parts of the plant.

There are several closely controlled steps in the extraction and manufacturing process in order to separate the CBDs and other desired materials from the biomass (plants). They are currently perfecting a method utilizing coated silica beads to remove any pesticides.

Currently, LEEF Holdings extracts product mostly for use by other manufacturers, but also creates their own labels under the LEEF brand. They offer various CBD products which they believe have many health benefits, which have been demonstrated both anecdotally and by the limited testing that has been allowed by the FDA, as cannabis has been considered a scheduled drug and illegal federally.

Potter and Vandenberghe are constantly testing and perfecting their product as well as conferring with other researchers around the

country to discover uses for what they believe to be an effective and universal medical set of products.

Currently, about 75 percent of what Boxcar manufactures is for the adult recreational market; however, as their testing and manufacturing continues, they hope to move beyond the adult use mode and create more and more medically oriented and beneficial products.

Vandenberghe credits CBD extract with saving his wife, who had extreme heart problems. She had several visits to emergency rooms, where nothing effective was being done for her. After trying CBDs, she has recovered, and now he swears by their use. This has driven his desire to discover further uses and formulas to benefit people through this ever-growing technical field.

Canna Park expects to be a major employer in Willits, once the manufacturing, growing and distribution facilities are running at full capacity, with up to 80 employees.

"We have a 10,000-year relationship with the plant," said Potter, "and people have figured out that it does have health benefits during that long relationship. We humans have developed endocannabinoid systems throughout our bodies that grab onto the cannabinoids as they enter the body.

"Because cannabis was a schedule one drug, that has hampered research through the '60s, '70s and '80s. Now the FDA and the DEA are allowing some limited research. These compounds offer a number of health benefits that are unrecognized at this point. There are substantive effects in all kinds of health areas."

"We are trying to raise the bar," Vandenberghe concluded.

For more information about LEEF Holdings' product lines, visit the "LEEF Organics" and "Paleo Paw" pages on Facebook.

COLUMN | Medicare Notes

## Open Enrollment runs through December 7

By Greg Dill, Medicare regional administrator

Just a reminder that Medicare's annual Open Enrollment Period starts October 15 and runs through December 7, 2019.

This is the time of year when you can change how you get your Medicare coverage, switch health and drug plans, and add or drop Medicare prescription drug coverage. So it's important that you review your current coverage. Check your current enrollment at <https://www.medicare.gov/find-a-plan/enrollment/check-enrollment.aspx>.

If you're happy with your current Medicare coverage, you don't need to do a thing during Open Enrollment. But people often find they can save money or find a plan that better meets their health needs by shopping around.

To help you shop for 2020 Medicare health and drug plans, we've just introduced an improved version of our popular Medicare Plan Finder, at [Medicare.gov/plan-compare/#?year=2020](https://www.medicare.gov/plan-compare/#?year=2020).

The redesigned Medicare Plan Finder makes it easier than ever to compare coverage options, shop for plans, and feel confident in your choice. This tool now works on your smart phone, tablet and desktop computer.

With Medicare Plan Finder you can:

- Compare up to three health or drug plans side-by-side;
- Get plan costs and benefits, including which Medicare Advantage plans offer extra benefits;

- Build a personal drug list and find a Medicare prescription drug plan (Part D) that best meets your needs. We'll start by suggesting prescriptions that you filled within the last 12 months. And when you search for a brand-name drug, we'll show it along with any lower-cost generic alternatives.

If you're new to Medicare, you'll need to decide upfront how you get your Medicare coverage. Medicare Plan Finder can help with this, too. By selecting "Learn more about Medicare options before I see plans," you can compare the different ways you can Medicare coverage – through Original Medicare (with or without extra coverage) or a Medicare Advantage plan.

For a more personalized experience, you can also create your own Medicare account at MyMedicare.gov. Among other things, this account allows you to print a new

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

Medicare card if you lose yours.

About 10,000 people enroll in Medicare each day, and we're improving our online tools to meet the needs of a growing number of tech-savvy beneficiaries.

But you don't need a computer to get information on your Medicare benefits.

If you have any questions, you can always call Medicare's toll-free number, 1-800-MEDICARE (1-800-633-4227). Customer service representatives are available 24/7.

There's also the "Medicare & You" handbook, mailed to every Medicare household in the country each fall. The handbook is available online at <https://www.medicare.gov/sites/default/files/2019-09/10050-medicare-and-you.pdf>.

And let me also recommend the excellent, free counseling you can get from your State Health Insurance Assistance Program, or SHIP.

SHIP is an independent, nonprofit organization that provides personalized counseling to people with Medicare. You can make an appointment to speak with a SHIP counselor in-person or over the phone.

SHIP counselors are well-trained volunteers who often are enrolled in Medicare themselves, so they know the ropes. They can help you sort through different health and drug plans and help find one that's right for you. They're not trying to sell you any particular product.

To contact your local SHIP office, go to [Shiptacenter.org](https://www.shiptacenter.org). (In California, the program is called the Health Insurance Counseling and Advocacy Program, or HICAP.)

If you enroll in a Medicare Advantage plan this fall but you're not satisfied with it, you can switch plans or return to Original Medicare between Jan.1 and March 31, 2020. If you return to Original Medicare, you can also buy a Medicare prescription drug plan (Part D) during this period.

Having trouble paying for your prescription drug plan (Part D)? You may be eligible for the Extra Help program, which helps cover your premiums, deductibles, and co-pays. Medicare beneficiaries typically save \$4,900 annually with Extra Help.

For more information, go to [SSA.gov/prescriptionhelp](https://www.ssa.gov/prescriptionhelp). Greg Dill is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by visiting [www.Medicare.gov](https://www.Medicare.gov) or calling 1-800-MEDICARE (1-800-633-4227).

Adams and provided medical aid to the 17-year-old juvenile female until medical personnel could arrive on scene and transport her to Adventist Health Ukiah Valley for further treatment. The 17-year-old juvenile female was ultimately airlifted to an out-of-county hospital. During the course of the investigation, it was learned that the 17-year-old juvenile female was approximately five months pregnant at the time. UPD officers contacted numerous individuals at the location and determined that the incident had stemmed from a family disturbance.

Adams was subsequently placed under arrest for 664/187 PC (Attempted Murder) and transported to the Mendocino County jail where she was booked and lodged. Adams' bail was set at \$250,000.

The UPD is continuing to investigate the incident, and anyone with additional information or details regarding the above matter would be urged to contact the UPD at 707-463-6262. As always, our mission at the Ukiah Police Department is to make Ukiah as safe as possible. Additionally, UPD would like to thank the Mendocino County Sheriff's Office for their assistance with this incident.





COLUMN | The Medicine Chest Garden

Photos by Mathew Caine

Above, left: Braised Lentils with Roasted Root Vegetables was the main course at the 2018 dinner. Above: Diners talk amongst each other at last year's Harvest Dinner organized by the Mendocino County Herb Guild. Below: Attendees at the sold-out 2018 Harvest Dinner speak with the vendors. At bottom: The kitchen crew – chefs Danny Becker and Tanner Fry and volunteer Jessica Doss – prepare the roasted peppers at last year's fundraiser.

## Herb Guild Harvest Dinner coming up on November 16

Excitement is building in anticipation of the Mendocino County Herb Guild's 2nd annual Harvest Dinner at the Willits Grange Hall on November 16.

Donna d'Terra  
Columnist

The dinner will be created by chefs Danny Becker and Tanner Frye, using ingredients from farmers in Mendocino County.

There are two mouth-watering options, which are both gluten and soy free, (with the exception of Elliott's bread for those who wish to eat bread). There will be a cash bar with craft herbal cocktails and local wine and beer, plus locally roasted Shewolf Coffee.

- First course: local bread with thyme butter and seasoned olive oil. Carmelized delicata squash with arugula, mixed greens and Vitality Tonic dressing.
- Second course: leek and potato soup with harvest herb pesto.
- Entree: choice of broiled local lamb meatballs or roasted mushroom medley with Bordelaise red wine sauce, butternut squash puree, and

balsamic roasted beets and greens.

- Dessert: poached pear with toasted walnuts.

After dinner, there will be three speakers: Corine Pearce, local Pomo herbalist, will introduce Antoinette Ascencio, another Pomo herbalist, who will speak on Native Herbalism issues. Laytonville herbalist Selena Rowan will speak on how access to herbalism creates more resilient communities. Mendocino herbalist Karin Uphoff will talk about the work the Guild has been doing at the Street Clinic on the Coast.

The funds raised on this evening will go toward an Herb Bus that can travel throughout Mendocino County, providing more access in our widespread county. The bus will be used to visit evacuation shelters in our immediate and greater bioregion to provide support and remedies. And, it will be a way to share the wonder of herbs to a wider community at schools and events.

In addition to buying a ticket for the evening, there will be several other ways to help raise funds for this and

other projects:

- A silent auction will offer many items to bid on.
- The centerpieces on each dining table will be for sale. Beautiful baskets, created by local herbalists, will be filled with fresh and dried flowers and herbs.
- A dozen or so herbal vendors will be selling their handmade wares, including the Herb Guild Apothecary.
- There will be opportunities to become a member or sponsor of the Guild.

Last year's Harvest Dinner was sold out days in advance, so be sure to purchase your tickets soon at J.D. Redhouse, Ukiah Coop, or [www.Mendocinoherbguild.com](http://www.Mendocinoherbguild.com). The Grange doors will open at 5 pm, dinner at 6:30, and speakers around 7:30.

Come join us to celebrate the autumn season, regional flavors, and another incredible year of "Full Circle Herbalism" in Mendocino County!

Donna d'Terra is an herbalist and herbal educator.



## We've earned Planetree Gold Designation

THE HIGHEST RECOGNITION WORLDWIDE FOR PATIENT-CENTERED CARE

### Join us in celebration of this prestigious award

Adventist Health Howard Memorial has been recognized as the only Planetree designated hospital in the North Bay—the highest recognition in patient-centered care. There are only two hospitals in California and only 27 in the US who have earned this prestigious award.

We've always been passionate about giving exceptional care, and you, our community is at the heart of that commitment. That's why we want to celebrate with you! So join us for this golden opportunity to celebrate this recognition and learn more about what it means for us, our community and more importantly for you and your experience.

COME CELEBRATE WITH US  
**Tuesday, November 12**  
**4:30 – 5:30 PM**

**Roots Restaurant**

We will have appetizers, and refreshments and booths showcasing elements of our care that helped us earn this recognition.



PLANETREE

**Adventist Health**  
Howard Memorial





From far left: New WCA manager Sasha Thomas was a volunteer at the WCA before she applied for the manager job; she came with an impressive background working with nonprofit organizations internationally and was on the board of the Betti Ono Gallery in Oakland. Longtime WCA board members Barbara Willens, left, and Carole Aleshire take a moment to smile for the camera. Carolyn Brown displays a napkin where photographer Volkhard Stuerzbecher wrote down how to photograph the Milky Way.

Below, left: Jeff Goll explains how he used an effect found in Topaz software on one of his photos, which makes the photographic image appear more like a painting.

Below: Jerry Albright, “a water person first,” explains how he’s been photographing Burney Creek for many years and finally has the photos where he likes them, in this collection of four canvases.

Photos by Ree Slocum



Below: Using Topaz software, Bruce Haanstra made his photographic image, “Roy’s Café,” look more like a painting.

At bottom: Jack Booth describes details he saw when processing his dragonfly image titled, “Blue Eyed Darner.”

# ‘Capturing Light’

Willits Photography Club members display extensive array of photography methods and subject matter at WCA this month

This year’s Willits Photography Club Show displayed a wide range of interesting subject matter as well as a wide range of interesting photographic printing processes, including black and white darkroom prints, pigment-infused metal, photos adhered to acrylic, Chromira canvas prints, archival inkjet prints, and inkjet prints.

On opening night, Saturday, November 2, at the Willits Center for the Arts, the public crowded around each photographer and their work during an artists’ talk led by WCA curator Gary Martin. Each photographer had something different and interesting to say about their photographic journey or explained how they photographed or processed certain images in their display.

With almost 50 years of photographic film images, Mathew Caine went into his archives and spent hours and hours poring over color slide photos he’d produced during travels here and abroad. He scanned and processed them with digital software. Then had some of his favorite landscape images printed on canvas for the show. They look as fresh as when he photographed them.

Sandy Strong presented black-and-white work she’d done in the 1980s. “I had them printed and developed by Larry Melious,” she said. Melious and his wife, Amy, were well-known Willits photographers and had a successful business photographing and processing film and printing for local photographers.

Dorothy Ashbury has been part of the photo club for almost 20 years. During her talk she disclosed that she’s been using the same software to process her digital images for the past 10 years but she doesn’t know the name of it. “It’s easy to use and a very elementary program.” Her bright and deeply saturated sunsets are a tribute to simplicity.

The 12 images that comprise “Mendo’s Frog Woman Rock” photograph by Steve Eberhardt, are a composite of images using three HDR photos (high dynamic range images) and three separate photos of the scene, which are stitched together to make a panorama-like image. He had the print adhered to acrylic and hung without a frame for a stunning result.

Maria Steffen talked about how much she enjoys the Willits Photo Club. “It’s a chance to be with a great group of people that all enjoy photography and share what they see with others,” she said. “There are critiques, if you want them, which are helpful and people grow in their photography skills. I think everyone has gotten so much better over the years. I’ve gotten better at the technical part of my art, which allows me to be more expressive because I have more tools and experience to bring to the photo as I take it and when I’m processing it.”

Jack Booth, who started photographing and printing his photographs when he was 15, has been enjoying the club for

Read the rest of **WCA** Over on Page B5



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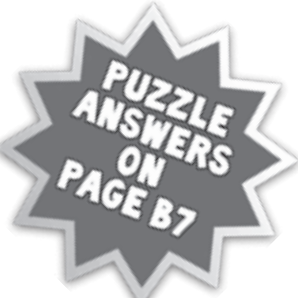
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Willits Weekly's  
Puzzle Page

Sudoku, Word Search & Crossword

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



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!

PRODUCE WORD SEARCH

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

APPLE	FIG	PEAR	RADISH
BEET	GRAPEFRUIT	PEPPER	RASPBERRY
CANTALOUPE	GRAPES	POMEGRANATE	RHUBARB
CARROT	KIWI	POTATO	STRAWBERRY
CHERRY	ONION	PUMPKIN	TOMATO
CRANBERRY	ORANGE	RADICCHIO	WATERMELON

		1	2	3	4		5	6	7	8	9	
		10	11				12				13	
		14					15				16	17
18						19			20		21	
22				23				24		25		
26				27			28		29		30	
		31	32					33		34		
35	36								37			
38					39			40				
41				42	43		44			45	46	47
48			49		50		51				52	
53				54		55					56	
57				58		59			60	61	62	
	63	64						65				
								67				

CLUES ACROSS

- Flat-topped hill
- Fire usually accompanies it
- Talked
- Skillsset
- Unembarrassed
- Where teens spend their days
- Boxing's GOAT
- Used to anoint
- Rust fungi
- Panthers' signal caller
- Forests have lots of them
- Lentils
- One's self-esteem
- Where you entered the world (abbr.)
- High school test
- Large, flightless bird
- Expectorated
- Some practice it
- Prickly shrub
- French river
- Told on
- Sleep hillside
- Peyton's little brother
- Soviet Socialist Republic

- Welsh river
- Witness
- Brews
- Orange-brown
- Separates DNA and RNA
- Mexican agave
- Self-contained aircraft unit
- Encourage
- Atomic #52 (abbr.)
- About latitude
- Trivial gadget
- Film a scene again
- Small blisters
- Dark brown

CLUES DOWN

- Advanced degree
- Goes with flow
- The Caspian is one
- Accumulate on the surface of
- Vascular systems or plants
- A popular kids magazine
- \_\_ podrida: spicy Spanish stew
- Vandalized a car
- Prefix meaning 'within'
- Soviet labor camp system

- Strong hostilities
- B complex vitamin
- Go quickly
- Toast
- A team's best pitcher
- A Philly culinary special
- Small child
- Unhappy
- Trims by cutting
- Weepy
- It might be on the back
- Spy organization
- Female body part
- Came back from behind
- Fall back or spring forward
- Famed traveling journalist
- Where the current is fast
- Withstand
- A Philly football player
- Records brain activity
- Aromatic powder
- Circular panpipe
- Ship as cargo
- Bar bill
- Adult female
- OJ trial judge
- One's grandmother
- Hot, massive star

WILLITS POLICE DEPARTMENT  
POLICE LOG

October 21 to November 3

By Danya Davis, Willits Weekly

The officers of the Willits Police Department handled **509 incidents** in this 14-day reporting period.

Summary of Active Investigations and Arrests

October 21

4:44 am: Officers responded to a report of suspicious activity in the 100 block of North Lenore Avenue.

7:59 am: Officers responded to a report of an assault in the 100 block of Marcela Drive.

1:44 pm: Officers responded to a report of suspicious activity in the 1400 block of South Main Street.

3:09 pm: Officers responded to a report of trespassing in the 200 block of North Main Street.

8:17 pm: Officers initiated a missing person investigation in the 100 block of East Mendocino Avenue.

8:40 pm: Officers responded to a report of a suspicious person in the 1700 block of South Main Street and issued a warning.

October 22

7:16 am: Officers responded to a report of illegal camping in the 300 block of South Main Street.

9:20 am: Officers responded to a report of illegal dumping in the 300 block of Franklin Avenue.

1:00 pm: Officers responded to a report of illegal camping in the 300 block of Robert Drive.

1:34 pm: Officers responded to a disturbance in the 18000 block of Walker Road.

3:11 pm: Officers responded to a report of suspicious activity in the 200 block of Alice Drive.

4:57 pm: Officers responded to a report of illegal camping in the 100 block of South Street.

5:48 pm: Officers responded to a report of several unwanted subjects in the 100 block of North Main Street and issued a warning.

11:41 pm: Officers responded to a report of a suspicious vehicle in the 800 block of South Main Street.

October 23

10:37 am: Officers responded to a report of harassment in the 400 block of McKinley Street.

1:27 pm: Officers responded to a report of illegal camping in the 200 block of Shell Lane.

2:07 pm: Officers responded to a report of threats in the 1100 block of Magnolia Avenue.

4:36 pm: Officers responded to a report of suspicious activity in the 1700 block of South Main Street.

4:38 pm: Officers responded to a disturbance in the 100 block of West Commercial Street.

October 24

6:20 am: Officers responded to a report of illegal camping in the 800 block of South Main Street.

12:18 pm: Officers initiated a missing person investigation in the 100 block of Spruce Street.

1:50 pm: Officers responded to a disturbance in the 100 block of Haehl Creek Court and issued a warning.

5:13 pm: Officers responded to a report of suspicious activity in the 500 block of South Main Street.

9:55 pm: Officers responded to a report of an assault in the 200 block of North Main Street.

11:02 pm: Officers initiated a missing person investigation in the 100 block of East Mendocino Avenue.

October 25

12:17 am: Officers responded to a report of a suspicious vehicle in the 300 block of North Main Street.

2:20 am: Officers responded to a

disturbance in the 100 block of East Commercial Street.

5:55 am: Officers initiated a theft investigation in the 200 block of Bonnie Lane.

10:05 am: Officers initiated a missing person investigation in the 100 block of East Mendocino Avenue.

1:00 pm: Officers responded to a report of suspicious activity in the 1700 block of South Main Street.

1:37 pm: Officers responded to a report of harassment in the 100 block of East Commercial Street.

2:16 pm: Officers initiated a vehicle theft investigation in the 1600 block of South Main Street.

2:34 pm: Officers responded to a report of trespassing in the 200 block of Alice Drive and issued a warning.

8:14 pm: Officers responded to a report of a suspicious vehicle in the 300 block of Creekside Drive.

October 26

1:10 am: SMITH, Brandon Christopher (31) of Willits was contacted near the intersection of Hazel Street and South Main Street. He was arrested pursuant to 23152 VC (Driving Under the Influence), felony charges of resisting and/or threatening an officer and violation of probation, and on misdemeanor charges of driving under the influence of alcohol and driving with a suspended license.

2:09 am: LEAL, Ashley Jordan (32) of Santa Cruz was contacted near the intersection of Hazel Street and South Main Street. She was arrested on misdemeanor charges of disorderly conduct (alcohol).

12:07 pm: Officers initiated a hit-and-run vehicle collision investigation in the 300 block of Franklin Avenue.

2:08 pm: Officers initiated a theft investigation in the 200 block of Bonnie Lane.

5:21 pm: Officers responded to a disturbance in the 100 block of North Main Street.

7:32 pm: Officers responded to a report of vandalism in the 700 block of South Main Street.

9:47 pm: Officers initiated a missing person investigation in the 100 block of East Mendocino Avenue.

11:15 pm: Officers responded to a report of suspicious activity in the 200 block of Bonnie Lane.

October 27

4:09 am: Officer responded to a report of vandalism in the 1700 block of South Main Street.

5:20 am: Officers responded to a report of vandalism in the 300 block of North Main Street.

6:15 am: ESQUIVEL, Jessica Lynn (32) of Willits was contacted in the 200 block of East Valley Street. She was arrested pursuant to 647 (F) PC (Public Intoxication) and on misdemeanor charges of disorderly conduct (alcohol).

12:45 pm: Officers responded to a disturbance in the 1700 block of South Main Street.

1:00 pm: Officers responded to a disturbance in the 1200 block of Blosser Lane.

2:34 pm: Officers initiated a missing person investigation in the 100 block of East Mendocino Avenue.

8:47 pm: Officers responded to a report of trespassing in the 1500 block of South Main Street and issued a citation.

October 28

9:13 am: Officers responded to a report of vandalism in the 400 block of East Commercial Street.

9:44 am: Officers responded to a report of trespassing in the 1000 block of Poplar Avenue.

12:21 pm: Officers responded to a report of rape in the 100 block of Margie Drive.

12:23 pm: Officers responded to a report

Read the rest of WPD Over on Page B7



Above, from left: Have your chickens stopped laying? No worries, eggs are always a staple at the winter indoor markets. Last year, the Willits United Methodist Church sold corn-kernel filled bags that could be microwaved or frozen for relaxation and relief. Robert Goleman of Bolliwer's Fine Foods and Confections is a favorite stop for market shoppers with his sweet and savory treats. Below: The winter home for the Willits Farmers Market: the Little Lake Grange. At right, below: Another staple of winter markets are various types of greens, like these at the Yokayo Roots Farm booth.



Back to the Grange

Willits Farmers Market moves back indoors for the winter on Thursdays from 3 to 5:30 pm

The arrival of November means the Willits Farmers Market moves indoors, back to the Little Lake Grange on School Street, where it will remain until the first Thursday of May. Local farmers and vendors invite all to drop by and enjoy a still impressively wide selection of fruits, veggies, greens and more. Gifts, meats, crafts and treats are always available, too! Come down and do some truly local shopping on Thursdays from 3 to 5:30 pm.

— Maureen Moore



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## Local seniors sought to join other foster 'grandparents' volunteering in local schools

By Bonnie Schoefer, Foster Grandparent Program coordinator

Kids need love. Grandparents are good at giving it. That's why an army of them are being recruited by NCO Volunteer Network to serve locally in Willits elementary schools. Brookside Elementary is very receptive to the Foster Grandparent Program. "It takes a village to raise a child," is their motto.

NCO Volunteer Network's plan is to have more foster grandparents stationed in school classrooms, preschool sites and working with teens. Rebecca Enberg, director of NCO Volunteer Network, is hoping the volunteers in Willits will continue to help children and youth build "a positive connection with an adult in school," which will in turn help to improve their attendance, behavior, and grades.

The National Foster Grandparent program matches volunteers ages 55 and over with children or youth who need a mentor, a tutor, or both. There have been foster grandparents in Mendocino and Lake county elementary schools for decades, and their numbers are growing. This program has shown to be so successful in improving student outcomes, it continues to be federally funded by the Corporation for National & Community Service, since 1965.

Volunteers – who needn't actually be grandparents, but who are usually called "Grandma" or "Grandpa" by the children they're working with – commit to spending at least 15 hours a week in the classroom to which they're

assigned, and they're asked to serve for at least a year.

Brookside's "classroom grandmas" are special to Brookside Elementary. Patty Richardson, a foster grandparent at Brookside Elementary School in Willits, shares a story: "I was gone one day, and the teacher told the class that I was visiting my mom. One little boy said "Granma has a mom?"

What Richardson likes best is "the love and the smiles and the actual excitement when they [the students] meet their goals."

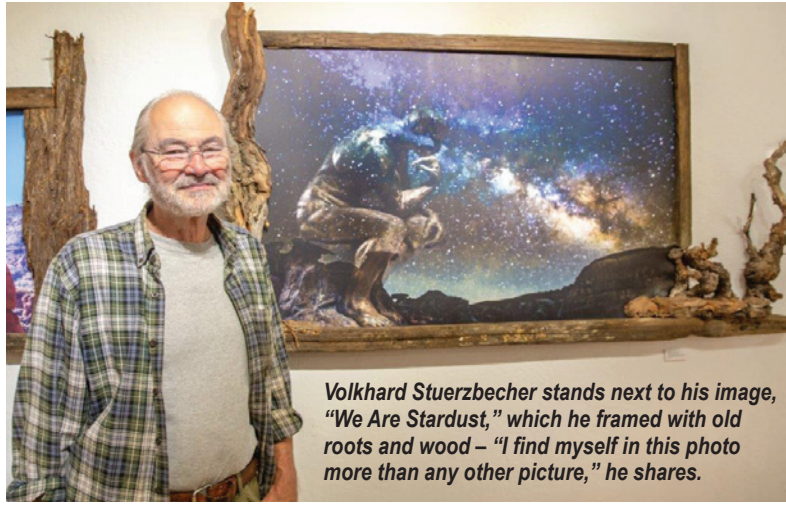
Brookside Elementary School supports the Foster Grandparent Program in many ways. Principal Kathleen Crossman loves to meet the new foster grandparents who share the same dedication and caring as the teachers at Brookside Elementary. Brookside staff and faculty appreciate how the grandparents help out in the classrooms, share in their joy of the children's achievements, and offer a kind word or hug when needed.

If you are interested in serving as a foster grandparent in a local school in Mendocino, Sonoma or Lake county, or if you are teaching in a school and would be interested in having a foster grandparent for your classroom, please call 707-462-1959 or email bschoefer@ncoinc.org.

For more information, visit the NCO Volunteer Network website at [www.volunteernco.org](http://www.volunteernco.org).



Grandma Patty Richardson helps out in a Brookside Elementary classroom, with students Quincy Sanders, Makaylee Vossar and Arianna Clevinger.



Volkhart Stuerzbecher stands next to his image, "We Are Stardust," which he framed with old roots and wood – "I find myself in this photo more than any other picture," he shares.



## Soup and Dessert Lunch

November 15  
at the Lutheran Church

St. John Lutheran Church will be having our annual Soup and Dessert Lunch on Friday, November 15, from 11 to 2 pm. The event will be held in our fellowship hall at 24 Mill Creek Drive. The meal will include a variety of homemade soups, bread, and desserts for \$8 at the door.

Craft items will be available for sale. A raffle will be held with prizes including a one-night stay at Benbow Inn, a Thanksgiving basket, a Family Fun basket, an art print by Peggy Hebrard, and an award-winning crocheted Afghan. Plan to join us!

– Submitted by Tami Rempel  
for St. John Lutheran Church

At top, left: Another raffle prize is this cozy and comfortable crocheted afghan, a "Best of Division" award-winner at the Redwood Empire Fair.

At top, right: A Christmas art print up for raffle by local artist Peggy Hebrard.

At right: This Thanksgiving raffle basket is one of the prizes offered at the St. John Lutheran Church Soup and Dessert Lunch on November 15.



## Furry Friends Hoping for a Home

### Friendly Charlotte

This midnight-furred beauty is on the older end of her puppyhood, and is a very happy and sweet young dog. Charlotte enjoys playing and flipping squeaky toys. She knows "Sit" and "Down," and will undoubtedly be a good pupil and learn more very quickly.



Charlotte is a 10-month-old spayed female mixed-breed dog who currently weighs 61 pounds.

Charlotte went on a Fido Field Trip with her new volunteer admirer, and they had a blast. Charlotte loves car rides, and she's learning how to "load up." On her field trip, she went for a walk in

the park, got a puppuccino, rode over to say "Woof!" to the ladies at Fidelity Title, and then made a quick detour to Rainbow Ag where she picked out a treat for herself. Her field trip partner said Charlotte loves people and kids and was friendly and well-behaved.

The Ukiah Shelter is located at 298 Plant Road in Ukiah. Adoption hours are Tuesday, Thursday, Friday and Saturday from 10 am to 4:30 pm, and Wednesday from 10 am to 6:30 pm. To view photos and bios of some of the other wonderful adoptable animals here, please visit online at: [www.mendoanimalshelter.com](http://www.mendoanimalshelter.com) or visit the shelter. For more information about adoptions, please call 707-467-6453.

Help get every dog at the Ukiah shelter out for some exercise at the "Empty the Shelter" pack walk every second Saturday of the month, this weekend on November 9.

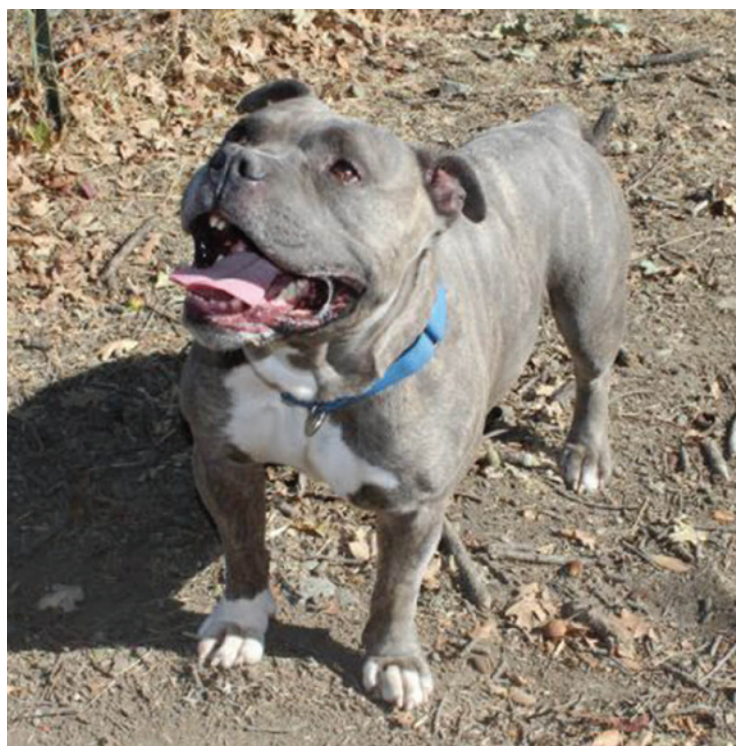
### Amazing Tank

Meet Tank, whose name just about says it all. This short, compact stump of love and kisses will take your breath away. He will do just about anything for a treat and has a ball doing it! This little guy took to the agility course with energy and enthusiasm and then came back for more.

This 5-year-old male weighs about 63 pounds and loves everyone – that includes adults, kids, dogs and cats. Tank is strong and has a mind of his own sometimes, but he's so sweet about it that you really don't mind. This amazing animal is ready and waiting for your arrival, anytime.

Come meet Tank soon at the Humane Society

for Inland Mendocino County, located at 9700 Uva Drive, Redwood Valley. Open hours: 1 to 5 pm, Wednesday through Friday; and 11 am to 3 pm, Saturday and Sunday. Please give us a call at 707-485-0123 if you have questions. You can view all our adoptable dogs and cats on Petfinder or through our website: [mendohumane.org](http://mendohumane.org). To volunteer or help take the dogs for a walk, please join HSIMC on Sundays at 11 am for an orientation.



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**pho•tog•ra•phress** [ruh-tog-ruh-friss]

noun: Maureen Moore: a person who creates fabulous photo moments

## Sherwood School Festival

Friends, students and family of Sherwood School celebrate the season with 35th annual event



and friends of Sherwood School. This was my first Fall Festival and it exceeded all expectations. The students put on a fantastic performance.

"The parent coordinators and helpers were beyond amazing. A big 'Thank You' to everyone who came out and supported our great little school. 'It takes a village,' and what a great village we have in Sherwood School."

– Maureen Moore

Above, far left: Ms. Lisa's class gets ready and rehearses for the 35th annual Fall Festival. Above, left: An artistic representation of the "One World" theme for the 2019 Fall Fiesta. At left: Students helped create the main banner welcoming the community to the event. At left, below: The lasagna dinner sold slices for a suggested donation of \$7 for adults and \$5 for children.

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# Carolyn Pavlovic

Carolyn Pavlovic of Willits, California passed away peacefully on September 29, 2019 at the age of 80.

Carolyn is survived by her children Robyn Kanvik, Glenn Pavlovic and Yarmela Pavlovic; her stepchildren Mani Moran and Bryan Pavlovic; and five grandchildren.

Carolyn was born in 1938 in Maryland as the only child of Kay and James Shonts. The family drove to California when she was 2 months old. They lived in several locations on the West Coast over the coming years, finally settling in San Jose where her father worked for Lockheed Martin.

Carolyn graduated from San Jose State University with a Liberal Arts degree. After graduating, she traveled throughout Central America, Canada, and Europe before returning to the Bay Area. Later in her life she started traveling again, taking several cruises with friends.

Carolyn married Jack Pavlovic in 1965, and they lived in Palo Alto before moving to the Oakland hills. They attended many concerts for groups like The Rolling Stones, Grateful Dead, and The Who. Tickets were \$5 and free posters given when leaving the venue.

While in Palo Alto their first daughter Robyn was born followed by their son Glenn in Oakland. After moving to Willits, Carolyn had a home birth with her second daughter, Yarmela. They resided in their rural, off grid home for the next 42 years.

Carolyn had a passion for books and reading, working at the Willits Library for decades, and was very active with the Willits Literacy Program. She also loved being in nature, gardening, painting and crafting including weaving and collage. Playing cards with her friends was a highlight of her week.

A private celebration of her life was held by her family and friends.

If you would like to do something in her memory, the family asks that you consider making a donation to the Willits Literacy Program.



# Steven Bertsch

Steven Phillip Bertsch started his next life adventure October 25, 2019 after a long battle with cancer.

Steve arrived in Willits in late December of 1973 after a Christmas marriage to Susan Whittaker Bertsch, a first-year English teacher at Willits High School. Steve soon went to work for Adco Redwood, where he worked in production until 1983.

He then took a lumber sales position for Western Woods, Inc., based in Chico, and he worked for the company until his last days. Steve thrived in his work for such a professional company. His employer, colleagues, suppliers, truckers and customers became priceless long-time friends.

Steve treasured music, golf, hunting and fishing, the Giants and the Niners, and his beloved friends, in and outside of the lumber business. He was a devoted son and elder brother to a brother and two sisters and their loving families. He was a hands-on father who never missed his daughter's musicals and dance recitals or his son's games and piano recitals.

Steve is survived by his wife of 45 years, Sue; daughter Jane Taylor Bertsch; son Patrick Neil Bertsch (Samantha Guida Bertsch); and his namesake Steven James Bertsch; and the loving members of his extended family.

Steven's celebration of life will be Saturday, November 9, 2019. For more details and directions, please call 707-841-1575, 707-499-4252, or 707-972-6422.

In lieu of flowers please make donations to the Heifer Project International, or St. Jude's Children's Hospital. Arrangements made by Anker-Lucier Mortuary.



# Rano McCombs

Rano Vernel McCombs passed away October 31, 2019 at the age of 81. Graveside services will be held Friday, November 15, 2019 at 12 pm at the Valley View Cemetery in Covelo. Memorial Services will be held Saturday, November 16, 2019 at 2 pm at the Kingdom Hall of Jehovah's Witnesses in Willits. Arrangements under the care and direction of Anker-Lucier Mortuary.

## Neil Richardson

October 22, 1937 — October 30, 2019

Neil Richardson passed away on October 30, 2019 in Willits from complications of chronic lymphocyte leukemia. Born October 22, 1937 in Hamilton, Ohio, he is survived by sons Kyle of Florence, Oregon and Sean of Georgetown, Ohio, granddaughters Guinevere and Kelly, and great-granddaughter Nora and long-time partner Sherry Collins. His parents, Willard and Ruby, sister Jennie and brother Mick preceded him in death.

Neil was artistic to his core, and it was exhibited in the many careers he accomplished. His first job in Ohio right out of high school was helping to design radio gear for Army helicopters. Having a young family to support, Neil headed to California and settled in El Segundo securing a job at Hughes Aircraft. Here he worked in the drafting department until his quality of work was rewarded by a move into the engineering group.

As Neil recalled: "Two things happened, I got a \$4/hour raise, and I was transferred out of drafting and into the engineering group. I even got my own office with my own telephone. Now I was sending work to the drafting room." There he helped design equipment related to the Grumman F-14 Tomcat aircraft and its AIM-54 missiles.

While Neil couldn't describe any particular event that piqued his interest in woodworking, he resettled back in Ohio trying to be a woodworker in a small old garage in Cincinnati, going to craft shows, and began to sell his work. He created the first Fine Woodworking Show in the greater Cincinnati area. He continued to set up woodworking shops and produce furniture wherever he moved. It was when he was asked to produce a booklet to describe the various woodworkers and their work that he was introduced to graphics and CAD.

During the mid-1980s Neil worked at Remco Hydraulics as a CAD operator, all preWindows era. Discovering he was pretty good at the work, he left Remco feeling he had found his calling and became an independent full-time desktop publisher. He could never turn down any organization or request that required a poster or program to be designed. He typeset authors' new books, designed catalogs and wine labels. He was an excellent photographer, who in the last year of his life was still creating exciting photographs.

He loved our local community and was the first manager of the Willits Community Theatre. His interest in art never ceased. His friends will miss his keen ability to assess and fix any appliance, stubborn seatbelt return, or having that special tool for that specific repair. His acquired cousins will mourn the loss of the beautiful family reunion photographs and genealogy graphs he generated.

Neil requested no services, but donations could be made to the Willits Community Theatre, Willits Center for the Arts or Hospice in his honor.

of a suspicious vehicle in the 100 block of East Commercial Street.

4:17 pm: Officers responded to a report of harassment in the 1700 block of South Main Street.

6:25 pm: Officers initiated a burglary investigation in the 1900 block of Lupine Way.

11:24 pm: Officers responded to a report of suspicious activity in the 100 block of Madden Lane.

### October 29

12:44 am: Officers responded to a report of suspicious activity in the 1700 block of South Main Street.

12:24 pm: Officers responded to a report of suspicious activity near the intersection of State Street and Marin Street.

3:18 pm: Officers responded to a disturbance in the 700 block of Central Street.

8:16 pm: Officers responded to a report of suspicious activity in the 100 block of Spruce Street.

8:18 pm: Officers responded to a report of trespassing in the 200 block of Alice Drive.

9:24 pm: Officers responded to a report of suspicious activity in the 100 block of Nancy Lane.

9:37 pm: Officers initiated a theft investigation near the intersection of Monroe Street and Central Street.

9:52 pm: Officers responded to a report of suspicious activity in the 1700 block of South Main Street.

### October 30

12:25 am: Officers responded to a report of suspicious activity in the 1700 block of South Main Street.

10:37 am: Officers initiated a burglary investigation in the 100 block of Hazel Street.

11:44 am: Officers responded to a report of trespassing in the 22000 block of Eastside Road.

1:21 pm: Officers initiated a hit-and-run vehicle collision investigation in the 100 block of Nancy Lane.

8:27 pm: Officers responded to a report of suspicious activity near the intersection of Mill Creek Drive and West Commercial Street.

8:31 pm: Officers responded to a report of an unwanted subject in the 800 block of South Main Street.

### October 31

8:49 am: Officers initiated a theft investigation in the 800 block of South Main Street.

11:48 am: Officers responded to a report of an assault in the 100 block of East Mendocino Avenue.

3:53 pm: SYLVESTER, Jairen (39) of Pittsburg, California was contacted in the 1400 block of South Main Street. He was arrested pursuant to 23152 VC (Driving Under the Influence), 14601.5 VC (Driving on a Suspended or Revoked License Caused by Refusal or Specified Blood Alcohol Level), 148 PC (Resisting Arrest), and on misdemeanor charges of driving under the influence of alcohol and driving with a blood alcohol content of 0.08 percent or higher.

7:55 pm: Officers initiated a hit-and-run vehicle collision investigation near the intersection of South Main Street and Wood Street.

11:35 pm: Officers responded to a disturbance in the 200 block of South Main Street.

11:48 pm: CANTRELL, Bryan Laverne (46) of Ann Arbor, Michigan was contacted near the intersection of Monroe Street and Central Street. He was arrested on felony warrant charges of being a fugitive from justice.

### November 1

1:11 am: Officers responded to a disturbance in the 100 block of North Main Street and issued a warning.

12:48 pm: Officers responded to a report of vandalism in the 100 block of East Commercial Street.

5:40 pm: Officers responded to a report of suspicious activity near the intersection of South Main Street and West Valley Street.

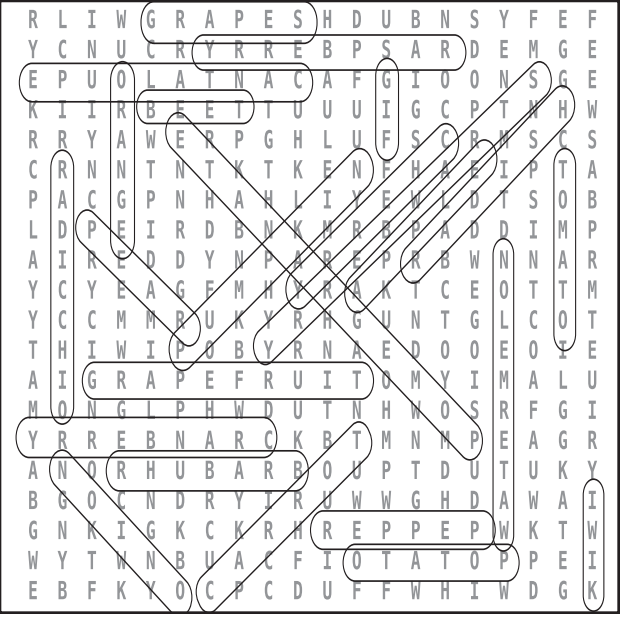
### November 2

4:24 am: Officers responded to a report of a prowler in the 100 block of Mill Creek Drive.

5:01 pm: Officers responded to a report of suspicious activity and panhandling in the 800 block of South Main Street and issued a warning.

11:02 pm: TUCKER, Dale William (38) and CORONA, Shannon Suzanne (47), both of Antioch, Illinois, were contacted in the 200 block of South Main Street. Tucker and Corona were arrested pursuant to 647 (F) PC (Public Intoxication) and on misdemeanor charges of disorderly conduct (alcohol).

11:37 pm: LAFLIN, Adam Powell (43) of Willits was contacted in the 200 block of South Main Street. He was



# LEGAL NOTICES

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WW252

#### Fictitious Business Name Statement

2019-F0647

The following persons are doing business as MKBX Consulting, 431 Sherry Drive, Ukiah, CA 95482.

Registered owners: Mark and Danelle Fierro, 431 Sherry Drive, Ukiah, CA 95482.

This business is conducted by a married couple.

The registrants commenced to transact business under the fictitious business name listed above on August 16, 2019.

Statement filed with the Mendocino County Clerk-Recorder on September 27, 2019.

/s/ Danelle Fierro

Publication dates: 10/17, 10/24, 10/31 and 11/7/2019

WW253

#### NOTICE OF PETITION TO ADMINISTER ESTATE OF: BURLEIGH DON COOK, aka BURLEIGH D. COOK, aka BURLEIGH COOK

CASE NO. SCUUCV-PB-27276

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate or both of Burleigh D. Cook, aka Burleigh Cook.

A **Petition for Probate** has been filed by Sheri M. Cronin in the Superior Court of California, County of Mendocino.

The Petition for Probate requests that Sheri M. Cronin be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

**A hearing on the petition will be held in this court as follows:**  
Date: November 15, 2019 at 9:00 a.m. in Dept.: E of the Mendocino County Superior Court, located at 100 No. State Street, Ukiah, California 95482.

If you **object** to granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a **creditor** or a **contingent creditor** of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) **four months** from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. **Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.**

**You may examine the file kept by the court.** If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code Section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: Jennifer M. O'Brien, NEARY and O'BRIEN, 110 S Main St., Ste. C, Willits, CA 95490, Telephone: (707) 459-5551.

Publication Dates: 10/24, 10/31, 11/07/2019

arrested pursuant to 647 (F) PC (Public Intoxication), 1203.2 PC (Violation of Probation), and on misdemeanor charges of disorderly conduct (alcohol).

### November 3

6:22 am: Officers responded to a report of an unwanted subject in the 1400 block of South Main Street.

12:49 pm: Officers initiated a fraud investigation in the 1700 block of South Main Street.

1:08 pm: Officers responded to a report of suspicious activity in the 1700 block of South Main Street.

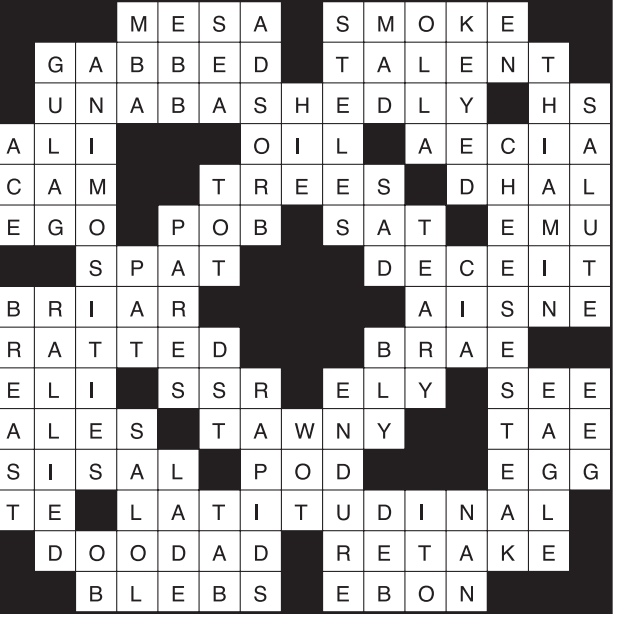
4:34 pm: Officers responded to a report of an assault in the 100 block of Marcela Drive.

## Willits Weekly is locally owned and operated out of Willits, CA

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# CLASSIFIEDS

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#### Help Wanted

At Covelo ranch: Exchange ranch and outdoors work for rent. Must have trailer/camper. Man or woman, retiree a plus. Must have good work ethic, be clean, healthy, reliable, with references. Call for details: 707-272-6354.

#### Event Spaces Available

Event spaces available at the Willits Center for the Arts! • Great Room • Classroom • Ceramic Studio For inquiries, email manager@willitscenterforthearts.org or call 459-1726. For additional information visit: www.willitscenterforthearts.org/rentals

#### Office Space for Rent

1 large space 3400'. Several small offices 100' & 270'. Call Megan 972-8776.

#### Opening Soon

Opening soon: New Mini Storage Units In Willits. Reserve Yours Today. Lincoln Realty: 707-459-4599.

#### For Rent

3 bedroom, 2 bath apartment in Willits, with washer/ dryer hookups, garage and yard. \$1350/month. Info: 707-895-3901.

#### Pasture Wanted

100(s) of acres of pasture for 25 cows; also irrigated pasture for weanlings and yearlings. Call: 707-292-5156.

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#### Garage Sale

413 Grove St. Willits, behind hospital. Sat and Sun 9-4. Furniture, bunk bed, DVDs, CDs, household, books, bookcases, games, etc.

#### Gym Yard Sale

Giant Gym Yard Sale – Deep Valley Christian School, 8555 Uva Drive, Redwood Valley (across from the Broiler). Saturday, November 16, 8 am to 4 pm, and Sunday, November 17, noon to 4 pm.

#### SEWING AND ALTERATIONS

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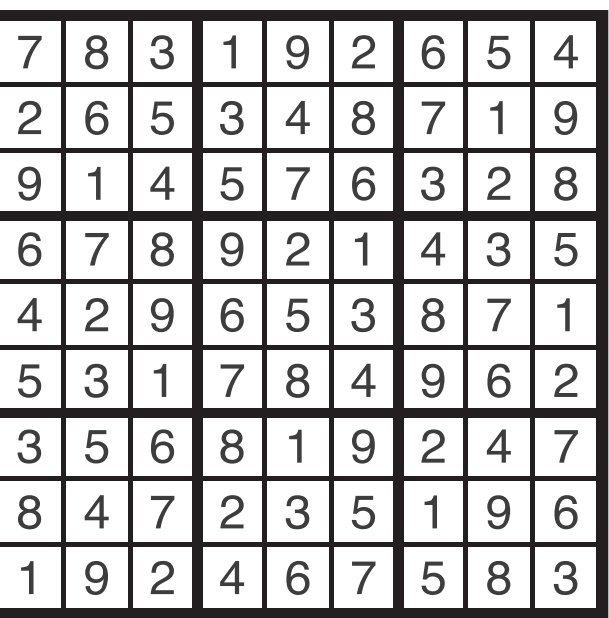
#### Trailer Space for Rent

House trailer space for 1 person in Covelo for rent, on beautiful 30 acre private ranch, \$350/month, includes trash, water and septic. Call for details: 707-272-6354.

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Victim/Witness Advocate

For a complete list of current job openings and to apply:  
[www.mendocinocounty.org/government/human-resources](http://www.mendocinocounty.org/government/human-resources)  
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# Family Practice

inspired to keep your entire family healthy this flu season.



It's no secret that the flu season can hit children and our elderly community members the hardest. Getting flu vaccines for the entire family can protect the ones you love the most. Our expert team of providers are ready to serve your family this winter. We are accepting new and existing patients for sick visits, flu shots and other health concerns.

**In addition to the flu vaccine, we also recommend the following.**

- Wash your hands with soap and water several times throughout the day.
- Get 7-8 hours of sleep each night.
- Stay hydrated.
- Eat a well-rounded diet, full of immune-boosting foods

**Howard Pharmacy is welcoming walk-ins  
for the flu vaccine this season.**

3 Marcela Drive, Suite B, Willits

**To schedule a sick visit, wellness visit  
or flu vaccination for your family call  
833-AH-Wellness (833-249-3556)**

**AdventistHealth**  
Howard Memorial